

RESOLUTION NUMBER: E- 01

REFERRED TO: Reference Committee on Medical Education and Hospitals

SUBJECT: Preventing Cognitive Health Decline In Physicians Upon Retirement

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1           **WHEREAS;** cognitive decline is defined as “the reduction in one or more cognitive  
2 abilities, such as memory, awareness, judgment, and mental acuity, across the adult lifespan;”<sup>1</sup>  
3 and

4           **WHEREAS;** there is a significant negative causal impact of retirement on cognitive  
5 functioning across various ages; <sup>2,3</sup> and

6           **WHEREAS;** in cross-national studies regarding policies involving retirement, there is  
7 an effect on cognition in micro-level analysis, implying that public policy can influence  
8 cognitive health; <sup>3,4</sup> and

9           **WHEREAS;** there is an overall increase in physicians over the age of 65, the average  
10 age of retirement, indicating a greater need for action to prevent cognitive decline;<sup>5,6</sup> and

11           **WHEREAS;** a significant decline in cognitive health may be prevented through a  
12 combination of lifestyle modifications, such as physical activity, participating in social  
13 activities, and remaining intellectually engaged; <sup>7, 8, 9</sup> now, therefore, be it

14           **RESOLVED;** that the South Carolina Medical Association, along with the current  
15 efforts to support physicians with burnout and other mental health concerns, offer a focus on  
16 recommendations to retiring physicians to support cognitive function upon retirement.

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References:

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