HOD ACTION: Council on Medical Education Report 6 adopted as amended, and the remainder of the report filed.

REPORT 6 OF THE COUNCIL ON MEDICAL EDUCATION (A-19)
Study of Medical Student, Resident, and Physician Suicide (Resolution 959-I-18)
(Reference Committee C)

EXECUTIVE SUMMARY

AMA Policy D-345.984 (1), "Study of Medical Student, Resident, and Physician Suicide," asks that the American Medical Association (AMA) determine the most efficient and accurate mechanism to study the actual incidence of medical student, resident, and physician suicide. Resolution 959-I-18, "Physician and Medical Student Mental Health and Suicide," asks that the AMA create a new Physician and Medical Student Suicide Prevention Committee with the goal of addressing suicides and behavioral health issues in physicians and medical students. This report considers appropriate deliverables to fulfill these directives and to further establish the AMA's leadership role in this area.

Burnout in physicians, residents, and medical students has been widely reported in recent years in both the lay and scholarly press, and incidence of depression and suicide is greater in medical students, residents, and physicians than in the general population. The AMA has studied the mental and physical toll that medical education exacts on medical students as they seek to balance their personal lives with the need to master a growing body of knowledge and develop the skills required to practice medicine. AMA policy addresses the long-standing and deeply ingrained stigma against physicians, residents, and students who seek care for either physical or behavioral health issues, partly due to concerns of career and licensure implications. Organizations such as the National Academy of Medicine, Federation of State Medical Boards, and Accreditation Council for Graduate Medical Education (ACGME) have begun to recognize the scope of this critical issue and are moving to address the problem. The AMA has also taken steps to decrease physician and medical trainee stress and improve professional satisfaction through resources such as the AMA's STEPS Forward™ practice improvement strategies and the Ed Hub™.

In addition to providing education resources for physicians, the AMA works with organizations to help them understand the incidence of burnout in their workplaces. Using data from the validated Mini-Z assessment tool enables the AMA to work with the organizations to identify solutions, which helps improve environmental, organizational, or cultural factors that, if not addressed, could lead to heightened stress or suicide risk for some.

The AMA is planning to partner with a leading academic medical institution to conduct a pilot study using data to be obtained from the National Death Index (NDI) to identify manner of death for a subset of the AMA Masterfile population. This research, planned for broad dissemination through publication in a peer-reviewed journal, will help the AMA identify opportunities to better help physicians, residents, and medical students reduce factors that contribute to suicidal ideation and ultimately could help reduce the number of lives lost to suicide each year. This analysis could also include comparison to the general U.S. population, comparison to rates of physician burnout, longitudinal evaluation for various cohorts, as well other variables allowed by the data. The manner of death data could also enable additional study into physician mortality trends, such as patterns of other disease states or geographic variations.

It will also be important for the AMA to monitor progress that has been made by the Association of American Medical Colleges and the ACGME to collect data on medical student, resident, and fellow suicides to identify patterns that could predict such events.

HOD ACTION: Council on Medical Education Report 6 adopted as amended, and the remainder of the report filed.

REPORT OF THE COUNCIL ON MEDICAL EDUCATION

CME Report 6-A-19

Subject:	Study of Medical Student, Resident, and Physician Suicide (Resolution 959-I-18)
Presented by:	Carol Berkowitz, MD, Chair
Referred to:	Reference Committee C (Nicole Riddle, MD, Chair)

AMA Policy D-345.984 (1), "Study of Medical Student, Resident, and Physician Suicide," asks:

> That our American Medical Association (AMA) determine the most efficient and accurate mechanism to study the actual incidence of medical student, resident, and physician suicide, and report back at the 2018 Interim Meeting of the House of Delegates (HOD) with recommendations for action.

Recognizing the importance and timeliness of this topic, the Council on Medical Education agreed that appropriate resources should be dedicated to identifying mechanisms for study, noting that meaningful and constructive review of this issue, and of the work done to date by other organizations, required additional time. Accordingly, this report was moved to the 2019 Annual Meeting.

This report also addresses Resolution 959-I-18, "Physician and Medical Student Mental Health and Suicide," introduced by the Indiana Delegation and referred by the AMA HOD; it asks:

> That our AMA create a new Physician and Medical Student Suicide Prevention Committee with the goal of addressing suicides and mental health disease in physicians and medical students. This committee will be charged with:
> 1) Developing novel policies to decrease physician and medical trainee stress and improve professional satisfaction.
> 2) Vociferous, repeated, and widespread messaging to physicians and medical students encouraging those with mood disorders to seek help.
> 3) Working with state medical licensing boards and hospitals to help remove any stigma of mental health disease and to alleviate physician and medical student fears about the consequences of mental illness and their medical license and hospital privileges.
> 4) Establishing a 24-hour mental health hotline staffed by mental health professionals whereby a troubled physician or medical student can seek anonymous advice. Communication via the 24-hour help line should remain anonymous. This service can be directly provided by the AMA or could be arranged through a third party, although volunteer physician counselors may be an option for this 24-hour phone service.

BACKGROUND

Burnout in physicians, residents, and medical students has been widely reported in recent years in both the lay and scholarly press, and incidence of depression and suicide is greater in medical

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students, residents, and physicians than the general population.[1-7] A recent study conducted by the AMA, Stanford University School of Medicine, and Mayo Clinic shows rates of physician burnout in 2017 declined to 44 percent from 54 percent in 2014.[8] While burnout may have declined to levels present in 2011, the proportion of physicians screening positive for depression has modestly increased to nearly 42 percent.[8] Medical school and residency are stressful periods of physician training, each with their own dynamic. Many medical students experience substantial distress, which contributes to a decline in mental health and well-being. The American Medical Student Association reports that medical students are three times more likely to commit suicide than the rest of the general population in their age range in other educational settings.[4] Residents and practicing physicians also experience depression and burnout, and because they often lack a regular source of care, face barriers to the prompt diagnosis and treatment of behavioral disorders.[9] Stress, depression, and burnout are risk factors for suicidal ideation and suicide deaths.[9]

Resources such as hotlines exist for individuals experiencing suicidal ideation and are available from a number of reputable local, state, and national sources. In a recent Medscape report, based on a survey of more than 15,000 physicians in 29 specialties, 14 percent of respondents indicated that they had felt suicidal, and one percent had attempted suicide.[10] More than half of physicians who had thoughts of suicide told someone (therapist, family member, friend/colleague), but only two percent who had thoughts of suicide used a suicide hotline.[10]

Institutions and physician associations have begun to recognize the scope of this critical issue and are moving to address the problem.[11-12] The National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience is exploring recommendations in this regard, working with more than 150 health care organizations to raise visibility about clinician burnout and developing a commentary that calls on health systems to consider hiring chief wellness officers.[13]

QUANTIFYING THE RATES OF PHYSICIAN SUICIDE

As early as the late 19th century,[14-18] and throughout the 20th and 21st centuries, reports quantifying the rates of physician suicide have been presented in health care journals and industry publications, and more recently in mainstream media. Studies of physician suicide rates compared to the general U.S. population have resulted in conflicting conclusions—some indicating physicians are more prone to suicide, and others demonstrating no significant difference. Medical student and resident/fellow deaths have been studied in more recent years. Inclusion of a literature review in this report is important to demonstrate the various modes of study and sources of data over time, and the implications of study methods for future efforts to quantify physician, resident/fellow, and medical student suicide rates.

In the late 1800s and into the 20th century, the primary source of data on physician deaths used by researchers was the AMA's Deceased Physicians file, which provided information on hundreds of thousands of deceased physicians from the early 19th century to the mid-1960s.[19-21] The cause of death listed in the records was obtained by various means, including *JAMA* obituaries, which cited death certificates and autopsy reports.[22-23] For example, one study published in 1926 concluded from AMA's data that the suicide rate of white male physicians in the U.S. was 45.4 out of 100,000.[24] Another study, using AMA's records from 1967 to 1972, showed the rates of suicide in American female physicians was 40.7 per 100,000, higher than male physician suicides during the same time range.[25] A study of death certificates in California from 1959 to 1961 found that physicians and health care workers were twice as prone to commit suicide when compared to the general population.[20] A 1977 *JAMA* article claimed that physicians took their own lives at a rate equivalent to one medical school class each year, but cited no specific number or source for this information.[26]

In the later part of the 20th century, researchers began using the National Occupational Mortality Surveillance (NOMS) database to identify causes of death for physicians, which was deemed a more accurate and reliable source than the AMA information.[27-28] The data in NOMS is sourced from state vital records (death certificates) and lists the proportionate mortality ratio for the total population.[29] The Social Security Death Index, another source of mortality information used by researchers, records the deaths of anyone in the U.S. who was issued a social security number. The Centers for Disease Control and Prevention (CDC) has several databases featuring varying degrees and descriptions of mortality and manner of death information. The CDC in 2016 published a study of suicides in 17 states using cause of death information from the National Violent Death Reporting System. This limited study concluded that the suicide rate for health care practitioners was 17.4 per 100,000 population.[30] This study was later found to have included erroneous data, however, and the authors are reanalyzing the findings.

Most of these studies call out limitations in the availability, reliability, and consistency of the data used to identify causes of death and occupation. A test of accuracy of the *JAMA* obituaries was conducted on a small sample, and it was determined that only half of the causes of death listed were accurate when compared with records from the state's department of health computerized records.[19] *JAMA*'s editor, in a quoted communication, alluded to the incompleteness of the obituary data and acknowledged that this was in part because some suicides may be listed on a death certificate or autopsy report as something other than suicide, such as respiratory failure.[31] *JAMA* also would not include the cause of death if requested by the family of the deceased physician, further limiting the completeness of the records.[28] Even death certificates, the primary vital record used by secondary sources, are not 100 percent consistent, accurate, or complete. Studies have found errors in manner of death certification in approximately 33 percent to 41 percent of cases.[32-34] Other studies have demonstrated variance in how different medical examiners interpret facts surrounding a decedent's death and how they ultimately report manner of death.[35-36]

SOURCES FOR COLLECTING DATA TO STUDY SUICIDE STATISTICS IN THE UNITED STATES

The databases and reports shown in Table 1 were identified as sources for collecting data to study suicide statistics in the United States.

Table 1. Sources for Data on Suicide Statistics in the United States

Source	Type of Data
Centers for Disease Control and Prevention	Fatal Injury Reports Leading Cause of Death Reports Mortality Reports National Vital Statistics System National Violent Death Reporting System National Occupational Mortality Surveillance Wide-ranging Online Data for Epidemiologic Research National Death Index
American Medical Association	JAMA Obituaries Deceased Physicians Masterfile (1906-present) Directory of Deceased American Physicians Vols. 1 & 2 (1804-1929)
World Health Organization	Compiled from member state local databases

Department of Defense	Department of Defense Suicide Event Annual Reports
Department of Veterans Affairs	National Suicide Data Report
Bureau of Justice Statistics	Suicide and Homicide in State Prisons and Local Jails
Social Security Administration	Social Security Death Index
Other	State and Local Vital Records; Legacy Obit

Although generally reliable, some inconsistency also exists in the recording of a deceased person's primary occupation, somewhat limiting the ability of researchers to accurately determine rates of suicide among specific populations, such as physicians, residents, or medical students. Occupation has long been a captured data point on death certificates, but it has not always been codified, utilized, and monitored the way it is today.[37] More recently, occupation and industry information have become more reliable.[38] Occupation information can now be recorded in most electronic health records (EHRs), helping to capture accurate information on the death certificates, but it is not required, and evidence shows it may not be consistently used.[39-41]

Studies have shown that suicide is likely under-reported due to a lack of systematic approaches to reporting and assessing the statistics.[42] Experts have also observed that cultural attitudes toward suicide determine how suicide is defined and how "intention to die" is legally interpreted.[43] These effects, as well as differing procedures for obtaining evidence about the death, cause coroners to vary in their definitions and reporting processes. Some believe this variation makes official statistics valueless and too unreliable to compare the suicide rates of countries, districts, or of demographic and other groups; to discern trends; or to investigate the social relations of suicide. However, other researchers disagree and have concluded that, despite inconsistency, the statistics still have utility.[44]

RELEVANT WORK OF OTHER ORGANIZATIONS

Accreditation Council for Graduate Medical Education

In 2017 the Accreditation Council for Graduate Medical Education (ACGME) studied the number and causes of resident deaths by matching their deceased resident data with cause of death information obtained from the National Death Index (NDI), a comprehensive database managed by the CDC. From this research they identified suicide as the leading cause of death for male trainees, the second leading cause for female trainees, and the second leading cause of death overall.[45] The cause of death data sourced from the NDI produced a 94 percent match to records in the ACGME's database, suggesting that these data represent an accurate and reliable source that could be used for future study.

National Academy of Medicine

The National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience recently launched the Clinician Well-Being Knowledge Hub. The Hub is intended to provide resources to help organizations learn more about clinician burnout and solutions.[13] The repository contains peer-reviewed research, toolkits, and other resources for health system administrators and clinicians.

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention (AFSP) has developed an Interactive Screening Program (ISP), which is in place for use by institutions of higher education, including undergraduate and medical schools, and which has been customized for use by workforces in multiple industries.[46] This initiative identifies individuals who may be at risk for suicide by offering them the opportunity to participate in an anonymous online screening.

UC San Diego Health Education Assessment and Referral Program

The UC San Diego Health Education Assessment and Referral (HEAR) Program, in collaboration with the AFSP, also provides a program of ongoing education and outreach, which encourages medical students, residents, and faculty, as well as pharmacists, nurses, and other clinical staff, to engage in an online, anonymous, interactive screening program.[47] The AFSP program model has been adopted by many schools of medicine and is used by clinicians of all disciplines.

Other Organizations

The AMA, American Osteopathic Association, and state and specialty medical associations are also positioned to help alleviate physician stress and burnout. CME Report 1-I-16, "Access to Confidential Health Services for Medical Students and Physicians,"[48] provides an overview of potential solutions by several key stakeholders including accrediting agencies, medical schools, residency/fellowship programs, employers, hospitals, and professional associations, including the AMA.

RELEVANT WORK OF THE AMA

The AMA has studied the mental and physical toll that medical education exacts on medical students and resident/fellow physicians as they seek to balance their personal lives with the need to master a growing body of knowledge and develop the skills required to practice medicine. Specific AMA policy mandates and recommendations related to this topic are shown in the Appendix. AMA policy also addresses the long-standing and deeply ingrained stigma against physicians and students who seek care for either physical or behavioral health issues, partly due to concerns of career and licensure implications.

Work of Professional Satisfaction and Practice Sustainability (PS2) and STEPS Forward™

The AMA is already taking steps to decrease physician and medical student/trainee stress and improve professional satisfaction through resources such as the STEPS Forward™ practice improvement module, "Preventing Physician Distress and Suicide," which offers targeted education for practicing physicians seeking information about how to help their physician colleagues who may need support. The AMA is also developing an education module that will help physicians, residents, and medical students learn about the risks of physician suicide, identify characteristics to look for in patients who may be at risk of harming themselves, and recognize the warning signs of potential suicide risk in colleagues. The module, to be offered with continuing medical education credit on the AMA's Ed Hub™, will also provide tools and resources to guide learners in supporting at-risk patients and colleagues.

In addition to education resources for physicians, the AMA works with organizations to help them understand the incidence of burnout in their workplaces. Using the validated Mini-Z assessment tool, organizations are assigned a burnout score, along with targeted data on culture and workplace

efficiency factors that can lead to stress and burnout for physicians. These data enable the AMA to work with the organizations to identify solutions, helping improve environmental, organizational, or cultural factors that, if not addressed, could lead to heightened stress or suicide risk for some.

Accelerating Change in Medical Education

Schools in the AMA's Accelerating Change in Medical Education Consortium formed a student wellness interest group to share ideas across schools about best practices to ensure wellness and counter burnout. The results of a wellness survey conducted among medical school consortium members showed that 81 percent of respondents employ an individual tasked with focusing on student wellness to at least some extent; these roles range from program coordinators to graduate assistants to deans who also serve as wellness directors. Most schools had dedicated wellness committees, with budgets up to $7,000 annually.

DISCUSSION

Overall, the available literature suggests that obtaining both accurate manner of death and specific occupation information is the most reliable means of quantifying rates of suicide among physicians. However, most researchers still face challenges with this approach. Primary barriers include:

- Cost and limitations of obtaining and using the data from reliable sources;
- Irregular/restricted access to mortality information, including date, cause, and manner of death;
- Inconsistency in medical examiner interpretation of cause/manner of death;
- Lack of standard physician and medical examiner/coroner training on completion of the death certificate;
- Possible underutilization of standard code-sets to report manner of death;
- Social or cultural stigma associated with reporting a death as a suicide;
- Underutilization of "occupation" field in electronic heath records; and
- Inaccurate or inconsistent assignment of occupation upon death.

Physician-focused Programs and Resources

Resolution 959-I-18 asks the AMA to create a committee tasked with establishing a 24-hour mental health hotline for physicians and medical students to access when in need. Establishing and maintaining a mental health hotline is resource intensive, requiring investments in staffing, infrastructure, management, training, costs of licensing, and accreditation to operate. Operating the Crisis Call Center, a backup center for the National Suicide Prevention Lifeline, costs approximately $1.1 million per year.[49] A smaller, Louisiana based non-profit operation, which also fields calls directed from the national lifeline, operates on $350,000 per year.[49] Most of the funding for local services comes from county and city sources, as well as in-kind and private donations. Accredited programs may receive a small stipend from the Substance Abuse and Mental Health Services Association. Due to limited available funds, many programs rely on volunteers more than paid staff.[50-51] In addition to substantial costs, establishing a new, physician-focused mental health line may introduce potential liabilities for the AMA. Considering the extensive resources involved, the potential for liability, and demonstrated low rates of usage,[10] it is not recommended that the AMA pursue an independent mental health hotline at this time. However, the AMA has evaluated Employee Assistance Program (EAP) service providers to explore the option of piloting a service to AMA members as a membership benefit. Some EAP services provide participants with 24/7 telephone or video access to qualified and trained counselors, wellness services, and critical

incident support. This evaluation is in its early stages, and a decision to pursue various options will be considered.

Removing the Stigma Associated With Behavioral Health Treatment

Resolution 959-I-18 also asks the AMA to create a committee to work with state medical licensing boards and hospitals to help remove any stigma of behavioral health and to alleviate physician and medical student fears about the consequences of behavioral health treatment on their medical license and hospital privileges. In addition to multiple policies expressing the AMA's commitment to resolving this issue, CME Report 6-A-18, "Mental Health Disclosures on Physician Licensing Applications," adopted at the 2018 Annual HOD Meeting, addressed concerns that have been raised about the presence and phrasing of questions on licensing applications related to current or past impairment. These questions may be discouraging physicians from seeking appropriate treatment because of fear of stigmatization, public disclosure, and the effect on one's job due to licensing or credentialing concerns.[52] Many medical and osteopathic licensing boards recognize that the manner in which they evaluate the fitness of potential licensees has the potential to create a barrier that prevents licensees from seeking help. Some state boards, such as the Oregon and Washington State Medical Boards, have taken steps to address these barriers. In addition, the Federation of State Medical Boards has established a Workgroup on Physician Wellness and Burnout. The workgroup is addressing symptoms that arise from the practice of medicine for which physicians may be reluctant to seek treatment due to concern about the presence and phrasing of questions on licensing applications about behavioral health, substance abuse, and leave from practice. The workgroup is also seeking to draw an important distinction between physician "illness" and "impairment" as well as determine whether it is necessary for the medical boards to include probing questions about a physician applicant's behavioral health on licensing applications in the interests of patient safety.

Current and Planned AMA Efforts

<u>Updating the AMA Physician Masterfile for Research</u>

The AMA's Deceased Physician database, which includes records of deceased physicians dating back to 1804, includes 242,541 physicians (as of January 2019). Currently only 107 records have a manner of death listed. This information is not made available on a consistent basis by the sources the Masterfile team relies on for mortality information. To capture the manner of death information needed to pursue relevant research, the Masterfile needs to be supplemented with third-party information that is made available at the individual level. To advance research in quantifying rates of physician suicide, as well as to identify patterns, risk factors, and methods by which to prevent suicides, the AMA is exploring options to enhance its Physician Masterfile data by collecting and maintaining manner of death information for physicians listed as deceased.

The AMA is partnering with a leading academic medical institution to conduct a pilot study using data from the National Death Index (NDI) to identify manner of death for a subset of the AMA Masterfile population. The goals of this initial research are to study and quantify incidence of suicide among physicians, residents, and medical students, and to evaluate the quality and reliability of the NDI data to determine if they represent a viable and cost-effective source for further, long-term study. Results from this research are anticipated by the end of 2019. In addition to staffing, establishment of processes, and ongoing data security requirements, there are financial costs for the procurement of these data from the NDI. Obtaining the data for the planned 2019 study will cost between $65,000 and $80,000. Obtaining NDI data for all individuals whose date of death occurred from 1979 through 2017 (the years for which NDI data is available) would require

approximately $600,000. Based on the average number of records updated as deceased in the Masterfile each year, requesting future NDI data every year for long-term study would cost approximately $30,000 per year.

This research, planned for broad dissemination through publication in a peer-reviewed journal, will assist the AMA in identifying opportunities to better help physicians, residents, and medical students reduce factors that contribute to suicidal ideation and ultimately could help reduce the number of lives lost each year. This analysis could also include comparison to the general US population, comparison to rates of physician burnout, and longitudinal evaluation for various cohorts, as well other variables allowed by the data. The manner of death data could also enable additional study into physician mortality trends, such as patterns of other disease states or geographic variations.

Other data sources were explored during the preparation of this report, including the National Occupational Mortality Surveillance, Social Security Administration Death Index, National Violent Death Reporting System, National Association for Public Health Statistics and Information Systems, and the CDC Wide-ranging OnLine Data for Epidemiologic Research. While these sources are valuable for observing aggregate data, none allows access to the individual-level information needed to match records in the Masterfile or conduct research rigorous enough to accurately quantify the incidence of suicide among physicians.

Ongoing Data Collection

Collecting manner of death information on an ongoing basis will be important should the AMA choose to continue long-term study of physician suicide. In addition to the NDI data previously outlined, the AMA is continuously exploring sources and potential new mechanisms through which the Masterfile team can obtain the manner of death information for ongoing updates.

At its 2018 Interim Meeting, the AMA adopted policy that urges the Liaison Council on Medical Education (LCME) and the ACGME to collect data on medical student and resident/fellow suicides to enable these organizations and the AMA to better identify patterns that could predict, and ultimately prevent, further suicides. In response, the LCME voted at its February 2019 meeting not to participate in the data-gathering requested through the AMA policy, in that the LCME felt that such data gathering and analysis was beyond its purview. A current LCME standard requires medical schools to include programs that promote student well-being. The AMA will continue to monitor progress made by the AAMC and ACGME on this and related objectives.

Creating a Physician and Medical Student Suicide Prevention Committee

Resolution 959-I-18 asks the AMA to create a committee with the goal of addressing suicides and behavioral health in physicians and medical students. As noted above, the AMA has already carried out extensive and sustained work in developing policy, communications, and resources to decrease physician and medical trainee stress, improve professional satisfaction, and decrease the stigma associated with mental illness that physicians may face when applying for licensure and hospital privileges. As also noted above, the AMA has explored the establishment of a 24-hour mental health hotline for physicians and medical students and is currently exploring EAP service providers that provide 24/7 access to counselors, wellness services, and critical incident support. For these reasons, the formation of a new committee would duplicate existing AMA efforts, and the Council on Medical Education believes that such a body is not necessary at this time.

SUMMARY AND RECOMMENDATIONS

The routine occurrence of burnout, depression, and suicide in physicians, residents/fellows, and medical students warrants continued study. Several recommendations have been offered to collect data on the actual incidence of physician and physician-in-training suicide. The Council on Medical Education therefore recommends the following recommendations be adopted in lieu of Resolution 959-I-18 and the remainder of this report be filed.

1. That our American Medical Association (AMA) explore the viability and cost-effectiveness of regularly collecting National Death Index (NDI) data and confidentially maintaining manner of death information for physicians, residents, and medical students listed as deceased in the AMA Physician Masterfile for long-term studies. (Directive to Take Action)

2. That our AMA monitor progress by the Association of American Medical Colleges and the Accreditation Council for Graduate Medical Education (ACGME) to collect data on medical student and resident/fellow suicides to identify patterns that could predict such events. (Directive to Take Action)

3. That our AMA supports the education of faculty members, residents and medical students in the recognition of the signs and symptoms of burnout and depression and supports access to free, confidential, and immediately available stigma-free mental health and substance use disorder services. (Directive to Take Action)

4. That our AMA collaborate with other stakeholders to study the incidence of and risk factors for depression, substance misuse and addiction, and suicide among physicians, residents, and medical students. (Directive to Take Action)

5. That Policy D-345.984, “Study of Medical Student, Resident, and Physician Suicide,” be rescinded, as having been fulfilled by this report and through requests for action by the Liaison Committee on Medical Education and ACGME. (Rescind HOD Policy)

Fiscal Note: $81,500.

APPENDIX: RELEVANT AMA POLICIES

9.3.1, "Physician Health & Wellness"

When physician health or wellness is compromised, so may the safety and effectiveness of the medical care provided. To preserve the quality of their performance, physicians have a responsibility to maintain their health and wellness, broadly construed as preventing or treating acute or chronic diseases, including mental illness, disabilities, and occupational stress.

To fulfill this responsibility individually, physicians should:

(a) Maintain their own health and wellness by:

(i) following healthy lifestyle habits;

(ii) ensuring that they have a personal physician whose objectivity is not compromised.

(b) Take appropriate action when their health or wellness is compromised, including:

(i) engaging in honest assessment of their ability to continue practicing safely;

(ii) taking measures to mitigate the problem;

(iii) taking appropriate measures to protect patients, including measures to minimize the risk of transmitting infectious disease commensurate with the seriousness of the disease;

(iv) seeking appropriate help as needed, including help in addressing substance abuse. Physicians should not practice if their ability to do so safely is impaired by use of a controlled substance, alcohol, other chemical agent or a health condition.

Collectively, physicians have an obligation to ensure that colleagues are able to provide safe and effective care, which includes promoting health and wellness among physicians.

(Issued: 2016)

D-345.984, "Study of Medical Student, Resident, and Physician Suicide "

Our AMA will: (1) determine the most efficient and accurate mechanism to study the actual incidence of medical student, resident, and physician suicide, and report back at the 2018 Interim Meeting of the House of Delegates with recommendations for action; and (2) request that the Liaison Committee on Medical Education and the Accreditation Council for Graduate Medical Education collect data on medical student, resident and fellow suicides to identify patterns that could predict such events.

(Res. 019, A-18 Appended: Res. 951, I-18)

H-295.858, "Access to Confidential Health Services for Medical Students and Physicians"

1. Our AMA will ask the Liaison Committee on Medical Education, Commission on Osteopathic College Accreditation, American Osteopathic Association, and Accreditation Council for Graduate Medical Education to encourage medical schools and residency/fellowship programs, respectively, to: A. Provide or facilitate the immediate availability of urgent and emergent access to low-cost, confidential health care, including mental health and substance use disorder counseling services, that: (1) include appropriate follow-up; (2) are outside the trainees' grading and evaluation pathways; and (3) are available (based on patient preference and need for assurance of confidentiality) in reasonable proximity to the education/training site, at an external site, or through telemedicine or other virtual, online means; B. Ensure that residency/fellowship programs are abiding by all duty hour restrictions, as these regulations exist in part to ensure the mental and physical health of trainees; C. Encourage and promote routine health screening among medical students and resident/fellow physicians, and consider designating some segment of already-allocated personal time off (if necessary, during scheduled work hours) specifically for routine health screening and preventive services, including physical, mental, and dental care; and D. Remind trainees and practicing physicians to avail themselves of any needed resources, both within and external to their institution, to provide for their mental and physical health and well-being, as a component of their professional obligation to ensure their own fitness for duty and the need to prioritize patient

safety and quality of care by ensuring appropriate self-care, not working when sick, and following generally accepted guidelines for a healthy lifestyle.

2. Our AMA will urge state medical boards to refrain from asking applicants about past history of mental health or substance use disorder diagnosis or treatment, and only focus on current impairment by mental illness or addiction, and to accept "safe haven" non-reporting for physicians seeking licensure or relicensure who are undergoing treatment for mental health or addiction issues, to help ensure confidentiality of such treatment for the individual physician while providing assurance of patient safety.
3. Our AMA encourages medical schools to create mental health and substance abuse awareness and suicide prevention screening programs that would:
    A. be available to all medical students on an opt-out basis;
    B. ensure anonymity, confidentiality, and protection from administrative action;
    C. provide proactive intervention for identified at-risk students by mental health and addiction professionals; and
    D. inform students and faculty about personal mental health, substance use and addiction, and other risk factors that may contribute to suicidal ideation.
4. Our AMA: (a) encourages state medical boards to consider physical and mental conditions similarly; (b) encourages state medical boards to recognize that the presence of a mental health condition does not necessarily equate with an impaired ability to practice medicine; and (c) encourages state medical societies to advocate that state medical boards not sanction physicians based solely on the presence of a psychiatric disease, irrespective of treatment or behavior.
5. Our AMA: (a) encourages study of medical student mental health, including but not limited to rates and risk factors of depression and suicide; (b) encourages medical schools to confidentially gather and release information regarding reporting rates of depression/suicide on an opt-out basis from its students; and (c) will work with other interested parties to encourage research into identifying and addressing modifiable risk factors for burnout, depression and suicide across the continuum of medical education.
6. Our AMA encourages the development of alternative methods for dealing with the problems of student-physician mental health among medical schools, such as: (a) introduction to the concepts of physician impairment at orientation; (b) ongoing support groups, consisting of students and house staff in various stages of their education; (c) journal clubs; (d) fraternities; (e) support of the concepts of physical and mental well-being by heads of departments, as well as other faculty members; and/or (f) the opportunity for interested students and house staff to work with students who are having difficulty. Our AMA supports making these alternatives available to students at the earliest possible point in their medical education.
7. Our AMA will engage with the appropriate organizations to facilitate the development of educational resources and training related to suicide risk of patients, medical students, residents/fellows, practicing physicians, and other health care professionals, using an evidence-based multidisciplinary approach.

(CME Rep. 01, I-16 Appended: Res. 301, A-17 Appended: Res. 303, A-17 Modified: CME Rep. 01, A-18 Appended: Res. 312, A-18)

H-295.927, "Medical Student Health and Well-Being"

The AMA encourages the Association of American Medical Colleges, Liaison Committee on Medical Education, medical schools, and teaching hospitals to address issues related to the health and well-being of medical students, with particular attention to issues such as HIV infection that may have long-term implications for health, disability and medical practice, and consider the feasibility of financial assistance for students with disabilities.

(BOT Rep. 1, I-934 Modified with Title Change: CSA Rep. 4, A-03 Reaffirmed: CME Rep. 2, A-13)

H-295.993, "Inclusion of Medical Students and Residents in Medical Society Impaired Physician Programs"

Our AMA: (1) recognizes the need for appropriate mechanisms to include medical students and resident physicians in the monitoring and advocacy services of state physician health programs and wellness and other programs to prevent impairment and burnout; and (2) encourages medical school administration and students to work together to develop creative ways to inform students concerning available student assistance programs and other related services.
(Sub. Res. 84, I-82 Reaffirmed: CLRPD Rep. A, I-92 Reaffirmed and appended: CME Rep. 4, I-98 Reaffirmed: CME Rep. 2, A-08 Modified: CME Rep. 01, A-18)

H-310.907, "AMA Duty Hours Policy"

Our AMA adopts the following Principles of Resident/Fellow Duty Hours, Patient Safety, and Quality of Physician Training:
3. Our AMA encourages publication and supports dissemination of studies in peer-reviewed publications and educational sessions about all aspects of duty hours, to include such topics as extended work shifts, handoffs, in-house call and at-home call, level of supervision by attending physicians, workload and growing service demands, moonlighting, protected sleep periods, sleep deprivation and fatigue, patient safety, medical error, continuity of care, resident well-being and burnout, development of professionalism, resident learning outcomes, and preparation for independent practice.
(CME Rep. 5, A-14 Modified: CME Rep. 06, I-18)

D-310.968, "Physician and Medical Student Burnout"

1. Our AMA recognizes that burnout, defined as emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment or effectiveness, is a problem among residents, and fellows, and medical students.
2. Our AMA will work with other interested groups to regularly inform the appropriate designated institutional officials, program directors, resident physicians, and attending faculty about resident, fellow, and medical student burnout (including recognition, treatment, and prevention of burnout) through appropriate media outlets.
3. Our AMA will encourage the Accreditation Council for Graduate Medical Education and the Association of American Medical Colleges to address the recognition, treatment, and prevention of burnout among residents, fellows, and medical students.
4. Our AMA will encourage further studies and disseminate the results of studies on physician and medical student burnout to the medical education and physician community.
5. Our AMA will continue to monitor this issue and track its progress, including publication of peer-reviewed research and changes in accreditation requirements.
6. Our AMA encourages the utilization of mindfulness education as an effective intervention to address the problem of medical student and physician burnout.

(CME Rep. 8, A-07 Modified: Res. 919, I-11)

H-405.957, "Programs on Managing Physician Stress and Burnout"

1. Our American Medical Association supports existing programs to assist physicians in early identification and management of stress and the programs supported by the AMA to assist physicians in early identification and management of stress will concentrate on the physical, emotional and psychological aspects of responding to and handling stress in physicians' professional and personal lives, and when to seek professional assistance for stress-related difficulties.

2. Our AMA will review relevant modules of the STEPs Forward Program and also identify validated student-focused, high quality resources for professional well-being, and will encourage the Medical Student Section and Academic Physicians Section to promote these resources to medical students.

(Res. 15, A-15 Appended: Res. 608, A-16)

H-405.961, "Physician Health Programs"
Our AMA affirms the importance of physician health and the need for ongoing education of all physicians and medical students regarding physician health and wellness.
(CSAPH Rep. 2, A-11 Reaffirmed in lieu of Res. 412, A-12 Reaffirmed: BOT action in response to referred for decision Res. 403, A-12)

D-405.990, "Educating Physicians About Physician Health Programs"
1) Our AMA will work closely with the Federation of State Physician Health Programs (FSPHP) to educate our members as to the availability and services of state physician health programs to continue to create opportunities to help ensure physicians and medical students are fully knowledgeable about the purpose of physician health programs and the relationship that exists between the physician health program and the licensing authority in their state or territory; 2) Our AMA will continue to collaborate with relevant organizations on activities that address physician health and wellness; 3) Our AMA will, in conjunction with the FSPHP, develop state legislative guidelines addressing the design and implementation of physician health programs; and 4) Our AMA will work with FSPHP to develop messaging for all Federation members to consider regarding elimination of stigmatization of mental illness and illness in general in physicians and physicians in training.
(Res. 402, A-09 Modified: CSAPH Rep. 2, A-11 Reaffirmed in lieu of Res. 412, A-12 Appended: BOT action in response to referred for decision Res. 403, A-12)

H-345.973, "Medical and Mental Health Services for Medical Students and Resident and Fellow Physicians"
Our AMA promotes the availability of timely, confidential, accessible, and affordable medical and mental health services for medical students and resident and fellow physicians, to include needed diagnostic, preventive, and therapeutic services. Information on where and how to access these services should be readily available at all education/training sites, and these services should be provided at sites in reasonable proximity to the sites where the education/training takes place.
(Res. 915, I-15 Revised: CME Rep. 01, I-16)

H-275.970, Licensure Confidentiality
1. The AMA (a) encourages specialty boards, hospitals, and other organizations involved in credentialing, as well as state licensing boards, to take all necessary steps to assure the confidentiality of information contained on application forms for credentials; (b) encourages boards to include in application forms only requests for information that can reasonably be related to medical practice; (c) encourages state licensing boards to exclude from license application forms information that refers to psychoanalysis, counseling, or psychotherapy required or undertaken as part of medical training; (d) encourages state medical societies and specialty societies to join with the AMA in efforts to change statutes and regulations to provide needed confidentiality for information collected by licensing boards; and (e) encourages state licensing boards to require disclosure of physical or mental health conditions only when a physician is suffering from any condition that currently impairs his/her judgment or that would otherwise adversely affect his/her ability to practice medicine in a competent, ethical, and professional manner, or when the physician presents a public health danger.

2. Our AMA will encourage those state medical boards that wish to retain questions about the health of applicants on medical licensing applications to use the language recommended by the Federation of State Medical Boards that reads, "Are you currently suffering from any condition for which you are not being appropriately treated that impairs your judgment or that would otherwise adversely affect your ability to practice medicine in a competent, ethical and professional manner? (Yes/No)."
CME Rep. B, A-88 Reaffirmed: BOT Rep. 1, I-93 CME Rep. 10 - I-94 Reaffirmed: CME Rep. 2, A-04 Reaffirmed: CME Rep. 2, A-14 Appended: CME Rep. 06, A-18

D-295.319, Discriminatory Questions on Applications for Medical Licensure
Our American Medical Association will work with the Federation of State Medical Boards and other appropriate stakeholders to develop model language for medical licensure applications which is non discriminatory and which does not create barriers to appropriate diagnosis and treatment of psychiatric disorders, consistent with the responsibility of state medical boards to protect the public health.
(Res. 925, I-09)

D-275.974, Depression and Physician Licensure
Our AMA will (1) recommend that physicians who have major depression and seek treatment not have their medical licenses and credentials routinely challenged but instead have decisions about their licensure and credentialing and recredentialing be based on professional performance; and (2) make this resolution known to the various state medical licensing boards and to hospitals and health plans involved in physician credentialing and recredentialing.
(Res. 319, A-05 Reaffirmed: BOT action in response to referred for decision Res. 403, A-12)

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