

CASE STUDY

Physician Wellbeing

The Physicians Foundation collaboration with the American Medical Association's Practice Transformation Initiative



In our rapidly changing health care system, physicians are experiencing an influx of organizational changes, increasing their likelihood of burnout. From too much time spent in documentation to workflow inefficiencies, administrative, regulatory and cultural factors are directly impacting physician wellbeing. Indeed, in the Physicians Foundation's 2018 survey of more than 8,500 physicians, 78% experienced feelings of burnout.

To reduce burnout and improve physician wellbeing, we must redesign systems. We must create an efficient practice environment that leads to greater professional satisfaction, improved health outcomes for our patients and increased productivity and financial viability.

Addressing Physician Burnout

In 2019, the American Medical Association (AMA) launched the Practice Transformation Initiative (PTI) to address the large gap in research on actionable solutions to address physician burnout. The Physicians Foundation is collaborating with AMA to extend PTI's efforts to support state medical societies in helping their member practices adapt, thrive and enhance professional satisfaction while reducing burnout.

Medical Society of New Jersey

- Hackensack / Meridian Health
- Lifeline Medical Associates
- St. Peter's Medical Associates

North Carolina Medical Society

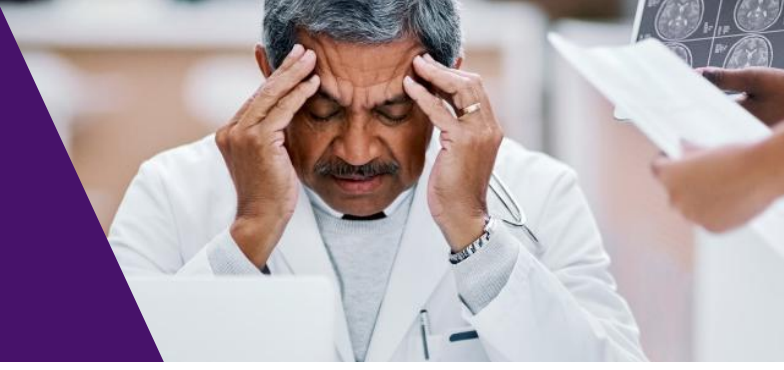
- Boice-Willis Clinic
- Cancer Care of Western NC
- Catawba Valley Family Medicine
- Chatuge Family Practice
- Novant Health Durham Internal Medicine Associates
- Piedmont Health Services
- Wake Emergency Physicians
- Wilmington Health Associates

Washington State Medical Association

- Allegro Pediatrics
- Evergreen Health Medical Group
- Family Care Network
- Kaiser Permanente
- MultiCare Health System
- The Everett Clinic
- UW Valley Medical Center
- Virginia Mason

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Through the collaborative efforts of the Physicians Foundation and PTI, 19 health organizations representing 800+ physicians from New Jersey, North Carolina and Washington are being engaged and coached. This includes rigorous evaluation and measurement to reduce the impact of burnout in their organizations.

Specifically, physician leaders are:



Assessing their practices/systems by using the validated **Mini-Z burnout survey tool**



Participating in bootcamps and guided coaching on interventions for practice efficiency and workflows



Measuring the use of EHRs to understand the impact of **"work after work"** and **"pajama time"**



Accessing a network for evidence-based learning resources and best practices

The Physicians Foundation is committed to advancing the national dialogue, which recognizes that to deliver high-quality, cost-efficient care, we must protect physicians' wellbeing. We can do so by creating an evidence-based culture of wellbeing to ensure the joy of practicing medicine and prohibit regulatory burdens from hindering a physician's work accomplishments.

For more information on physician wellbeing, or to join our efforts, please contact: PFmedia@jpa.com

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