

## ePanel 2019 #01 – Physician well-being

(untitled)

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Thank you for taking the time to respond to this ePanel survey on your well-being.

The College of Family Physicians of Canada (CFPC) knows that this has become an issue of greater importance to our members and we'd like to explore your experiences with and thinking about your well-being.

Please note that these concepts are difficult to capture properly in a short, 10-question survey. For more information, we encourage you to check out the Canadian Medical Association's Policy on Physician Health. The CFPC reviewed this policy paper and it serves as a guide for this survey.

For your role as a family physician, how do you rate your sense of well-being/personal wellness?

- I feel the best I've ever felt and at the top of my game professionally and personally
- Generally I feel pretty good, but like most people experience, there are trying days
- I'm neither excited nor exhausted. I have a job to do.
- Exhausted but coping—I still derive meaning from my work
- Burned out and think I'm done with family medicine

Does or did your work as a family physician ever contribute to experiencing any of the following?

(Check all that apply)

- Burnout (i.e., physical, emotional, and/or mental exhaustion, and cynicism)
- Depression
- Anxiety
- Avoidance of co-workers, friends, and family
- Increased use of alcohol or recreational substances
- None of the above

What factors do you find add stress to your day?

(Check all that apply)

- Health care system demands
- Patient complexity
- Medical uncertainty
- Paperwork
- Practice management issues
- Practice location (e.g., rural, remote, urban)
- Financial concerns
- Volume of work
- Trying to balance professional and personal life
- Workplace intimidation
- Electronic medical records functionality/maintenance
- Inability to leave the practice (vacation, locums)
- Other - please specify

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What techniques do you use to cope with high stress?

(Check all that apply)

- Mindfulness
- Accept personal limitations
- Share workload/use effective practice arrangements
- Reduce my work hours/set limits
- Allow for more personal time/strong personal relationships
- Consider a career change
- Physical exercise
- Ignore/avoidance
- Other - please specify
- I don't use any techniques

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**(untitled)**

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## How could the CFPC support your health and well-being?

(Select top three)

- CPD offering tools to better manage stress (could include practice management advice)
- Regular tools and tips
- Establish a physician wellness program
- Networking and mentoring
- Advocacy with governments
- Other - please specify
- This is not an area where CFPC should be active

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## Are you a:

- A medical student
- A resident
- In first five years of practice
- In practice for 6 – 10 years
- In practice for 11 – 20 years
- In practice for 21 – 30 years
- In practice for 30+ years

Where do you primarily practice?

(Check all that apply)

- Rural
- Urban
- Remote
- Locum

Please describe your practice:

a) Practice organization:

(Check all that apply)

- Solo
- Team-based
- Hospital/institutional
- Other - please specify

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b) Practice scope:

(Check all that apply)

- Comprehensive family practice
- Focused practice
- Other - please specify

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c) Remuneration method:

(Check all that apply)

Fee-for-service

Salary

Capitation

Blended (no single method accounts for 90 per cent of income)

Other - please specify

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Hours worked

a) On average, how many hours a week do you work/attend school?

enter number

b) On average, how many hours of your week is time on call?

enter number

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Thank you.