

SUBJECT: Increasing Resident Access to Mental Health Services

SUBMITTED BY: ACOFP Resident Council

REFERRED TO: 2023 American College of Osteopathic Family Physicians (ACOFP) Congress of Delegates

RESOLUTION NO. 15

- 1 WHEREAS, physician burnout is found to be at an alarming rate of 62.8%¹, while satisfaction with
2 work-life integration is dropping and average depression scores among physicians is rising;
3 and
- 4 WHEREAS, suicide is a leading cause of resident physician death which demonstrates the necessity for
5 supportive environments and early intervention at the level of graduate medical education as
6 “integral to reducing preventable deaths and fostering a healthy physician workforce”²; and
- 7 WHEREAS, Accreditation Council for Graduate Medical Education (ACGME) 2023 program
8 requirements for GME in family medicine include “education of [...] identification of the
9 symptoms of burnout, depression, [...] suicidal ideation, [...] including means to assist those
10 who experience these conditions” as well as “providing access to confidential, affordable
11 mental health assessment, counseling, and treatment”³; now, therefore be it
- 12 RESOLVED, that the American College of Osteopathic Family Physicians (ACOFP) stresses the
13 importance of residency programs to provide a list of resources, publicly available to all
14 residents at the start of each academic year, for confidential and accessible mental health
15 assessments, counseling, and treatments to assist in reducing burnout of medical trainees.

FINAL ACTION: APPROVED as of March 29, 2023

References:

1. Shanafelt, T. D., West, C. P., Dyrbye, L. N., Trockel, M., Tutty, M., Wang, H., Carlasare, L. E., & Sinsky, C. (2022). Changes in burnout and satisfaction with work-life integration in physicians during the first 2 years of the COVID-19 pandemic. *Mayo Clinic Proceedings*, 97(12), 2248–2258.
<https://doi.org/10.1016/j.mayocp.2022.09.002>
2. Yaghmour, Nicholas A. MPP; Brigham, Timothy P. MDiv, PhD; Richter, Thomas MA; Miller, Rebecca S. MS; Philibert, Ingrid PhD, MBA; Baldwin, DeWitt C. Jr MD; Nasca, Thomas J. MD. Causes of Death of Residents in ACGME-Accredited Programs 2000 Through 2014: Implications for the Learning Environment. *Academic Medicine*: July 2017 - Volume 92 - Issue 7 - p 976-983
3. ACGME Program Requirements for Graduate Medical Education in Family Medicine.
(n.d.). https://www.acgme.org/globalassets/pfassets/programrequirements/120_familymedicine_2023.pdf.