

Introducing Every Doctor, Every Setting: A National Framework

The **Every Doctor, Every Setting: A National Framework** is a national commitment to prioritise the mental health and wellbeing of Australian doctors and medical students.

It was developed under the guidance of a national working group and in consultation with doctors, doctors in training and medical students in addition to a review of best practice evidence.

What is the vision of the National Framework?

To establish a medical profession that works and studies in environments that support wellbeing and enable quality patient care.

How does it work?

The National Framework outlines a set of guiding principles and pillars for action on how broad reaching reform can be achieved across a range of settings.

It includes a recommended set of coordinated actions on how to achieve this at an individual, organisation, service and government level.

The actions are centred on activities within these five key areas:

- **Primary prevention:** Improving training and work environments
- **Secondary prevention:** Recognising and responding to those needing support
- **Tertiary prevention:** Improving response to doctors and medical students impacted
- **Mental health promotion:** Improving the culture of the medical profession to enable wellbeing
- **Leadership:** Improving coordinated action and accountability.

Why is this work important?

Evidence in Australia indicates that doctors and medical students experience above average outcomes for physical health, but they are at higher risk for mental ill-health and suicide compared to the general population.

Improving the wellbeing of doctors and medical students is a key enabler of quality patient care and healthier communities.

We know that when mental ill-health is recognised, doctors and medical students are reluctant to seek help as a result of strong social and self-stigma, including fears of appearing unhealthy or weak, licensure restrictions and exposing themselves to litigation.

This framework identifies a number of key themes and concerns among doctors, doctors in training and medical students and provides strategies to guide action across all medical settings to aide action and initiate broad reaching reform.

Every Doctor, Every Setting

Why now and why the medical community?

The time is right to set a reform agenda in Australia that positions the mental health and wellbeing of the medical profession as a national priority.

There were already a range of systemic issues contributing to an increased risk of [stress, burnout and mental ill-health for medical professionals](#) prior to the COVID-19 pandemic.

COVID-19 has highlighted where the deficits in the system are and has created a pressure cooker situation for many doctors and medical students.

Doctors and the medical community are under more pressure and stress than ever before, which makes it an important time to invest in an evidence informed approach to achieving broad change and supportive structures for mental health and wellbeing.

How can you support?

Governments, organisations, services and individuals can show support for the implementation of the Framework by taking action to:

- Sign up and support
- Identify three immediate actions you can take
- Share your support and identified actions
- Implement your actions.

Helpful handles and hashtags:

Twitter

@ama_media

@your_AMSA

@avantmutual

@CPMC_Aust

@Deakin

@EverymindAU

@drs4drs_Aus

@GregHuntMP

#EveryDoctorEverySetting

Facebook

@AustralianMedicalAssociation

@yourAMSA

@avantmutual

@DeakinUniversity

@EverymindAU



Every Doctor, Every Setting

Suggested supportive social media posts:

Facebook

Post 1: *The time is now to support the mental health and wellbeing of Australian doctors and medical students. A mentally healthy doctor or medical student is a key enabler of quality patient care.*

Show your support for the launch and adoption of the Every Doctor, Every Setting: A National Framework by reading, signing and sharing how you will put the framework in to practice as an individual, organisation or service.

To learn more, visit: www.drs4drs.com.au/resource-hub @AustralianMedicalAssociation @yourAMSA @avantmutual @DeakinUniversity @EverymindAU

Post 2: *Did you know that Australian evidence indicates that while doctors and medical students experience above average outcomes for physical health, they are often at higher risk for mental ill-health and suicide compared to the general population? Take action to support the mental health and wellbeing of our Australian doctors and medical students by supporting the Every Doctor, Every Setting: A National Framework. Find out more via: www.drs4drs.com.au/resource-hub @AustralianMedicalAssociation @yourAMSA @avantmutual @DeakinUniversity @EverymindAU*

Twitter

Post 1: *Today the #EveryDoctorEverySetting: A National Framework was launched, shining a spotlight on the need for coordinated action to support the #mentalhealth & #wellbeing of #doctors & #medicalstudents. Find out how to support via: www.drs4drs.com.au/resource-hub*

Post 2: *Taking action to support the #mentalhealth & #wellbeing of our #doctors & #medicalstudents is a national priority. Find out how the #EveryDoctorEverySetting: A National Framework can help & how you can support via: www.drs4drs.com.au/resource-hub*

For more information visit: <https://www.drs4drs.com.au/resource-hub/>

Access to a network of independent doctors' health advisory services around the country that provide triage and referral services as well as education and other support is available at www.drs4drs.com.au

Doctors and medical students who are struggling with their mental health can now access a free, confidential 24/7 telehealth service on 1300 374 377 (1300 DR4 DRS).

