

well-being  
you deserve



HONG KONG ACADEMY OF MEDICINE  
香港醫學專科學院



## Promoting doctors' well-being Ensuring quality patient care

Manage stress ◀ Avoid Burnout ▶ Stay well

*Our incremental approach*



A

Awareness



help understand and recognise the causes, signs, and symptoms of burnout, stress, and other mental well-being issues

S

Self-care



provide practical advice for enhancing well-being and managing stress

A

Ask for help



facilitate a peer support network and provide information on getting professional help

P

Promotion of well-being



cultivate a culture of care and support, make recommendations for well-being improvement at the organisational level and organise well-being programmes



### *Our commitment*

Assuming a leading role in the medical and dental profession, the Hong Kong Academy of Medicine (Academy) has promulgated a **Well-being Charter** since 2021 committed to cultivating and promoting well-being of Academy Fellows and specialist trainees. The Academy pledges to acknowledge the importance of well-being, to take actions, and to advocate policy changes for the improvement of Fellows' and trainees' wellness.

[view the Charter](#)

[well-being.hkam.org.hk](http://well-being.hkam.org.hk)

a designated webpage developed to provide useful information and tips



## Caring to make a difference

### *Some of our work*



**Copenhagen Burnout Inventory questionnaire** programmed to facilitate self-assessment of burnout



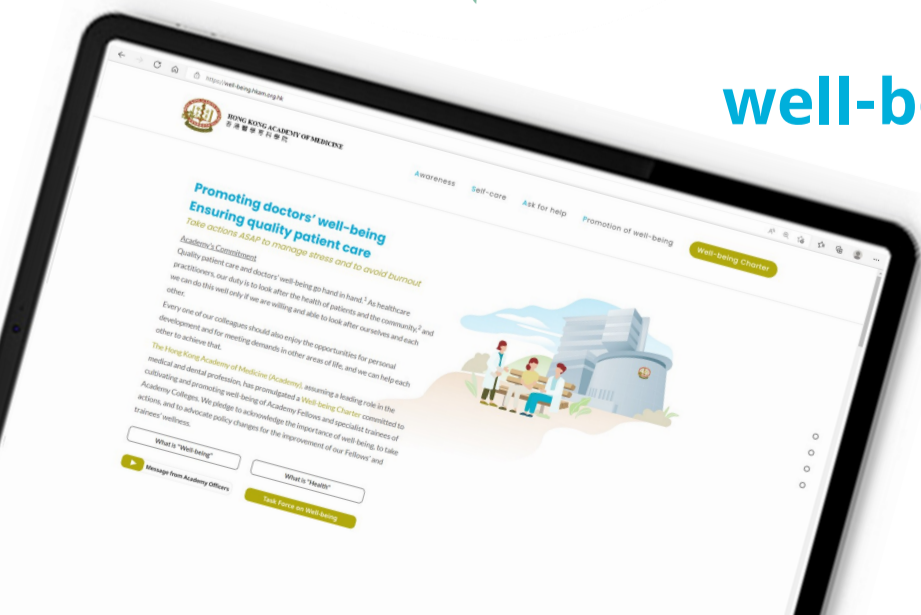
**Peer Support Scheme**, a voluntary programme, launched to give and receive support across specialties, with a group of Peer Supporters trained up



**Mindfulness practice** promulgated with workshops facilitated by a qualified trainer



**Gardening programme** promoted to encourage connection with nature for wellness



The Academy's Task Force on Well-being values your feedback and suggestions. Connect with us at [hkam@hkam.org.hk](mailto:hkam@hkam.org.hk)