



## SGIM and ACLGIM Statement on Commitment to Clinician Well-Being and Resilience

December 11, 2017

**The Society of General Internal Medicine (SGIM) and the Association of Chiefs and Leaders of General Internal Medicine (ACLGIM) are committed to promoting healthy and sustainable work environments and to understanding, predicting, and mitigating stress and burnout for physicians and other health professionals.** Our efforts in this goal include education, resources, tools, and partnerships that aim to strengthen the field of general internal medicine in the present and for the future.

**Education:** *Through national and regional meetings, we offer learning opportunities on best practices and resource sharing on clinician well-being and resilience to physicians and trainees in academic GIM.*

Demonstrating the importance of physician wellness to SGIM and its constituents, the theme of the 2017 Annual Meeting was “Resilience & Grit: Pursuing Organizational Change and Preventing Burnout in GIM.” SGIM’s largest meeting to date, with over 2,500 attendees, this event featured symposia, workshops, and abstract presentations addressing how to identify, address, and prevent physician stress and burnout.

**Resources and Tools:** *We develop tools and resources for physicians and trainees in academic GIM to understand, predict, and mitigate their stress or the stress of their Divisions in GIM.*

Included in these ongoing efforts are the ACLGIM WELL (Wellness Engaged Longitudinal Leaders) Program, aimed at building a community of wellness champions in GIM and partner primary care fields, who can improve worklife conditions at their home institution and to take their knowledge to other institutions facing stress and burnout. Data gathered in divisions of GIM across the country beginning in 2015 serves to create a national benchmarking tool to measure divisional faculty work life quality, pinpoint potential issues and effects of interventions over time.

**Partnerships:** *We actively seek alliances with whom we can partner to address physician and trainee well-being and work environment.*

SGIM and ACLGIM develop and maintain alliances with organizations who are also working to improve the practice environment. These partnerships include the American Medical Association (AMA) via the Steps Forward Program modules on wellness and burnout and the Alliance for Academic Internal Medicine (AAIM) through the Collaborative for Healing and Renewal in Medicine (CHARM) group. SGIM endorsed a Charter for Physician Well-being as a member of the collaborative to set forth guiding principles and key commitments in addressing physician well-being through a full career.

SGIM and ACLGIM strive to promote and advance the practice of general internal medicine. To that end, improving physician well-being and resilience is critical to our mission.

*SGIM is a national medical society of over 3,000 physicians who represent the general internal medicine faculty of every medical school and major teaching hospital in the United States. SGIM members teach medical students, residents, and fellows how to care for adult patients. They also conduct research intended to foster comprehensive coordinated care of adult patients across ambulatory and hospital settings, including preventive measures and treatment services. You can learn more about SGIM at <http://www.sgim.org/>.*

*ACLGIM is a national medical society of over 200 leaders in General Internal Medicine. Members of ACLGIM have pivotal roles in leading the educational, research, quality/safety, and clinical missions of academic Departments of Internal Medicine. Leadership roles represented within ACLGIM include Chiefs of General Internal Medicine, Chiefs of Hospital Medicine, directors of residency clinics, directors of ambulatory clinical practices, directors of hospital medicine programs, general medicine leaders focused on veterans' healthcare, as well as general medicine leaders in an academic environment who have risen within their organizational structure to institutional roles of prominence, such as Chairs of Internal Medicine, Dean's, Chief Information Officers, and Chief Medical Officers. You can learn more about ACLGIM at [www.aclgim.org](http://www.aclgim.org).*