Physicians Anonymous commitment statement  3/27/2023

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

As a community of healthcare professionals who have experienced the devastating effects of clinician burnout firsthand, and recovered, we, the members of Physicians Anonymous, are committed to promoting and prioritizing the well-being of clinicians across the United States.

We recognize that clinician burnout is a complex issue that arises from a multitude of factors. Burnout not only impacts the health and well-being of individual clinicians, but also undermines the quality of patient care and the sustainability of our healthcare system as a whole, and predisposes the health care system to legal challenges.

Linked to physician burnout and mental illness is suicide, with physicians bearing twice the risk of completed suicide as the general population on average. Physicians experience numerous barriers to getting support and help. This is why we created safe physician-only peer-support spaces for clinicians to be human beings first and healers second.

Therefore, we pledge to take the following actions:

1. Foster a culture of support and resilience within our healthcare institutions by promoting open dialogue, providing resources for mental health and wellness, and recognizing and addressing the stigma around seeking help for burnout and mental health concerns.

2. Advocate for systemic changes that address the root causes of burnout, such as reducing administrative burdens, implementing electronic health record systems that enhance rather than detract from clinical care, and improving work-life balance for clinicians.

3. Prioritize the development and implementation of evidence-based interventions to prevent and treat burnout, including mindfulness-based stress reduction, cognitive-behavioral therapy, coaching, and other effective modalities.

4. Collaborate with other healthcare organizations and stakeholders to promote a national dialogue on clinician burnout and well-being, and to drive policies and practices that support clinician well-being.
We believe that by working together, we can create a healthcare system that not only provides high-quality care for patients, but also supports the health and well-being of clinicians. We commit to taking action to address clinician burnout and suicide, and promote a culture of well-being within our institutions and across the nation.

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https://physiciansanonymous.org