



DONALD AND BARBARA  
ZUCKER SCHOOL of MEDICINE  
AT HOFSTRA/NORTHWELL

The Donald and Barbara Zucker School of Medicine recognizes that physician burnout is a national issue that negatively impacts our healthcare system. As a part of the Northwell Health system, which has educated future physicians for 65 years, the Zucker School of Medicine is committed to improving the continuum of wellness from undergraduate medical education, to graduate medical education, and beyond. As stated in our [vision](#), the School of Medicine is committed to “be a major contributor to the redefining of medical education.” We firmly believe that redefining medical education includes improving the health and well-being of our medical students.

Being a newer institution means that we have the opportunity to change the culture and conversation around medical student well-being. Our culture is best represented by our namesake, Donald and Barbara Zucker. The Zucker Family embodies philanthropy, as evidenced in their commitment to mental healthcare through the Zucker Hillside Hospital. Their commitment to mental well-being and quality healthcare are two essential pieces that define the culture of the medical school. These two qualities, combined with our school’s founding values of community and humanism, endorse an environment that is ripe for wellness through the curriculum and beyond.

The Office of Student Affairs has taken on medical student well-being as one of their departmental goals. In 2017, Student Council convened a Student Wellness Committee consisting of representatives throughout all degrees and years. The Office of Student Affairs and the Student Wellness Committee collaborated to construct both curricular and co-curricular programs to address the Seven Dimensions of Medical Student Well-Being. Each of these dimensions is aligned with a [student support office](#), charged with developing programming to support well-being efforts. In 2018 and 2019, a Mental Health Resource Survey was conducted to assess and improve existing services. From these surveys, the Office of Student Affairs removed cost barriers from mental health services, added resources on Northwell’s campus, created a [Medical Student Well-Being website](#) and worked with Student Council to create a peer support network. Future plans include additional protected time in the clinical years for medical student wellness, regular mental health screenings, collaboration with residency programs and evaluating the need for additional counseling personnel.

The Office of Student Affairs and the Student Wellness Committee have made significant steps towards improving the culture and addressing student concerns. The Donald and Barbara Zucker School of Medicine understands that medical student burnout negatively impacts the quality of healthcare in a tremendous way. Therefore, we commit to support the goals of the National Academy of Medicine Action Collaborative on Clinician Well-Being and Resilience, by leveraging resources within the School of Medicine, Hofstra University and Northwell Health System. We commit to contributing intellectual and organizational resources to restore physician education, compassion, and confidence in hopes to build a better future for all.