Whereas, Burnout affects physicians at all levels of training; 28 to 45% of medical students, 27
to 75% of residents and around 37% of attending physicians experience burnout at various
stages of their career;¹² and

Whereas, The consequences of physician burnout are significant. Apart from the emotional and
physical toll it takes on the physician and their families, it threatens our U.S. health care system
and affects patient safety, quality of care and health care costs; and

Whereas, Depending on age and gender, 6 to 23% of physicians have used non-prescribed
opiates, benzodiazepines, alcohol and other substances;³ and

Whereas, A large majority of hospitals health care organizations have no programs to prevent or
combat physician burnout and promote wellness. Some hospitals have fragmented programs or
committees due to lack of support from leadership, administration and budget; and

Whereas, Stanford Medical School and Hospital is the first hospital in the country to appoint a
chief wellness officer⁴; and

Whereas, Mayo Clinic has also implemented a physician well-being program managed by
wellness officers⁵; and

Whereas, Very few medical societies are developing physician wellness and resilience
programs; therefore, be it

RESOLVED, That the American Medical Association advocate for health care organizations to
develop a wellness plan to prevent and combat physician burnout and improve physician
wellness; (Directive to Take Action); and be it

RESOLVED, That the AMA advocate for state and county medical societies to implement
wellness programs to prevent and combat physician burnout and improve physician wellness.;
RELEVANT AMA POLICY

None.

References:

This document does not represent official policy of the American Medical Association (AMA). Refer to AMA PolicyFinder at www.ama-assn.org/go/policyfinder for official policy of the Association.