



Personal and professional commitments

Balancing act

The 2007 National Physician Survey (NPS) asked physicians about their satisfaction with the balance between their personal and professional commitments:

Practising physicians

- An equal percentage (56%) of FPs and other specialists across Canada are satisfied with the balance between their personal and professional commitments. Satisfaction of FPs, however, varies by sex, age group (Figure 1), and province in which they practise (Figure 2).

Physicians-in-training

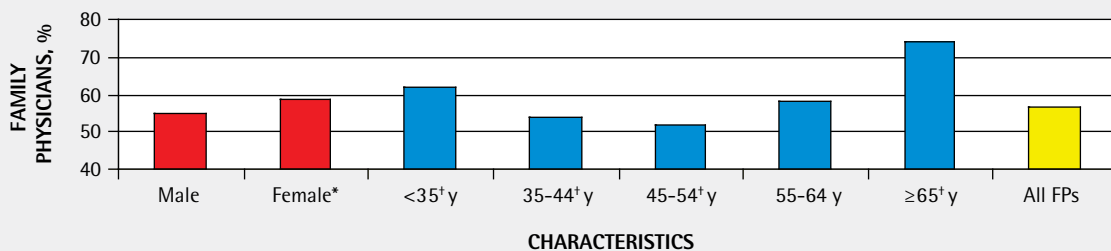
- Eighty-eight percent of second-year medical residents believe that the ability to achieve balance in their lives is important for them to have satisfying and successful medical practices; 52% of residents see an appropriate personal-professional balance as

the *most important* factor in having a satisfying and successful medical practice.

- Ninety-three percent of medical students believe the ability to achieve balance is an important factor for them to have satisfying and successful medical practices; 60% of medical students see an appropriate personal-professional balance as the *most important* factor in having a satisfying and successful medical practice.

The NPS is a collaborative project of the College of Family Physicians of Canada, the Canadian Medical Association, and the Royal College of Physicians and Surgeons of Canada. Additional results are available at www.nationalphysiciansurvey.ca. If you would like the opportunity to develop and write a future Fast Fact using the NPS results, please contact **Scott Butler**, Manager of the National Physician Survey, at 800 387-6197, extension 416, or sbutler@cfpc.ca.

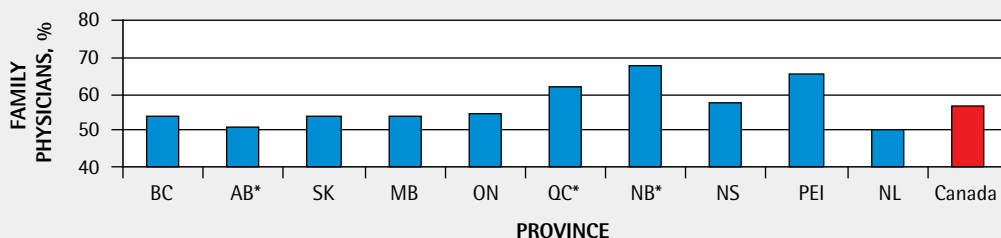
Figure 1. Family physicians satisfied with the balance between their personal and professional commitments, by sex and age group



*A significantly greater proportion of female FPs are satisfied with the balance in their lives compared with male FPs ($P=.001$).

[†]There is a significant difference ($P=.001$) in the proportion of FPs satisfied with the balance in their lives when compared with all FPs, especially in the youngest and oldest age groups.

Figure 2. Family physicians satisfied with the balance between their personal and professional commitments, by province of practice



*In these provinces, the proportion of FPs satisfied with the balance in their lives is significantly different ($P=.001$) when compared with all FPs in Canada.