



## Boston Children's Hospital Organizational Commitment to the National Academy of Medicine Action Collaborative on Clinician Well-Being and Resilience

The mission of Boston Children's Hospital is to provide the highest quality health care, be the leading source of research and discovery, educate the next generation of leaders in child health, and to enhance the health and well-being of the children and families in our local community. The hospital recognizes that in order to achieve this mission we must increase our focus on the health and well-being of our caregivers.

Caregiver well-being has been a focus of hospital leadership through discussions at three recent leadership forums; the first articulated the concern, the second served to engage a cross-section of leaders on their recommendations to address those concerns, and the most recent discussed the hospital's commitment towards those recommendations. Separately, many local and regional efforts are being conducted to ensure that the well-being of our caregivers is front and center.

Additionally, the Graduate Medical Education Committee seeks to develop resources to promote trainee well-being including: physical health, stress reduction, burnout prevention, mindfulness or reflection, and promoting community/camaraderie. Through creation of the GME Wellness Subcommittee we have committed to developing a understanding of the natural history of burnout among our housestaff over the course of the academic year with the use of the Maslach Burnout Inventory at various points throughout the academic year. This data will then be used to help develop multiple interventions to mediate and potentially prevent burnout.

As Boston Children's has been an early adopter of many of the National Academy of Medicine guidance tools, we believe that our work together will develop interventions which will be able to spread to all caregivers.