

Practice innovation strategies: Physician burnout

Physician well-being is influenced by both organizational and individual factors. This collection of AMA STEPS Forward® Practice Innovation Strategies offers proven approaches on how to engage health system leadership, understanding physician burnout and how to address it, and developing a culture that supports physician well-being.

Toolkits??? and playbooks

With a majority of American physicians experiencing some signs of burnout, it is a condition that affects all specialties and all practice settings. AMA's open-access toolkits offer innovative strategies that allow physicians and their staff to address physician burnout and thrive in the health care environment.

- Taming the EHR Playbook
- Creating the Organizational Foundation for Joy in Medicine™
- Scholars of Wellness
- Stress First Aid for Health Care Professionals
- Caring for the Health Care Workforce During Crisis:
- Establishing a Chief Wellness Officer Position
- Chief Wellness Officer Road Map
- Peer Support Programs for Physicians
- Medical Student Well-Being
- Preventing Physician Suicide
- Resident and Fellow Burnout
- Physician Burnout
- Physician Well-Being
- Hospitalist Well-Being

Webinars

Learn from proven approaches on how to streamline workflows, boost patient satisfaction and cut down on stress.

Podcasts

Hear health care leaders share how they overcame practice challenges by implementing real-world solutions for physician burnout.

- Creating A Culture That Supports Well-Being (Apple Podcasts | Spotify)
 - Four Key Questions Leaders Should Ask Clinicians During COVID-19 Recovery and Beyond (Apple Podcasts | Spotify)
 - Well-Being Programming for Resident Physicians and Clinical Fellows (Apple Podcasts | Spotify)
 - Creating a Peer Support Program (Apple Podcasts | Spotify)
 - Establishing a Chief Wellness Officer Position (Apple Podcasts | Spotify)
 - Stress First Aid (Apple Podcasts | Spotify)
 - Scholars of Wellness (Apple Podcasts | Spotify)
-
-

Research

Articles assess the impact of the COVID-19 pandemic on physician stress and mental health and the relationship between being a physician and risk for burnout.

- Prevalence and correlates of stress and burnout among U.S. healthcare workers during the COVID-19 pandemic: A national cross-sectional survey study (The Lancet)
- Self Valuation Challenges in the Culture and Practice of Medicine and Physician Wellbeing (Mayo Clinic Proceedings)
- Changes in Burnout and Satisfaction With Work-Life Integration in Physicians and the General US Working Population between 2011-2017 (Mayo Clinic Proceedings)
- Preliminary Report: US Physician Stress During the Early Days of the COVID-19 Pandemic (Mayo Clinic Proceedings)