

THE COLLEGE OF
FAMILY PHYSICIANS
OF CANADA



LE COLLÈGE DES
MÉDECINS DE FAMILLE
DU CANADA

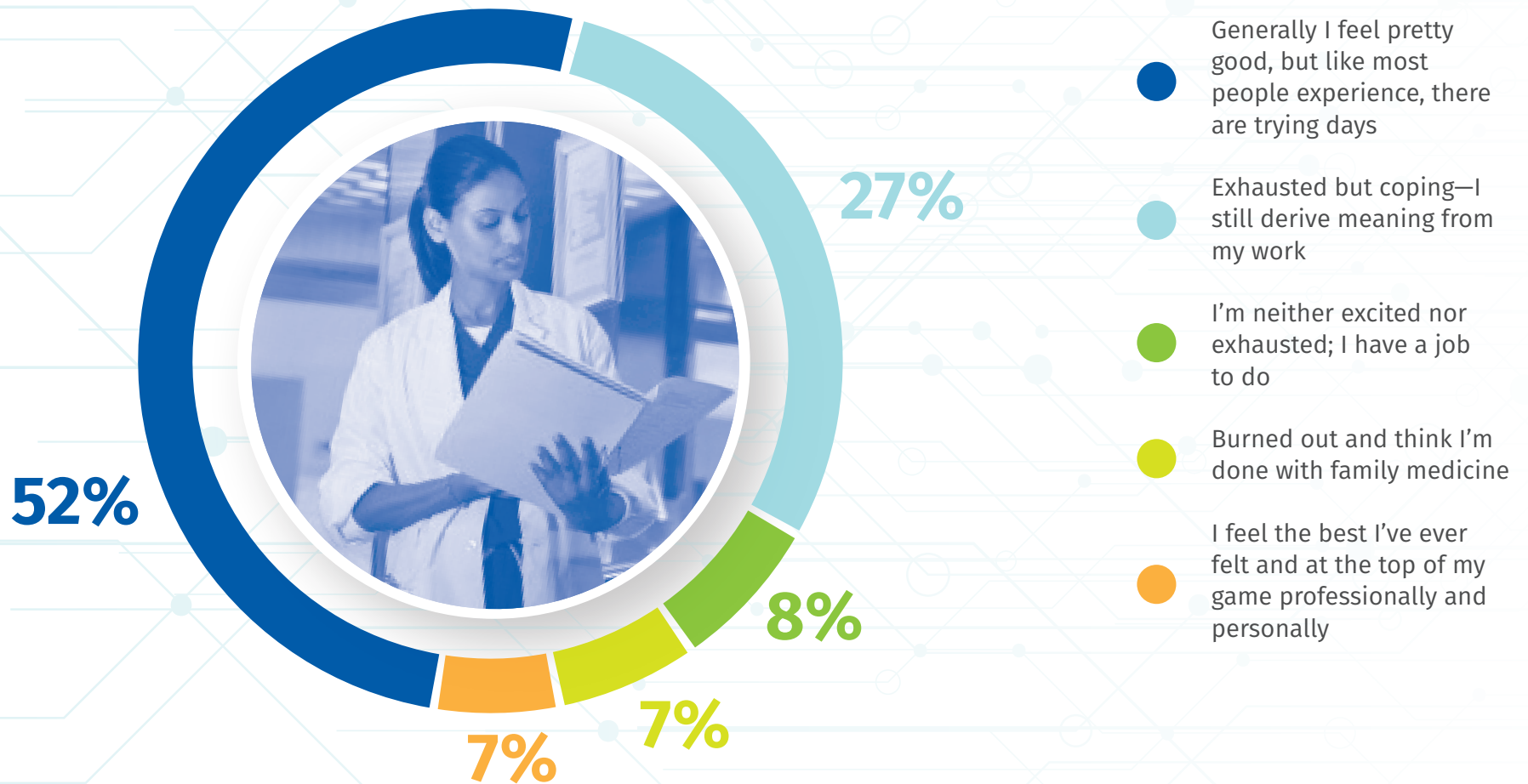


CFPC EPANEL 2019 #1

Physician well-being

PANEL SIZE=1,706 PARTICIPANTS=609 RESPONSE RATE=36%

Question 1: For your role as a family physician, how do you rate your sense of well-being/personal wellness?

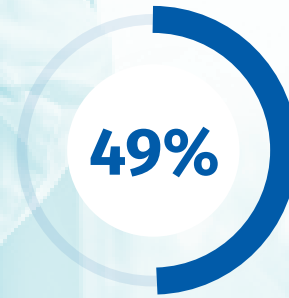


Question 2: Does or did your work as a family physician ever contribute to experiencing any of the following?

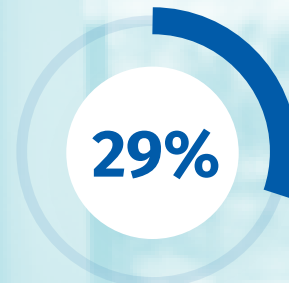
Respondents were able to select more than one response.



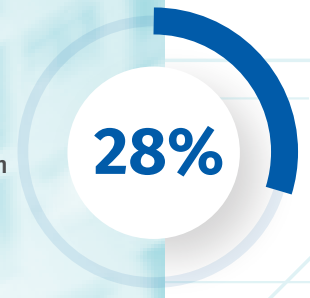
Burnout (i.e., physical, emotional, and/or mental exhaustion, and cynicism)



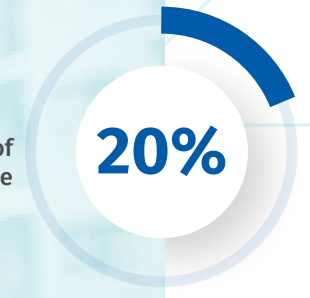
Anxiety



Avoidance of co-workers, friends, and family



Depression



None of the above



Increased use of alcohol or recreational substances

Question 3: What factors do you find add stress to your day?

Respondents were able to select more than one response.

PAPERWORK

54%

PATIENT
COMPLEXITY

HEALTH CARE SYSTEM DEMANDS

54%

VOLUME OF
WORK

TRYING TO BALANCE PROFESSIONAL AND PERSONAL LIFE

41%

ELECTRONIC
MEDICAL RECORDS
FUNCTIONALITY/
MAINTENANCE

32%

PRACTICE
MANAGEMENT
ISSUES

31%

FINANCIAL
CONCERNS

29%

MEDICAL
UNCERTAINTY

29%

INABILITY TO LEAVE
THE PRACTICE
(VACATION, LOCUMS)

12%

WORKPLACE
INTIMIDATION

10%

PRACTICE LOCATION (E.G.,
RURAL, REMOTE, URBAN)

16%

OTHER





Question 4: What techniques do you use to cope with high stress?

Respondents were able to select more than one response.

59%

ACCEPT PERSONAL
LIMITATIONS

54%

REDUCE MY WORK
HOURS/SET LIMITS

44%

ALLOW FOR MORE
PERSONAL TIME/
STRONG PERSONAL
RELATIONSHIPS

43%

MINDFULNESS

32%

SHARE WORKLOAD/
USE EFFECTIVE
PRACTICE
ARRANGEMENTS

23%

CONSIDER A
CAREER CHANGE

23%

IGNORE/
AVOIDANCE

3%

I DON'T USE ANY
TECHNIQUES

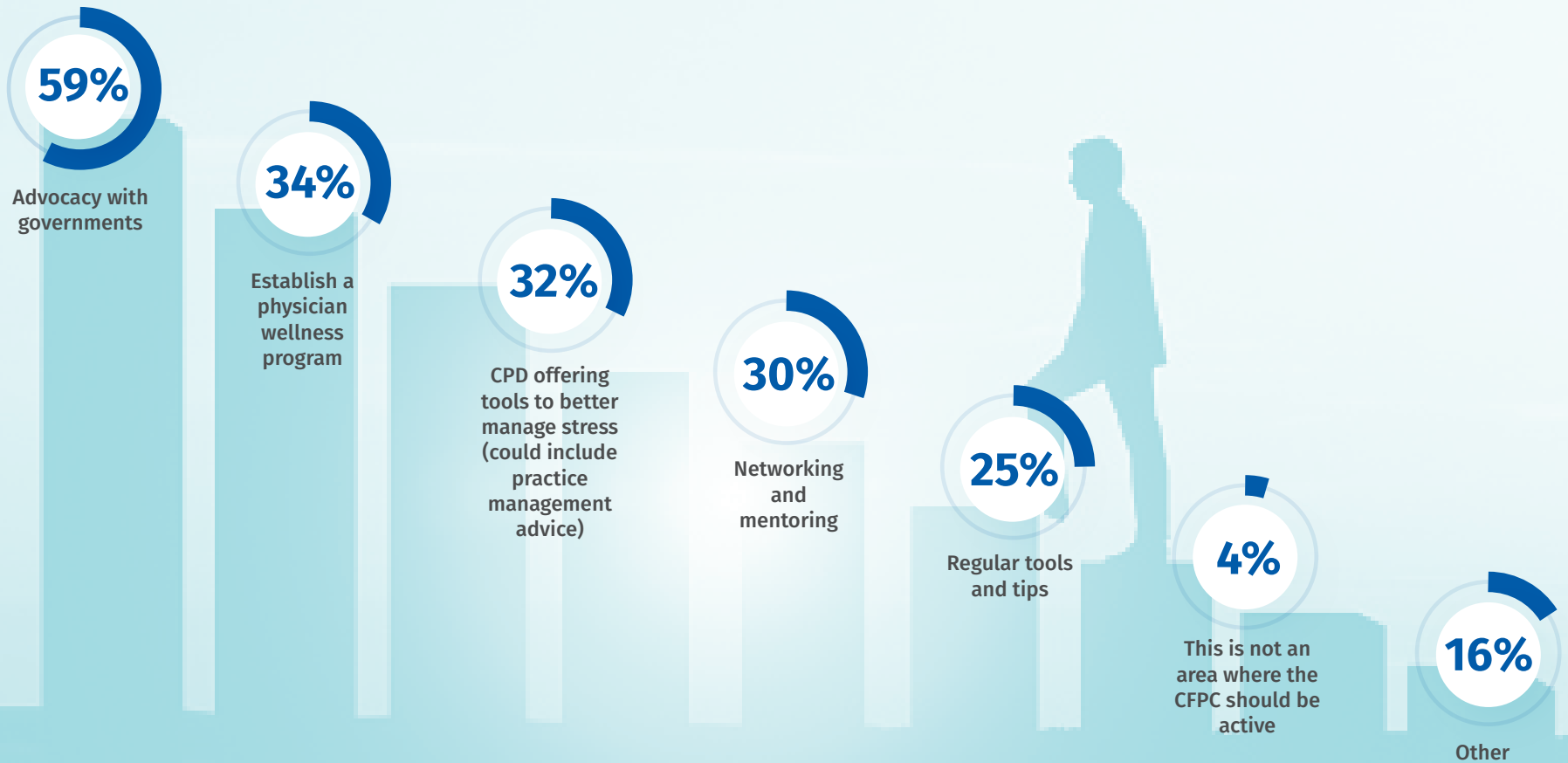
15%

OTHER

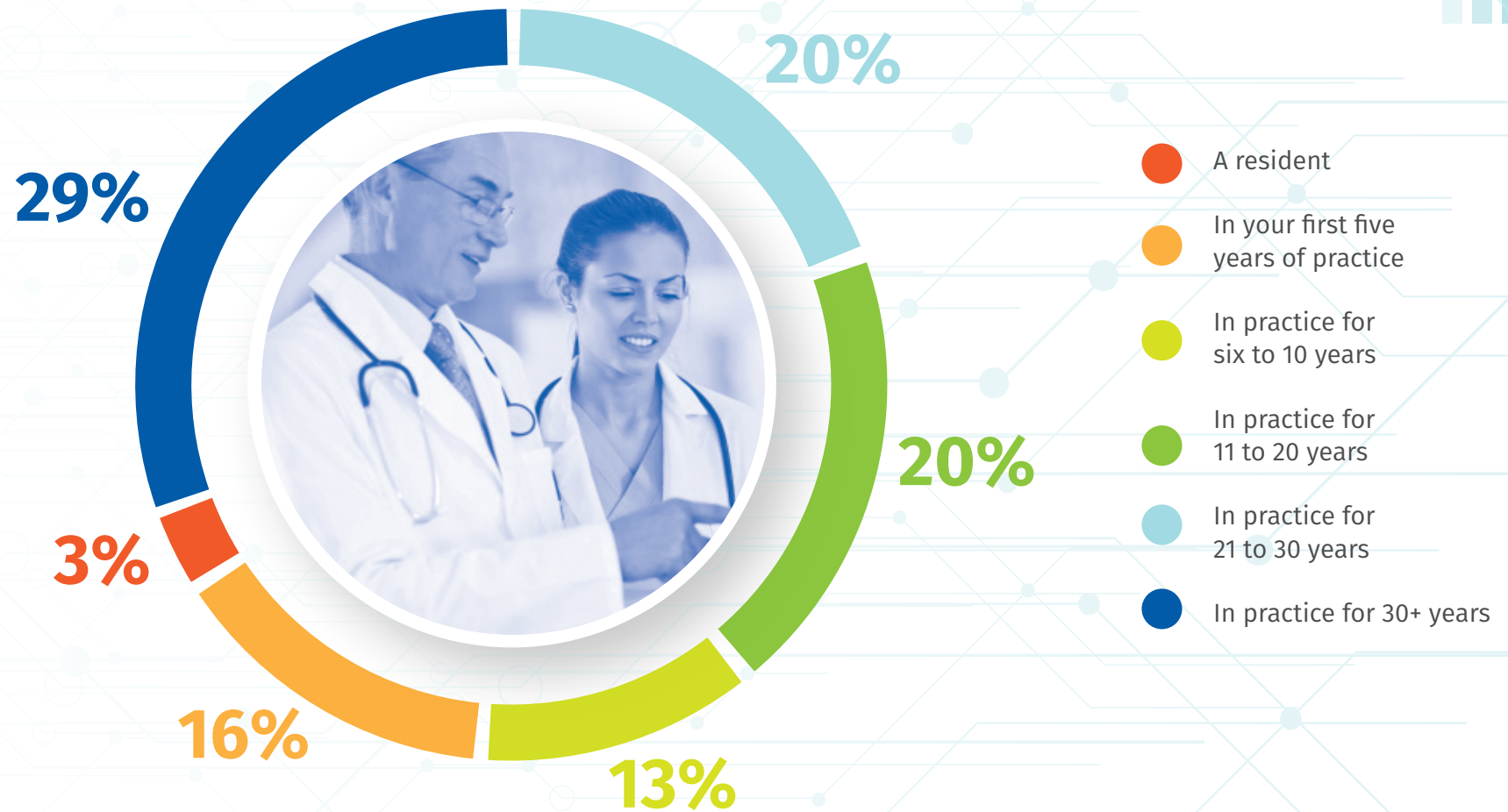


Question 5: How could the CFPC support your health and well-being?

Respondents were able to select more than one response.



Question 6: Are you:



Question 7: Where do you primarily practise?

Respondents were able to select more than one response.



66%
URBAN



36%
RURAL



7%
LOCUM



6%
REMOTE

Question 8: Practice organization:

Respondents were able to select more than one response.



64%
TEAM-BASED



35%
HOSPITAL/
INSTITUTIONAL



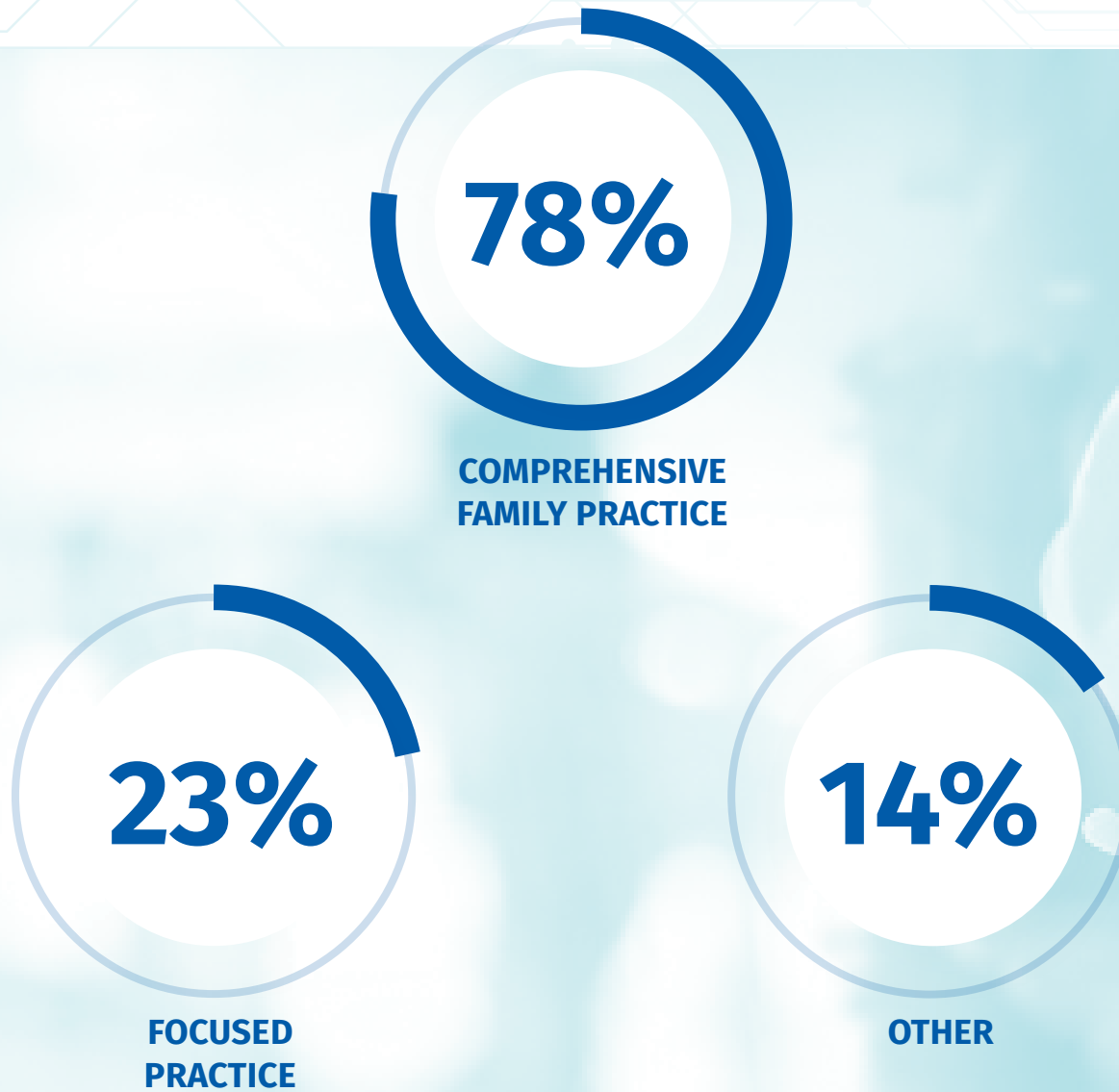
18%
SOLO



16%
OTHER

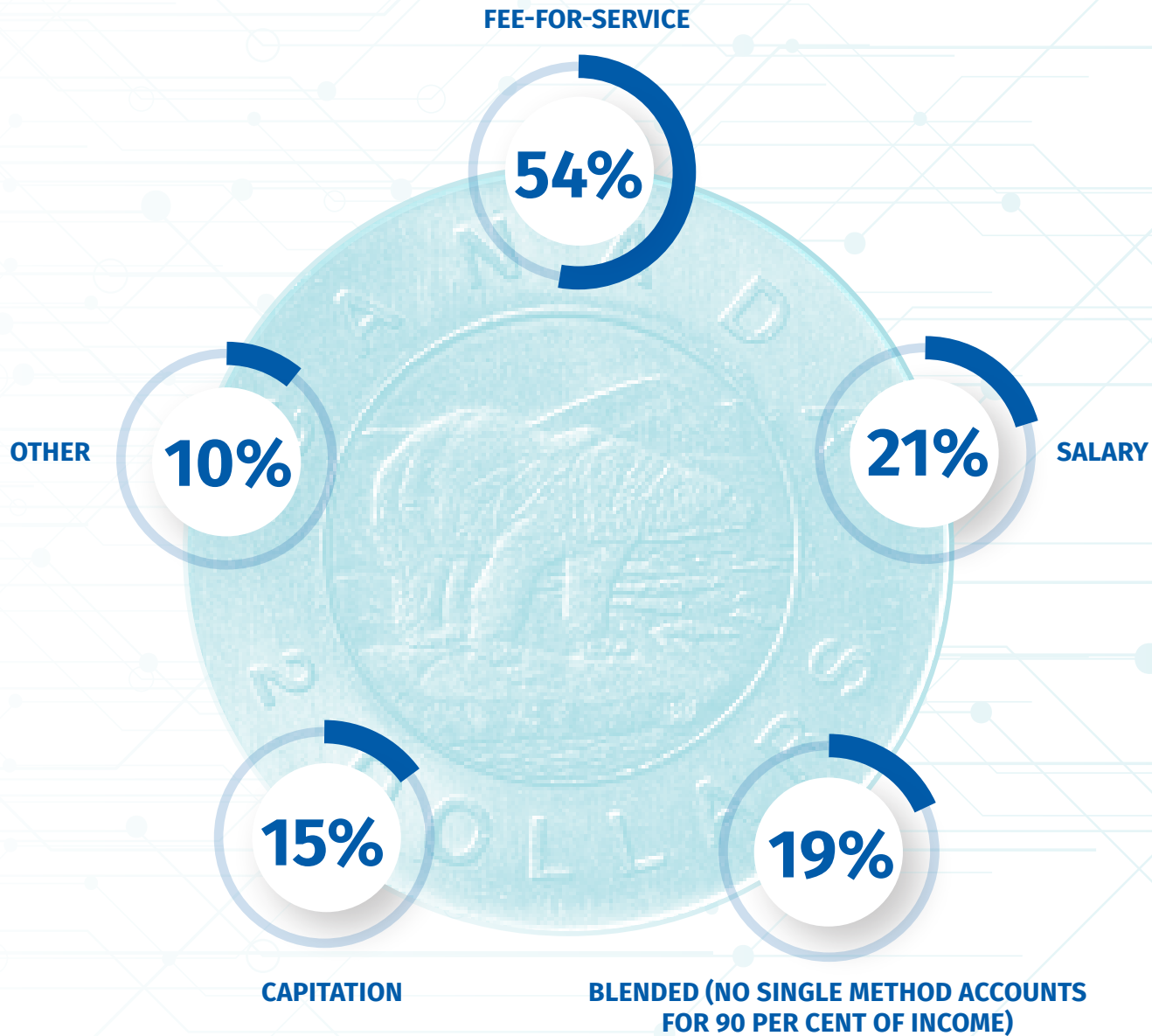
Question 9: Practice scope:

Respondents were able to select more than one response.

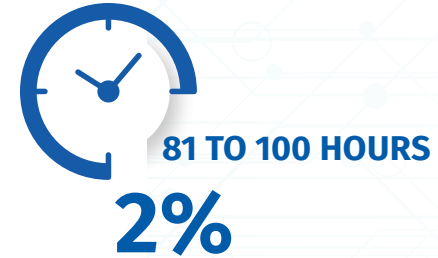


Question 10: Remuneration method:

Respondents were able to select more than one response.



Q11: On average, how many hours a week do you work/attend school?



Q12: On average, how much of your week is time on call?

