

## **North Carolina Academy of Physician Assistants (NCAPA) Commitment Statement**

The North Carolina Academy of Physician Assistants, and specifically the Health Committee of the NCAPA is focused on addressing physician assistant well-being, and is dedicated to partnering with recognized entities in raising visibility of clinician well-being, defining the scope of the problem, participating in research, and advancing ideas and resources for providers, specifically physician assistants as research indicates that PAs experience unique challenges in their profession.

The NCAPA supports over 7000 licensed PAs in North Carolina, as well as 11 PA programs in the state enrolling over 400 students. On a nationwide scale, in 50 years the profession has grown to include over 150,000 clinically active PAs and 250 accredited educational programs, with over 8,000 new PA students enrolling annually. By joining the National Academy of Medicine as a network member of the Action Collaborative on Clinician Well-Being and Resilience, NCAPA will be the first state academy focused on Physician Assistants.

NCAPA intends to leverage the wealth of information and resources available in efforts to address well-being not only of practicing clinicians, but in PA students with the hope that by identifying the issues that lead to burn out, future providers will be better equipped in dealing with challenges as they present. The Health committee of NCAPA also hopes to develop CME content specifically in the areas of well-being and resilience.

NCAPA also recognizes the goal of our national academy (American Academy of Physician Assistants) in supporting the awareness of and education on burnout in all clinicians. In 2018, AAPA adopted the following policy:

“HP-3900.1.4 AAPA supports and encourages awareness and recognition of professional burnout in all healthcare providers and education on the prevention of burnout. AAPA supports and encourages all healthcare providers to engage in a comprehensive multi-pronged strategy for prevention of professional burnout. [Adopted 2018]”

The NCAPA recognizes the crisis facing all clinicians- not only PAs- in identifying and dealing with burn out, and also understands the tremendous physical, emotional, and financial toll it has not only on providers but their families, loved ones, co-workers and potentially patients. We as an academy are committed to providing physician assistants and students evidence-based resources in collaboration with leaders in the field to benefit the safety and well-being of all involved.