

President's Letter

March 4, 2013

Survey results will help shape expanded NLMA physician health program

"Dr. Jones knocks on your door at the end of another busy clinic day. Looking exhausted and holding a stack of forms waiting to be completed, he closes your door, sits down, and asks for help. Dr. Jones is not just worried about burnout — he is worried he is suicidal, his marriage is failing, and his practice barely managed. He asks, tearfully, for you to write him a script for an SSRI."



**Tony Gabriel,
MD, CCFP, FCFP
President**

Dear Colleagues:

The NLMA knows that this is not a rare conversation for some of our members. But, based on our focus group interviews, a review of the literature, and years of experience with the NLMA Professionals' Assistance Program, we also know that there are a lot of Dr. Joneses who don't know they have a door they can knock on.

That is why the NLMA is in the process of expanding our Professionals' Assistance Program to better meet the needs of members. A series of online focus groups were conducted in January with the membership, which helped identify the key components of an expanded physician health program and identified some logistical considerations.

To better determine your needs and wishes, an online survey will be distributed to all members in the coming days. The survey is your opportunity to voice your opinions about your health needs and concerns.

Corporate Research Associates Inc. (CRA), an independent research firm, has been engaged for the purpose of supplying the NLMA with the survey results. All information collected will be treated as strictly confidential and no one other than CRA will have access to the completed questionnaires.

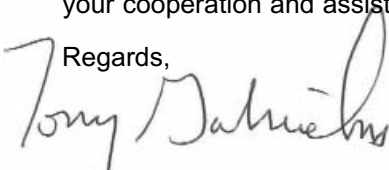
You will receive an e-mail later this week with the link and instructions on how to access the survey online. The survey should take about 10 minutes to complete. **The deadline to complete the survey is March 22.**

If you prefer, a hard copy of the survey may be sent to you, which you can complete and send directly to CRA using a pre-paid postage envelope that will be included in the survey package. Please contact Jean Cook, Managing Director, CRA, at jcook@cra.ca or by phone at (709) 722-3344 should you wish to obtain a hard copy of the survey.

We encourage you to complete the survey when you receive it. If you are unable to participate during the scheduled time, please contact the CRA and arrangements will be made to accommodate your needs. All surveys submitted by March 22 will be entered in a random draw for an iPod shuffle. CRA will conduct the draw and award three iPod shuffles.

Your participation in the survey process is important to ensure we have a good representation of members' opinions at this time. Your thoughtful, honest and fair responses will be of significant assistance as we develop a comprehensive physician health program. Thank you in advance for your cooperation and assistance.

Regards,



Tony Gabriel, MD, CCFP, FCFP
President



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