

## **ASPS Statement of Commitment to Clinician Well-Being and Resilience**

The American Society of Plastic Surgeons (ASPS) is the largest association of plastic surgeons in the world, representing more than 94 percent of all board-certified plastic surgeons in the United States and a growing contingent internationally. Our mission is to advance quality care for plastic surgery patients and promote public policy that protects patient safety.

The ASPS recognizes the challenges faced by its member physicians as well as trainees and support staff in the daily care of patients. Like many specialties, burnout, musculoskeletal disorders and emotional stress impact our member physicians. We recognize that physician wellness is directly linked to quality care. The ASPS is committed to addressing physician burnout and is pleased to participate in the National Academy of Medicine's collaborative efforts to promote physician wellness. As the premier unified organization for plastic and reconstructive surgeons, ASPS recognizes such efforts as a core value of our society.

Data from surveys of practicing plastic surgeons demonstrates high levels of physical stress and emotional stress as it pertains to the practice of plastic surgery. Additionally, members note institutional stressors that contribute to burnout and loss of work satisfaction.

In 2018, an ASPS Presidential initiative was begun to establish the Wellness Task Force. This task force was charged with exploring approaches to improve our physician membership well-being. As part of this initiative, ASPS is conducting member surveys to further evaluate stressors and barriers to healthy practice and well-being. To better address burnout in our profession we hope to focus our efforts on 1) identifying individual and institutional stressors 2) improving awareness of collaborative efforts within the medical field to address burnout 3) provide our members with a broad community of physicians and online resources dedicated to improving wellness 4) encourage participation in workshops, lectures and national meetings dedicated to wellness and 5) develop sustainable strategies for our membership to cope with individual and institutional stressors.

The ASPS believes that these efforts will improve the health of its membership and result in resilient and effective clinicians. Through these efforts we seek to establish our commitment to physician wellness and quality care.