



## The American Podiatric Medical Association's Commitment Statement for the Action Collaborative on Clinician Well-Being and Resilience

We, as members of the American Podiatric Medical Association (APMA), hereby resolve to join the National Academy of Medicine in support of combating clinician burnout. As the largest organization of foot and ankle physicians and surgeons in the country, APMA is deeply committed to improving the overall well-being of medical providers faced with ever growing stresses and burdens involved in providing compassionate and competent patient care.

As podiatric physicians and surgeons we strive to provide unsurpassed excellence in care to the American people who now suffer from record rates of diabetes, falls, aging complications, wounds, repetitive walking injuries, and debilitating foot pain. Yet in the face of a growing shortage of capable providers in the United States, worsened by the impact of the COVID-19 pandemic, with a predicted shortage of up to 105,000 doctors in this country by 2030,<sup>1</sup> the productivity loss caused by burnout puts the health of millions of Americans in peril. In a 2017 survey of 14,000 practicing doctors, a majority (51 percent) admitted to suffering from burnout, defined as loss of enthusiasm for work, feelings of cynicism, and a low sense of personal accomplishment.<sup>2</sup> Burnout was strongly associated with having too many bureaucratic tasks, working too many hours, the burden of electronic health records, and the feeling like they were just a cog in the wheel.<sup>2</sup> Disempowered, overworked, and beleaguered by paperwork: the noxious environment of health care today is leading 47 percent of doctors to accelerate their plans to retire.<sup>3</sup> Now with the COVID-19 pandemic, healthcare professionals have faced a wide range of occupational stressors.<sup>4</sup>

This is a national public health crisis, and APMA supports the National Academy of Medicine in producing evidence-based, effective ways to alleviate the burdens of the modern physician. The problem is clear, and it is paramount that leadership in government and medicine immediately begin to address the overwhelming demoralization facing practicing physicians.

1. The Complexities of Physician Supply and Demand: Projections from 2015 to 2030. IHS Markit, February 2017  
<https://www.aamc.org/data/workforce/reports/439206/physicianshortageandprojections.html>

2. Peckham, Carol. Medscape Lifestyle Report 2017: Race and Ethnicity, Bias and Burnout. January 2017.  
<https://www.medscape.com/features/slideshow/lifestyle/2017/overview>

3. 2016 Survey of America's Physicians. The Physicians Foundation by Merritt Hawkins. Completed September, 2016.  
<http://www.businesswire.com/news/home/20160921005410/en/Survey-17000-Physicians-Finds-Shifting-Practice-Patterns>

4. Sharifi M, Asadi-Pooya AA, Mousavi-Roknabadi RS. Burnout among Healthcare Providers of COVID-19; a Systematic Review of Epidemiology and Recommendations. Arch Acad Emerg Med. 2020;9(1):e7.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7812159/>