

# FORGING THE PATH TO PHYSICIAN WELLNESS



**Your Advocate.**  
**Your Resource.**  
**Your Profession.**



## BREAKING THE SILENCE

MedChi Past President Brooke Buckley, MD, is a champion for breaking the silence, addressing the root causes of physician stress, and finding joy in medicine. Dr. Buckley shares presentations, articles, interviews, and editorials that go beyond the buzzword of “burnout” to explore the core issues of physician wellness, mindfulness, emotional intelligence, and the humanity of medicine. MedChi is proud to provide a platform for Dr. Buckley’s leadership through our events and publications.

## PHYSICIAN HEALTH

The Maryland Physician Health Program is a private, confidential, non-disciplinary program that provides clinical care for physicians and allied health professionals. Administered by MedChi’s foundation, the Center for a Healthy Maryland, this HIPAA-compliant program provides assessment, monitoring, referral, and support services for physicians impaired by:

- Substance Misuse/Abuse
- Depression, anxiety, or mood instability
- Alcohol Abuse
- Physical or cognitive impairments
- Anger Management
- Behavioral Issues
- Boundary Issues
- Stress

## PHYSICIAN REHABILITATION

The Maryland Physician Rehabilitation Program for physicians, physician assistants, and allied health providers licensed by the Maryland Board of Physicians has been established at the direction of the Maryland Legislature for professionals who are in need of treatment and rehabilitation for alcoholism, chemical dependency, or other physical or psychological conditions, and who have been referred by the Board for services. The program is designed to facilitate access to treatment and rehabilitation services. It offers information, evaluation, and referral for treatment. Staff is also available to provide or arrange presentations on topics related to substance abuse and mental health.

## PHYSICIAN INVOLVEMENT

“Much of MedChi’s legislative advocacy priorities are driven by efforts to reduce physician stress by easing administrative burdens such as prior authorization.”

Clement Banda, M.D.  
 Co-Chair, MedChi’s Legislative Council



## COVID-19 IMPACT ON PHYSICIAN WELL-BEING

- 24% of physicians sought medical attention
- 13% sought mental health attention
- 10% began the use of medications, alcohol, or illicit drugs
- 8% had thoughts of self-harm
- 43% withdrew from family and friends
- 50% felt inappropriate anger, fearfulness, or anxiety
- 58% experienced burnout
- 39% wanted to retire early

*\* Numbers based on findings from August 2020 “Survey of America’s Physicians: COVID-19 Edition” conducted by Merritt Hawkins*

## RESOURCES

- FOR EMPLOYED PHYSICIANS**  
 Model Employment Contract  
 Compensation Survey  
 Online CME Presentations on Physician Employment
- FOR PRIVATE PRACTICE PHYSICIANS**  
 Practice Support Services  
 Complimentary Practice Assessment  
 No-obligation Insurance Review from the MedChi Insurance Agency
- FOR ALL PHYSICIANS**  
 Maryland Physician Health Program  
 Legislative and Regulatory Advocacy  
 Continuing Medical Education  
 Public Health Advocacy & Resources

MedChi is Maryland’s foremost advocate and resource for physicians, patients, and the public health.

