



National Academy of Medicine
Action Collaborative on
Clinician Well-Being and Resilience

Health Technology to Reduce Burnout: Bridging Islands of Innovation for the Future

Friday, April 8, 2022
10:00 AM – 2:00 PM ET

BACKGROUND MATERIALS

1. [Physician Stress and Burnout: the Impact of Health Information Technology](#) – Gardner et al., 2019

This study found health information technology (HIT)-related stress is measurable, common (about 70% among respondents), specialty-related, and independently predictive of burnout symptoms. Identifying HIT-specific factors associated with burnout may guide healthcare organizations seeking to measure and remediate burnout among their physicians and staff.

2. [AMA's Steps Forward Program](#)

The Steps Forward Program offers a collection of engaging and interactive educational toolkits that are practical, actionable how-to guides to transform and improve your practice, including the [Saving Time Playbook](#), which contains strategies to stop doing unnecessary work, incorporate practice fundamentals, and make the case to leadership.

3. [YouTube Video: Banish Note Bloat](#)

This video helps promote the new E/M code guidelines and government work, by empowering healthcare organizations and clinicians to “take control of their notes.”

4. [NAM's Checklist for Health Care Leadership on Health IT and Clinician Burnout](#)

Key actions and solution-oriented examples are provided for health care leaders (hospital boards, executive officers and senior leaders, department chairs, and administrative and operational leaders, as well as health IT vendors, regulators, policymakers, and end users) to mitigate clinician burnout related to health IT. The checklist was developed based on recommendations from the NAM report on [Taking Action Against Clinician Burnout: A Systems Approach to Supporting Professional Well-Being](#) (2019). See chapter 7 of the report for key findings on health IT, and chapter 10 for recommendations to enable technology solutions.

5. [25x5 Symposium Efforts to Reduce Documentation Burden on US Clinicians](#)

The 25×5 Symposium was developed to establish strategies and approaches to reduce clinician documentation burden on US clinicians to 25% by 2025. AMIA assumed leadership responsibility for the 25x5 initiative by leveraging the collective expertise of key stakeholders in health care, industry, and policy, who continue to collaborate on this effort since the conclusion of the 25×5 Symposium, held over six weeks early in 2021 to set the foundation for those efforts.

- The [Executive Summary](#) of the symposium series describes current challenges, exemplars, and calls to action for providers and health systems, health IT vendors, and policy and advocacy groups.
- The [Task Force for Reducing Documentation and Optimizing the Electronic Health Record](#) will convene a network of allies and facilitate workstreams to execute a national strategy for implementing and institutionalizing the 25x5 changes to benefit clinicians' well-being and patient care.