Introduction

The AMA’s Physician Well-Being Program aims to raise awareness, advance knowledge and catalyze change to reduce burnout and promote joy, meaning and purpose for physicians, practices and health systems.

Research

The AMA grounds its practice transformation work in ongoing research in professional satisfaction and organizational well-being. AMA-led research has helped to identify system-level drivers associated with physician and care team burnout, consequences when burnout is not addressed, and strategies organizations can implement for effective and sustainable changes in the well-being of their physicians and care teams.

- Changes in burnout and satisfaction with work-life integration in physicians
- Imposter phenomenon in U.S. physicians
- The association between resilience and burnout
- The connection between childcare stress and burnout
- Physicians’ experiences with mistreatment and discrimination and association with burnout

Measure

The Organizational Biopsy™ (Org Bx) is a set of services, including a well-being assessment tool, developed and offered by the AMA to support organizations in wholistically measuring and taking action to improve the well-being of their organization. The Org Bx provides a comprehensive assessment across four domains:

- Organizational Culture (leadership, teamwork, trust, etc.)
- Practice Efficiency (team structure, team stability, workflows, etc.)
- Self-Care (post-traumatic stress, post-traumatic growth, work-life balance, etc.)
- Retention (work intentions)

Learn more (PDF) about AMA’s physician well-being assessment work or reach out to us at Practice.Transformation@ama-assn.org.

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Act

The AMA STEPS Forward® Program offers practice innovation strategies that allow physicians and their teams to thrive in the evolving health care environment. Physicians looking to refocus their practice can find practical, actionable steps to implementation in the program’s 70+ toolkits and playbooks, podcasts, videos, success stories, calculators and downloadable tools.

Key AMA STEPS Forward® Program resources for actionable change:

- Saving Time Playbook
- Taming the EHR Playbook
- Private Practice Playbook
- De-Implementation checklist (PDF)

The AMA STEPS Forward® Innovation Academy provides additional opportunities for learning from practice innovation experts and peers via webinars, mentoring, panel discussions, boot camps and immersion programs.

Find more resources and information on physician burnout and well-being with AMA STEPS Forward® Practice Innovation Strategies: Physician Burnout.

Additional Act resources:

- Debunking Regulatory Myths series
- Key regulatory victories

Recognize

The AMA’s Joy in Medicine™ Health System Recognition Program serves as a strategic roadmap to support organizations in their journey to improve professional satisfaction and organizational well-being. The program, which has recognized more than 80 health systems meeting identified criteria, unites the medical community on solutions that help physicians thrive.

Convene
For more information on the AMA’s event programming on physician health, email physicianhealth@ama-assn.org.

**International Conference on Physician Health**


The biennial International Conference on Physician Health™, supported by the Canadian Medical Association, British Medical Association and American Medical Association, aims to support doctors and medical students to create better working environments for themselves and their colleagues.

**American Conference on Physician Health**


The biennial American Conference on Physician Health is a joint scientific conference sponsored by Mayo Clinic, Stanford University and the American Medical Association that promotes scientific research and discourse on health system infrastructure and actionable steps organizations can take to improve physician well-being.