

**TASK FORCE ON BURNOUT**  
**REPORT TO THE HOUSE OF DELEGATES AND BOARD OF DIRECTORS**  
**May 2022**

**Name of Commission:** *Task Force on Burnout*

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**Executive Summary**

Understanding of PA burnout and well-being is in the early stages, but clearly the current healthcare environment threatens the delivery of quality care in the United States for all providers and patients. To address this crisis, the American Academy of PAs (AAPA) in 2019 created a task force to raise awareness of burnout among PAs and a broader audience and to share strategies to mitigate its risk. In addition, the Task Force on Burnout was asked to evaluate current research in the field, identify resources on burnout, and convene stakeholder organizations to help develop strategies to manage and prevent burnout in the profession.

***Resolution B-03 adopted by AAPA 2019 House of Delegates***

*The House of Delegates recommends the Speaker request the AAPA Board of Directors form a joint work group between the House and Board specifically charged with:*

- *identifying resources and strategies to address PA burnout and to look into institutional patterns that cause burnout;*
- *educating individual PAs, state medical boards, PA boards, or PA task forces through the creation of a compendium of research and resources on identifying, managing and preventing PA burnout;*
- *raising awareness about the prevalence of burnout among PAs and other healthcare professionals, helping reduce the stigma sometimes associated with PAs and other healthcare professionals seeking help for burnout symptoms;*
- *evaluating current research on the impact of PA burnout on patient care;*
- *convening stakeholder organizations and experts to discuss PA wellness and to recommend best practices for promoting PA wellness and helping PAs identify, manage and prevent burnout throughout their career continuum (i.e., from PA school through-out their years of licensed practice.)*

## Detailed Progress Report

The Task Force on Burnout is in the third year of work. In year three, the focus of the work was on the last charge: to convene stakeholder organizations and experts to discuss PA wellness and to recommend best practices for promoting PA wellness and helping PAs identify, manage and prevent burnout throughout their career continuum (i.e., from PA school through-out their years of licensed practice.)

**Disseminate information** to educate PAs and other stakeholders about the impact of burnout—on PAs and other clinical team members who suffer burnout and on patients and the healthcare system. Also provide education about the importance of wellness and preventing burnout and the importance of seeking help for burnout.

**Convene a meeting** of stakeholder organizations and experts to discuss PA wellness—and wellness for the entire patient care team—and to recommend best practices for promoting wellness and helping PAs identify, manage and prevent burnout throughout their career continuum (i.e., from PA school throughout their years of licensed practice.)

Commission Charge	Status
<p><b>Disseminate information</b> to educate PAs and other stakeholders about the impact of burnout—on PAs and other clinical team members who suffer burnout and on patients and the healthcare system. Also provide education about the importance of wellness and preventing burnout and the importance of seeking help for burnout.</p>	<p>A CME session, Life on the Frontlines: One Year Later, was recording and incorporated into AAPA Learning Central. This session is available to anyone for \$0 and provides 0.5 CME credits.</p>
<p><b>Convene a meeting</b> of stakeholder organizations and experts to discuss PA wellness—and wellness for the entire patient care team—and to recommend best practices for promoting wellness and helping PAs identify, manage and prevent burnout throughout their career continuum (i.e., from PA school throughout their years of licensed practice.)</p>	<p>The Task Force developed a framework for a stakeholder summit to be held in conjunction with AAPA 2022. The target audience was identified, and guests and speakers were identified.</p> <p>An R-13 Small Meeting Grant was developed to submit to the Agency for Healthcare Research and Quality grants to support the Symposium. This grant was not successful.</p> <p>The Symposium on Clinician and Clinical Student Well-Being in a Team-Based Setting is scheduled for May 23, 2022. At the time of this report, 48 faculty, moderators, and guests have indicated they will be attending the event. The Task Force will be speaking, facilitating, or moderating sessions throughout the day and are instrumental in planning the facilitated discussion.</p>

**Submitted by Eric Tetzlaff, MHS, PA-C, DFAAPA  
Chair, AAPA Task Force on Burnout  
March 20, 2020**