

PHYSICIAN HEALTH AND WELLNESS IN CANADA: NATIONAL ANALYSIS RECOMMENDATIONS

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In 2019, the Canadian Medical Association (CMA) undertook a [Physician Health and Wellness National Analysis](#) as an area of strategic focus and to better understand the impact of practice- and system-level reform within the health care landscape in Canada on Canadian physicians' health and well-being. The 12 recommendations outlined below define action areas to improve physician health and wellness, as well as medical culture in Canada.

NATIONAL STANDARDS AND MEASUREMENT



Create a coalition for physician health and wellness with national-level stakeholders



Develop national vision, goals and value proposition



Develop common language, definitions, standards and measures for physician health and wellness in Canada



Support Canadian-based research and innovation



Establish a national entity focused on medical culture

AWARENESS, AVAILABILITY AND ACCESS



Partner to understand and address gaps



Support physician leadership training that focuses on physician health and wellness in the work environment



Investigate the opportunity to provide direct-to-physician virtual physician health and wellness services



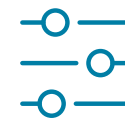
Develop an approach to address professional transitions

PARTNERSHIPS AND ADVOCACY



Facilitate collaboration to drive culture change and promote healthy and safe work environments

INFORMATION AND KNOWLEDGE



Provide resources and information on physician health and wellness topics and leading practices



Establish professional positions and training programs that focus on physician health and wellness

