



Lynette Powell, MD  
President

## NLMA Developing Physician Health Strategy

Dear Colleagues:

The NLMA, through Narrative Research, is undertaking a series of broad and targeted consultations to get your feedback and vision for a comprehensive four-year physician health strategy.

With financial assistance provided by the CMA's Affinity Fund, the NLMA has an opportunity to further increase its capacity with respect to physician health and wellness in terms of education and programming.

The NLMA has commissioned Narrative Research to lead a range of research initiatives including individual interviews, focus groups, online consultation, and a short survey. These research activities and consultations will give all NLMA members – practicing, retired, residents and learners – the opportunity to provide input. Our research will also draw on the perspectives of the Regional Health Authorities, Faculty of Medicine, CPSNL, CMA, Family Practice Networks and other relevant organizations, both provincially and nationally.

Starting next week, on **Monday, October 19**, all physicians will be contacted by Narrative Research via email to complete a **confidential** online survey. The survey is designed to understand members' views on and experiences with existing programs and services, what areas and types of support are needed, and how support should be delivered.

Narrative Research will compile and analyze the findings from the survey and other consultations into a report that will form the basis of a one-day workshop with the NLMA's Physician Wellness Advisory Council. Following the workshop, Narrative Research will prepare and submit a four-year physician health strategy.

Physician health is a topic that is very close to all our hearts. We all strive every day to provide the best of ourselves to our patients and our families – many times through our own personal sacrifice and well-being.

We now all have an opportunity to have our say. I encourage you to share your ideas and take ownership in developing a physician health strategy that will benefit not just the physicians of the province, but also our patients.

Sincerely,

A handwritten signature in black ink, appearing to read 'L. Powell'.

Lynette Powell, MD  
President

The logo for the Newfoundland &amp; Labrador Medical Association, featuring a stylized, cursive 'NLMA' in black.

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