**CMA Health Summit series – Session three**

**Scenario:**

Health Summit panelists Dr. Jillian Horton, Dr. Aditi Amin and patient advocate Michelle Hamilton-Page discuss the theme of session three: *Thriving in a reimagined culture of medicine – What does it mean to be ‘healthy?’*

**Dr. Aditi Amin, Occupational medicine expert**

COVID, in a lot of ways, has been a tipping point. It's really exposed for us that, as individuals, we are kind of being taxed to the max.

**Michelle Hamilton-Page, Patient advocate**

I've never felt more separate from the health care community. We are so separate and so distant, and I don't think that we've ever sort of needed each other more in terms of healing as a community.

**Text on screen:**

CMA Health Summit Series

Session 3: Aug. 22

*Thriving in a reimagined culture of medicine – What does it mean to be ‘healthy?’*

**Dr. Jillian Horton, Health and wellness expert**

What we're actually doing is allowing the system to continue to take take take take from each of us, without ever forcing the conversation about how else can we do this? Is everything that I am doing really necessary for a physician to do?

**Dr. Aditi Amin**

The culture of medicine is, I think, undergoing a huge upheaval at this time. We're starting to see people demanding more aspects of physician time, we're starting to see that there are equity, diversity and inclusion challenges.

**Michelle Hamilton-Page**

How do we find a way to come back together around our collective health and wellness? How do we bridge across the inequities as we create something new?

**Dr. Aditi Amin**

I think to be healthy in medicine, when we think about health, we need to look at it as an all-encompassing term. What we need to be looking at more broadly is the health of our social relationships within our workplace environment.

**Dr. Jillian Horton**

For me, when I think of being healthy, it means that I feel socially connected to my peers, that I have people that I can have friendly interactions with at work that are positive, that are stimulating, that feel mutually respectful. It means that I feel that I can serve my patients in a way that I can be fully present with them.

**Michelle Hamilton-Page**

I think it starts with taking a good look at our own identity, our own places of privilege, our own places of power, the ways in which that it gets enacted in how we relate together as health care providers and people who are either advocates or patients.

**Dr. Aditi Amin**

We have been having these conversations for a long time, but I do think that a seed has been planted here and I do think that it can and will grow. I do think there’s hope and I do think there is potential.