

University of Pittsburgh Medical Center (UPMC) Commitment Statement on Physician Well Being

The UPMC mission is to serve our community by providing outstanding patient care and to shape tomorrow's health system through clinical and technological innovation, research, and education. As an institution, we have the responsibility to teach, model and create an environment that fosters both physical and emotional health for our patients, our community, our families, and ourselves. The leadership at UPMC recognizes the integral role healthy, passionate, and engaged caregivers play in fulfilling this mission. They recognize the unique stressors faced by practicing modern physicians. They are committed to partnering with the faculty, trainees, and staff to understand workplace factors that both promote wellness and contribute to burnout. Currently established resources at UPMC include:

- Support from the executive administration leaders about assessing and promoting physician and trainee well-being and professional fulfillment
- A physician-driven, institution-wide Wellness Committee
- WELL (Wellness, Environment, Learning, and Living) Committee within the UPMC GME, focusing on issues within the resident & fellow community
- Collaboration with a national Physician Wellness Academic Consortium and monitoring of progress via an annual wellness survey
- A Physician Health and Wellness Infonet, a central repository of wellness resources
- Physicians for Physicians, a confidential peer-to-peer support group available to all UPMC physicians
- Physician Assistance Program (via Life Solutions), a no-cost benefit available to employees to address personal, relationship, and job-related needs in a private, confidential environment
- Programs developed by the UPMC Wolff Center to improve physician communication

UPMC is committed both to advancing our currently available resources as well as implementing new initiatives tailored to meet our community needs. To achieve this goal, we look forward to collaborating with like-minded organizations and the National Academy of Medicine.