



# HOW HEALTHY ARE YOU? THE ANSWER IS IMPORTANT – FOR YOU AND FOR YOUR PATIENTS

Nebraska Department of Health & Human Services

Nebraska City, NE

May 17, 2013

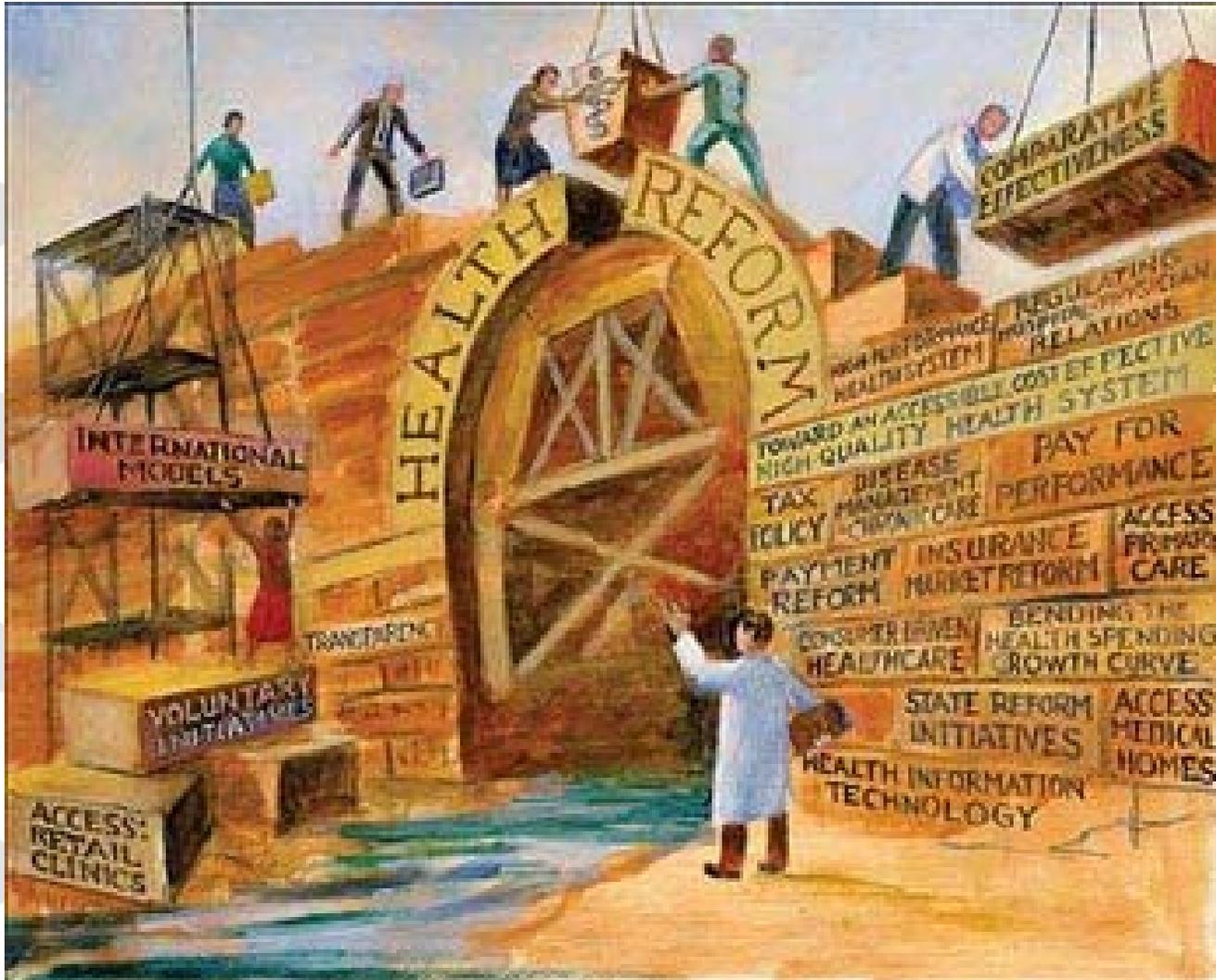
Jeremy A. Lazarus, MD

President

American Medical Association

[ama-assn.org](http://ama-assn.org)

# New Realities in Health Care

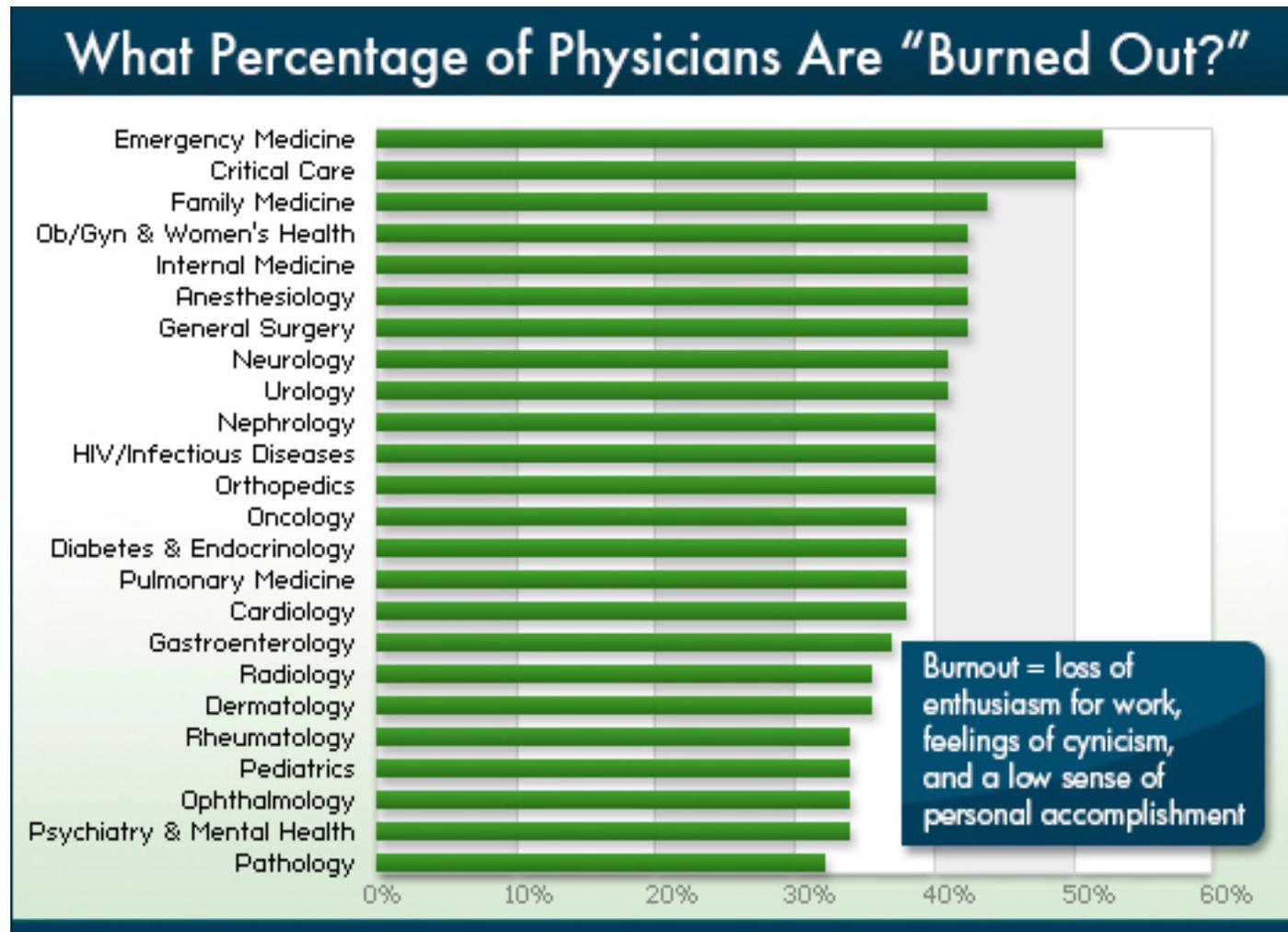


# Physician depression

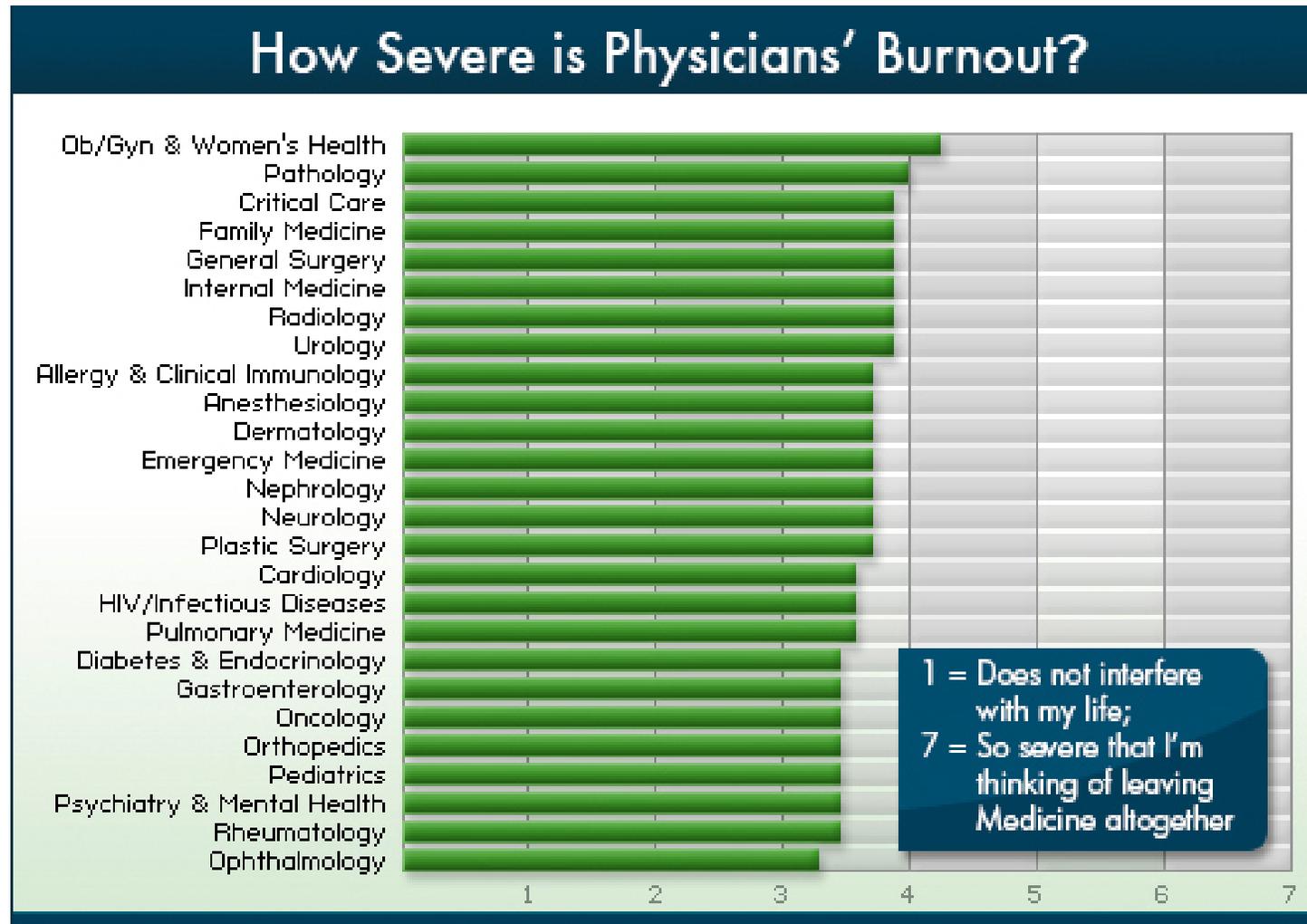


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# Specialties & Burnout

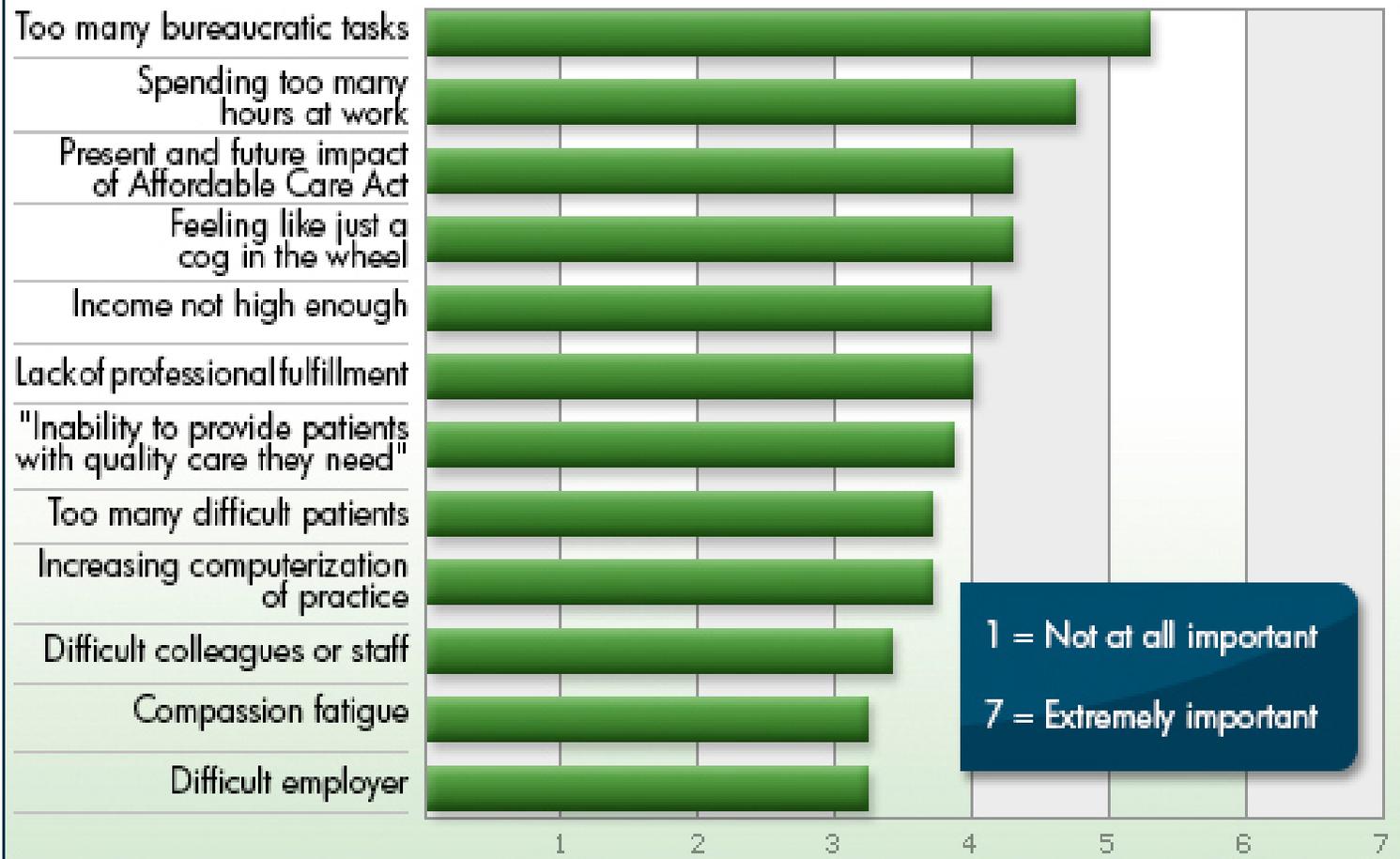


# How bad is it?



# Why burnout?

## What Are the Causes of Burnout?





***“When burnout leads physicians to reduce or cease their practice altogether, patient access to medical care is diminished. Burnt-out physicians are likely to be less productive, make more mistakes, and generally deliver a lower quality of care than their fully engaged colleagues.”***

**Richard Gunderman, MD**

# Physician health



**AMA Healthier Life Steps™**  
A Physician's Guide to Personal Health

# Relieving stress



# Setting an example



AMA

# Fulfillment through reform



# AMA Strategic Plan

## Goals over next five years

- 1) Improve health outcomes
- 2) Improve payment and delivery systems
- 3) Improve medical education

# Challenges for Physicians

- Unpredictable income
- Increased workload
- Administrative hurdles
- Move toward consolidation
- Concern about quality of patient care
- Uncertainty about ACA

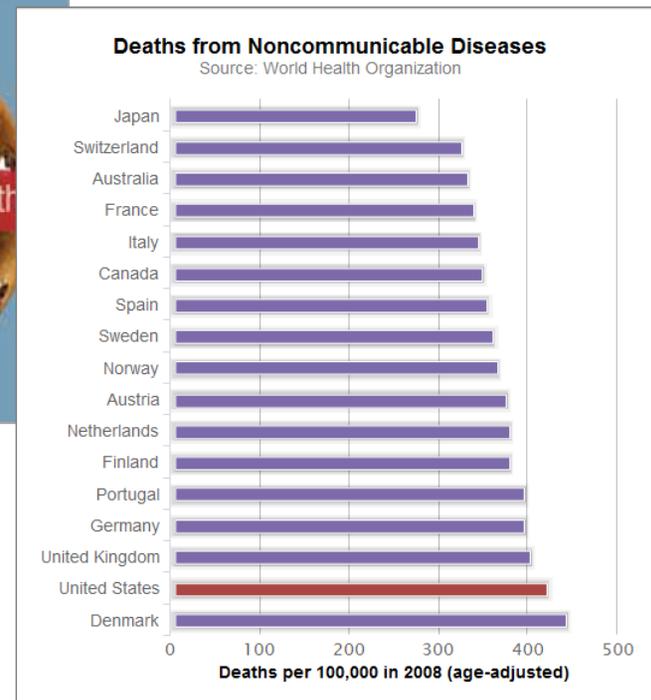
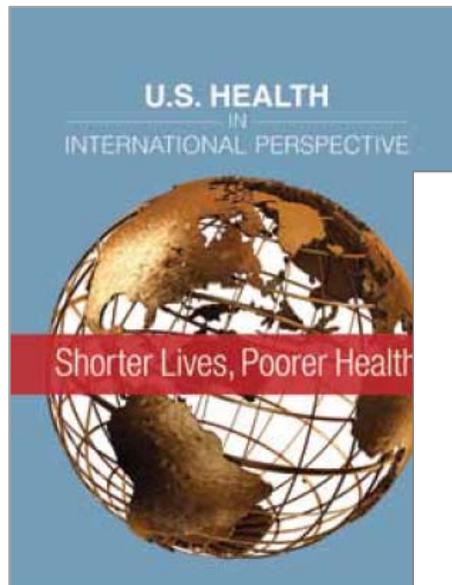


# Improving Delivery Models

- Physicians must lead development of new payment/delivery models
- AMA will analyze existing and emerging models and arrive at best practices
- Already establishing partnerships with diverse physician organizations
- Will create tools/resources for physicians and promote most effective models in both private and public sectors

# A Growing Health Crisis

- Americans dying younger and living sicker
- Lowest life expectancy after 50



Source: *U.S. Health in International Perspectives: Shorter Lives, Poorer Health*; Report by National Research Council and Institute of Medicine

# Improving Health Outcomes

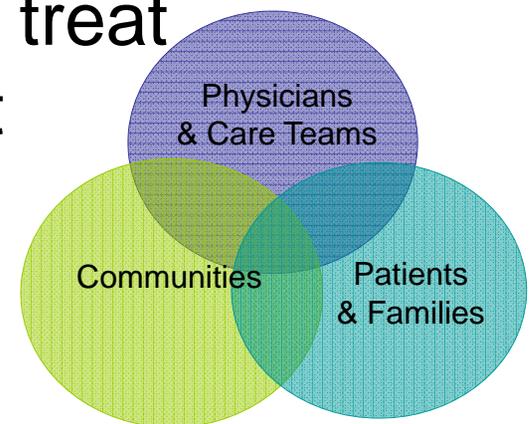
- Identify conditions for national dashboard
- Collaborate with partners to improve outcomes
- Engage physicians to facilitate adoption of effective strategies
- Track progress to ensure we're having an impact

## *Initiative Supports HHS National Strategy*

- Improve quality of health care
- Improve health of US population
- Reduce cost of care

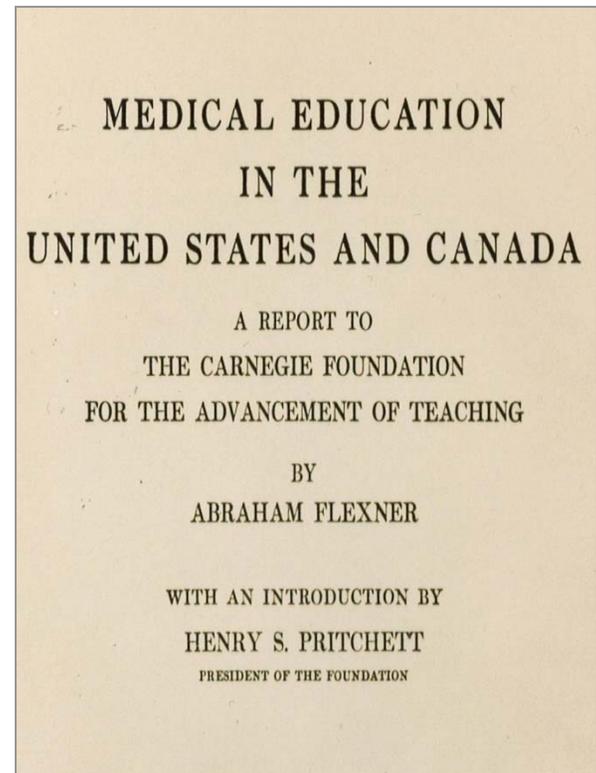
# AMA Initiative: Diabetes and Cardiovascular Disease

- Physicians can make a difference:
  - **Primary Prevention:** prevent onset
  - **Secondary Prevention:** identify and treat those with risk factors or preclinical disease
  - **Tertiary Prevention:** Effectively treat established disease and prevent complications



# Moving Beyond Flexner

- Focus on team-based care
- Need more training in outpatient settings
- Must prepare students for the business side of medicine



# Improving Medical Education

- Issued RFP for five-year grant opportunity
- Will select 8-12 schools and form learning consortium
- Will showcase successful innovations and promote widespread adoption



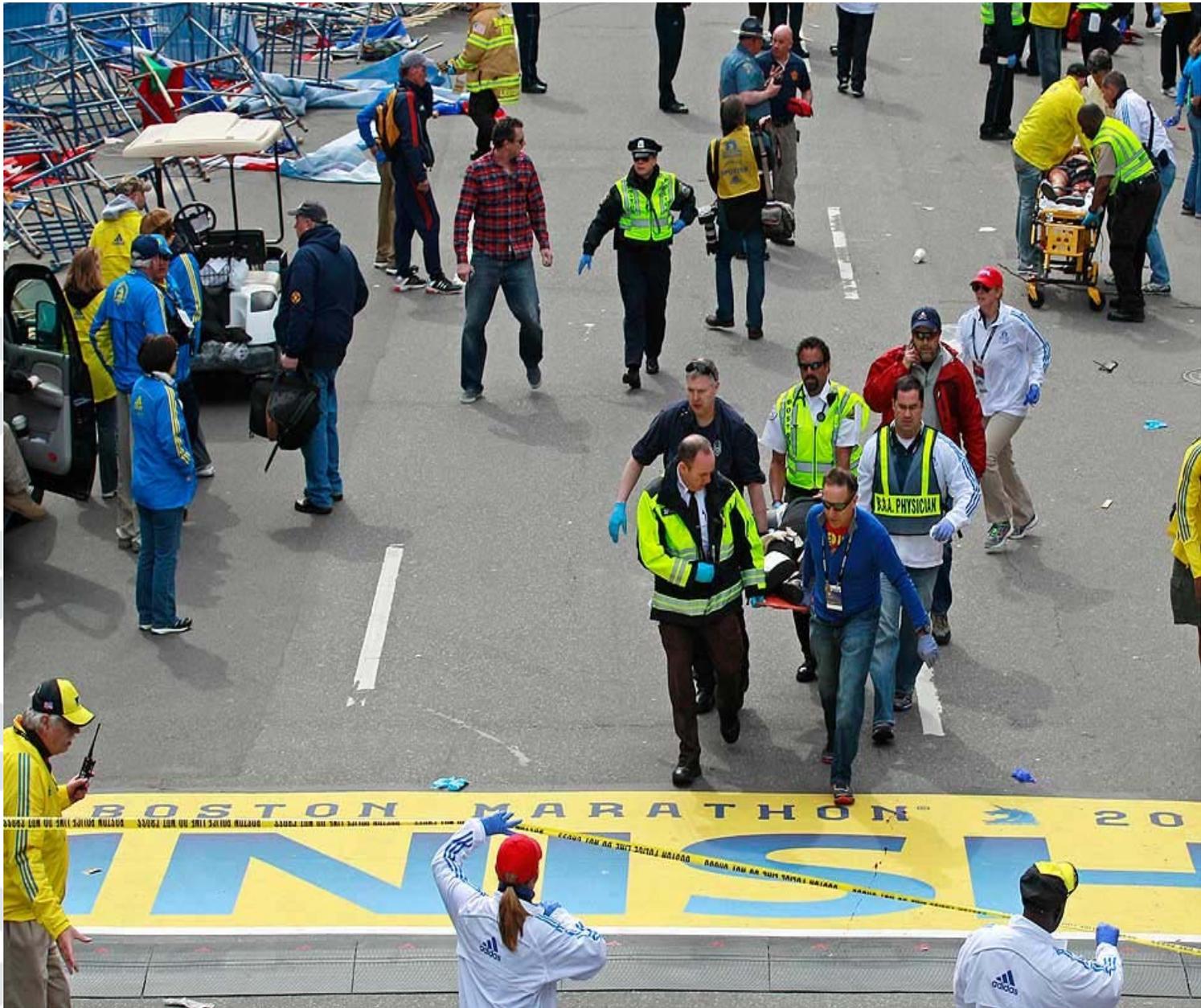
# A Better, Healthier Future

## Advancing the Strategic Plan Means...

- Increased quality and lower costs
- Healthier patients
- Satisfied physicians, working together in sustainable practice environments
- Medical students poised for success in the 21<sup>st</sup> century health care system

# Medicine and the Marathon





# Medicine and the West, TX plant disaster



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@BOSTON\_EMS

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**Kay Marley-Dilworth** @ATXFoodnews 17 Apr  
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**Erica Harpold** @ericaharpold 17 Apr  
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