

Dear Members,

I hear you. You are burnt out, losing hope, not sure if you can continue. To quote Dr. Carly Crewe, “It is okay for your sacrifice to have limits.”

In fact, it is *essential that physicians stop going to heroic lengths*. It is not sustainable and is being used as an excuse by government to continue underfunding healthcare systems. In our effort to care for our patients, we have unintentionally devalued ourselves. This is unfair to our patients, who are not receiving the care they would in a more robustly-resourced system, and it is desperately unfair to ourselves and our families and friends. Throughout medical training we are taught that our needs are secondary to our patients’. But **doctors are people, too**.

If you have already cut back on your work commitments, know that we understand. For those still going 150%, consider what it would be like to work the hours that would also let you take care of your physical and mental health, and start making small steps towards that goal. Report dangerous work situations, critical incidents and near misses when you can. If you feel unsafe reporting on site, please bring the issue to us at EZMSA. We have a healthcare system that has counted on physicians for decades to sacrifice themselves without regard to personal cost.

It has not served us, or our patients.

This is challenging subject material. Please reach out to the Physician & Family Support Program (PFSP) if you are even contemplating accessing support. I used their services, far after I should have, and found them to be compassionate and the psychologist’s assistance invaluable.

[View our open letter EZMSA published on January 24, 2023.](#) I hope it reflects some of your thoughts, as well. As always, please contact me with any concerns. Let’s continue to build a community of physicians that truly care for each other, set boundaries, and improve the lives of our patients.

PFSP assistance line: 1-877-767-4637

Contact EZMSA Physician Advisor through this link: <https://albertazmsa.com/physician-advisor>



Warmest regards,

Kasha

Dr. Katherine Kasha
President 2023