



PHYSICIAN BURDENS

FACT SHEET

Physician Burdens Policy Paper: A multi-faceted journey

Since early 2019, Doctors of BC has been engaging with our members on the growing demands they face as a profession. Excessive demands on physician time have negative impacts on patient care, physician wellbeing, and the sustainability of the health care system. These demands can include an unreasonable amount of paperwork, unwieldy technology, and keeping pace with rapid health system growth and transformation. This in-depth examination has led to the release of the policy paper: [Creating Space for Doctors to Be Doctors: A Cumulative Impact Lens on Physician Demands](#), which outlines our position on this important topic.

Cumulative Impact Lens: Explained

Most demands on clinicians are well-intentioned, and aim to support quality patient care, but this is not always the case - they can accumulate and often result in burnout. The most recent (2022) National Physician Health Survey conducted by the Canadian Medical Association (CMA) found that 53% of Canadian physicians are experiencing burnout, and 46% are considering reducing their clinical

workload in the next two years. Doctors of BC calls on stakeholders to apply the 'cumulative impact lens' to each new, changing, or existing demand on clinicians. This involves looking at the broad volume of demands on clinicians from various groups, and considering how any new ask or proposed change could ripple through the health care system to impact quality and accessibility of care and physician workflow, and then examining where pressures can be reduced. The Burdens Solution Tool, developed as a guide for health care stakeholders, can be used to identify ways that lessen the burden.



What is the Burdens Solution Tool?

The [Burdens Solution Tool](#) is a series of strategic steps for health care decision-makers and stakeholders. The potential solutions within the tool are presented in a way that can help groups to review and assess new and existing demands on clinicians.



Doctors of BC Policy Recommendations and Commitments

Doctors of BC's recommendations to lessen demands on clinicians include:

- Stakeholder adoption of the Burdens Solutions Tool
- Education for clinical and administrative support staff
- Meaningful engagement opportunities for physicians in the development of BC's digital health ecosystem

Doctors of BC's commitments to members include:

- Educating Doctors of BC staff on the Burdens Solution Tool to ensure it is embedded in the association's work.
- Continuing to collaborate with the Ministry of Health to identify opportunities to support longitudinal primary and specialty care.
- Working with stakeholders to improve clarity and transparency in their communications.

Addressing the issue

The current environment in health care is overwhelming, and physicians are operating under extremely difficult conditions. Physicians and other health care clinicians need the support and resources to do their jobs well, and to maintain their own wellbeing. Many projects are underway to reduce these demands, including advocacy around sick notes, and working with ICBC on reducing related administrative hurdles for physicians. A more intentional review of demands being placed on physicians using the Burdens Solution Tool will lessen negative effects, and allow physicians to spend time on work that directly enhances patient care in BC.

Read about the ongoing improvement efforts, the Burdens Solution Tool, and access the full list of detailed policy recommendations and commitments in the [policy paper](#).