# Focusing on Physician Shortages within the United States

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Abstract: Physician shortages in the U.S. healthcare system are a significant concern, with predictions indicating that the growing population will require more licensed physicians than are currently available, resulting in a further shortage of physicians. The systematic literature explored successful strategies that U.S. healthcare leaders use to address physician shortages and enhance overall health outcomes. A literature search employing Public Medline, Cumulative Index to Nursing and Allied Health Literature, Psychological Information, and Elton B. Stephens Company Information Services occurred, following the preferred Reporting Items for Systematic Reviews and meta-analysis recommendations. Data from the thirty-seven relevant articles were thematically analyzed using a screening process of constantly comparing notes from two reviewers, using a final consensus, and categorizing statements related to the research question. Four themes were from the literature during the data analysis process, which included physician shortage (95 percent), physician burnout (24 percent), strategy(ies) (54 percent), and health outcomes (16 percent). The findings indicated that no exclusive strategies exist that all healthcare leaders should follow. Adding elements such as increasing interest in medicine, establishing physician-centric centers of influence, bolstering incentives, and mandated federal legislation to strengthen faculty development and recruitment across the nation will assist in shoring up future physician recruitment rates. The implication of these findings allows healthcare leaders to comprehend further the urgency of addressing physician shortages and the opportunity to successfully collaborate in implementing innovative strategies to tackle physician shortages in the healthcare system.

# Keywords—Physician Shortage, Physician Burnout, Strategy(ies), Health outcomes, Leaders

#### 1. Introduction

Physician shortages are a significant issue in the United States (U.S.) healthcare system. The World Health Organization's (2023) findings indicated that the physician-to-patient ratio in 2020 was 35.5 to 10,000 patients. By 2030, the projected U.S. population will increase, yet physicians' training, graduation, and workforce will vary adversely from the population's healthcare needs (World Health Organization , 2023). Also, the average age of physicians is increasing; most will be retirement eligible by 2030 (World Health Organization , 2023).

With the current and future-projected shortages of physicians in the U.S., the recent global pandemic and larger caseloads have taken a toll on physicians and are costly to the healthcare system. The COVID-19 pandemic claimed the lives of 1.03 million Americans (Centers for Disease Control and Prevention, 2023), and there were one hundred million confirmed cases of the virus, and patients with comorbidities require more medical care, surveillance, and intervention (Centers for Disease Control and Prevention, 2023). Physicians often experience patient burnout, which could produce adverse patient outcomes, further exacerbating the problem (Zioming Zhang, 2020). A significant challenge to healthcare and government leaders is managing service delivery among patients when dealing with physician shortages, which could lead to adverse health outcomes.

There is an opportunity for healthcare and government leaders to implement innovative strategies to address physician shortages through the possible deployment of recruiting initiatives and lawmakers presenting legislation bolstering the future physician workforce. The overutilization of physicians is a significant problem, and in March 2023, bipartisan legislation introduced a proposal to combat physician scarcity and improve access to healthcare. Over seven years, U.S. Representative Terri Sewell backed an additional 14,000 graduate-level medical education (GME) residencies in earnest efforts to bolster medical treatment facilities' ability to strengthen access to care, reduce burnout, and generate qualified medical providers (Sewell, 2023). The American Medical Association (AMA) has proposed the expansion of graduate medical education (GME) for primary care specialties. Nevertheless, healthcare leaders need to have successful strategies to address physician shortages. This systematic literature review explored successful strategies healthcare and government leaders use to address physician shortages and enhance overall health outcomes.

# 2. METHODS

After applying the Google Scholar search engine to taper the research topic further, a selection of articles aligned with the research question occurred. The research question was as follows: What successful strategies do healthcare leaders use to address physician shortages to enhance overall health outcomes? The literature was examined using the following databases, EBSCO Host, Public Medline (PubMed), Cumulative Index to Nursing and Allied Health Literature (CINAHL), and Psychological Information (PsycINFO); all accessed via the Southern Illinois University Morris Library. These searches were performed per the Preferred Reporting Items for the systematic review Reviews and Meta-Analyses guidelines (Moher, et al. 2009)

The method phases included the following:

- 1. Searching for relevant studies.
- 2. Screening for inclusion and exclusion criteria.
- 3. Data extraction based on the screening criteria.
- 4. Synthesis of the data to identify key themes.
- 5. Reporting and disseminating the findings (Page et al., 2021)

Searching for the academic databases utilizing keywords *strategies*, *physician*, *shortages*, *health care*, *leaders*, and *burnout* gave standardized parameters for choosing the most appropriate articles to review the topic and answer the research question.

For consideration in the systematic literature review, the following conditions were required: publication between 2019 and 2023, English language, peer-reviewed journal articles, full-text availability, published in the United States (US), and related to the research question. When the eligibility criteria were put in place, searching EBSCO, PubMed, CINAHL, and PsycINFO databases and a secondary review using Cohen's Kappa Index Valuation (see Figure 2), a total of thirty-seven articles for the literature review remained (See Figure 1). This review excludes any articles not meeting the inclusion criteria.

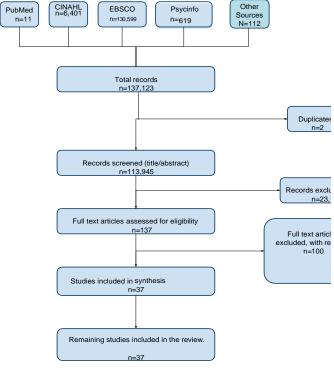


Fig.1-Search with inclusionand exclusion criteria

## 2.1 Kappa Index

		Reviewer two		
		Yes=1	No=0	
		Yes	No	Total %
Reviewer one	Yes	95	1	
	No	0	25	
	Total	95 (78.5%)	26 (21.5%)	121 (100%)

Kappa Index Value: 0.97

Fig. 2- Kappa Index

A Boolean search was conducted using the keywords listed above through EBSCO, PubMed, CINAHL, and PsycINFO databases. The results yielded around 137,000 sources. Using only studies published between 2019-2023 added to the validity of the systematic literature review. After filtering for full text, peer-reviews, abstracts, and English-based articles/reports, research articles kept within the continental United States, and excluding duplicate articles, the results produced 137 articles to analyze. Reviewer One and Reviewer two reviewed all 137 studies separately and recommended whether the studies were germane to the research topic and could help answer the research question.

The Kappa coefficient transpired, and the analysis results for this review were calculated at [K=0.975, near-perfect agreement (Cohen, 1960), see Figure 2. The two independent reviewers then came together, compared notes, and agreed on a final analysis sample (K=1.0). Twenty-six articles were removed from the review, and it is noted that the agreement went beyond the expectation of only chance.

#### 3. RESULTS

The fundamental research question was, what successful strategies do healthcare leaders use to address physician shortages and enhance overall health outcomes? A substantial literature search and review transpired using four academic electronic databases, which were EBSCO Host, Public Medline (PubMed), Cumulative Index to Nursing and Allied Health Literature (CINAHL), and Psychological Information (PsycINFO). A well-established process for the literature search, selection, and data analysis process (Gehad et al., 2019) and the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines (Page, 2021) were followed to ensure reliability in the systematic approach. Based on the data from 120 articles, thirty-seven were applied to the research question. A final decision

occurred by comparing and finalizing the summary of findings from each article (See Fig. 1). Table 1 lists the articles and key summation findings from these thirty-seven articles.

 Table 1

 Summarized findings of the literature.

Summarized findings of the lit	
Title	Findings
[1] Addressing Provider	States who are in an opt-
Shortages in Rural	out status did not realize an
America: The Role of	increase in access to care
State Opt-Out Policy	regarding anesthesiologists
Adoptions in Promoting	rendering medical services.
Hospital Anesthesia	Thus, there was not a
Provision	significant notice regarding
	healthcare expenditure
	reduction.
[2] Building the Rural	There seems to be difficulty
Healthcare Workforce:	in recruiting physicians and
Challengesand	healthcare providers to rural
Strategiesin the Current	areas. Healthcare leaders
Economy	should develop strategies to
_	reduce barriers to entry for
	the rural sector and mitigate
	negative connotations
	associated with rural health.
[3] Higher US Rural	Research suggests life
Mortality Rates Linked to	expectancy is strongly
Socioeconomic Status,	linked to socioeconomic
Physician Shortages, And	status. To mitigate factors
Lack of Health Insurance	reducing life expectancy,
Each of freath insurance	there needs to be an
	increase in access to
	primary care in rural areas.
[4] Medical school	One method to combat a
expansion policies:	looming doctor deficit is by
educational access and	taking a more liberal
physician distribution	approach in access to
physician distribution	education, encouraging
	diversity, and advocating
	provider distribution across
	most needed areas.
[5] California's Physician	Covid-19 exacerbated an
Shortage During COVID-	already diminishing
19: A Policy Roadmap to	physician force in the state
Expand Access to Care	of California. The policy is
Expand Access to Care	
	needed to help stop the decline of physicians.
	decline of physicians.
[6] Medicine as a Job and	Healthcare leadership must
Not as a Career-Recruiting	make concerted efforts in
and Retaining an Evolving	bolstering recruiting tactics.
Physician Workforce	As the demographic
I mysician workioree	amongst physicians
	increases, so should the
	approach to retain and
	attain this same group.

[7] Multi-Faceted Human	The COVID-19 pandemic
Capital Workforce	dealt a crushing blow to
-	healthcare workers.
Solutions and Innovative	
Staffing Strategies for	America's healthcare
Healthcare Systems during	leaders should posture
the Covid-19 Pandemic	themselves to welcome
	solutions and techniques to
	rebuild the healthcare
	workforce, especially
	among a myriad of
	physician specialties.
[8] Nothing Great About	Currently, physician
Physician Resignation	resignation is high.
Trends	Leadership is concerned
	that strategies to retain
	physicians are presenting at
	too slow of a rate.
[9] Physician Burnout in	Physicians who work in the
the ICU: The Importance	ICU, especially during
and the Solution	COVID, face high burnout
	rates. Leaders in healthcare
	organizations are beginning
	to provide their doctors
	with emotional support and
	resources to face the mental
	and emotional burdens they
	face.
[10] Physician workforce	By the 2030s, there is a
in the United States of	projected physician
America: forecasting	shortage in the hundreds of
nationwide shortages	thousands. There needs to
	be legislation established to
	curb this coming
	predicament.
[11] Post-ACA trends in	Legislation is needed to
the US primary care	curb a physician shortage in
physician shortage with	rural areas across the U.S.
index of relative rurality	
[12] Rehabilitation	The vocational
scholarship program: A	rehabilitation scholarship
solution to personnel	program is achieving in its
shortages in the vocational	endeavor to bolster
rehabilitation system	workforce rates. The
101110111111011111111111111111111111111	physician community could
	use their strategies in efforts
	to bolster its own
	specialties.
[13] Retention of	This article presents
physicians and surgeons in	innovative methods to
rural areas—what works?	
rurar areas—what works?	increase physician readiness in rural communities.
[14] Combating the	
[14] Combating the	Regardless of efforts to
Shortage of Primary and	bolster physician
Specialty Care Physicians	percentages, the lack of this
	profession will have lasting
	effects in the 2030s.

[15] Predicted shortages of physicians might even disappear if we fully account for PAs and NPs  [16]Helping to Alleviate the Projected Physician Shortage	Utilization of Physician Assistants and Nurse Practitioners is one method to use to address physician shortages.  The author suggests policymakers intervene through collaboration with other healthcare networks and legislators to help thwart this current trend.	[21] The U.S. Phys Shortage Is Only G Get Worse. Here A Potential Solutions  [22] Does the U.S. a shortage of physic	the U.S. live in a primary- care health professional shortage area (HPSA). Potential solutions include increasing access to care through telemedicine, incentivizing primary care physicians, and legislation dedicated to supplementing the most needed areas. have Every physician specialty is
[17] Telemedicine, the current COVID-19 pandemic, and the future: a narrative review and perspectives moving forward in the USA.	The advantage of telemedicine is its ease of use for patients and providers. A benefit telemedicine presents is ease of access and convenience for all parties involved. This can alleviate physician shortages in rural	[23]AAMC estimat 124K more physici be needed by 2034, the largest gap amo specialists.	A solution is needed to bolster all areas of medicine.  There could be a physician shortage of 134,000 to 184,000 by the 2030s.
[18] Addressing Kentucky's Physician Shortage While Securing a Network for a Research- Intensive, Referral Academic Medical Center: Where Public Policy Meets Effective Clinical Strategic Planning	communities.  The University of Kentucky could be especially affected by the looming physician shortages. A suggestion to healthcare leadership is changing their access to graduate medical education programs. Additionally, making their access to medical school less restrictive could also assist in securing a robust	[24]In face of physician shorta of healthcare facilit on locum tenens.  [25]The Physician Role in Navigating Anesthesia Provider Shortage	shortage along with legislation to address this issue.  Eight out of ten healthcare organizations have utilized locum tenens to fill voids in physician positions.  Leader's CRNAs could be used as a
[19] Do we have the ACHD physician resources we need to care for the burgeoning ACHD population?  [20] Survey of the US Surgeon Workforce: Practice Characteristics, Job Satisfaction, and	network for Kentucky's medical academic complex.  Research points to the U.S. experiencing strains in access to care for patients who have been diagnosed with heart disease.  Although surgeons experience a high job satisfaction rate, they still approximate attribute due to	[26] How COVID- exacerbates the physician shorts	the U.S. brought by the
Reasons for Leaving Surgery	experience attrition due to long working hours. This is resulting in surgeons leaving their professions for less stressful positions and occupations.	[27] COVID-19 ha flipped the physicia search to a seller's recruiters say.	an job contributed to the low

	innovative in their tactics to acquire future talent.
[28] Experts Fear a Shortage of Forensic Pathologists Will Leave Deaths Unexplained.	Due to the recent pandemic, opioid crisis, and a rise in violence, these factors have taken a toll on forensic pathology medical specialty.
[29] More medical students than ever, but more residency slots needed to solve physician shortage, AAMC says	There is an increase in medical school students but not an increase in medical specialties positions.  Leadership is being called upon to open more specialty slots for medical school graduates.
[30] Biden admin's student loan relief is a first step on physician workforce barriers and resilience, AAMC says.	The Biden administration suggests student loan debt forgiveness will help bolster the future physician force.

Title	Eindings	
	Findings	
[31] Examining intention among	Primary care	
future physicians to practice in high-	physician	
need health professional	shortages in	
shortage areas in Tennessee.	Health	
	Professional Short	
	age Areas have	
	plagued	
	underserved and	
	rural areas for	
	decades. Previous	
	research has found	
	that these areas	
	experience less	
	access to health	
	care, poorer health	
	outcomes, factors,	
	and social	
	determinants have	
	lower health	
	literacy, and	
	struggle with	
	recruiting and	
	retaining qualified	
	Primary Care	
	physicians. who	
	understand the	
	health needs of	
	rural/underserved	
	populations.	
	populations.	

[22]Elaning the helperianal health	There is a
[32]Exploring the behavioral health clinician shortage at a rural Midwestern U.S. agency.	There is a Behavioral health provider shortage in Midwestern states. Researchers submit a qualitative analysis which points to factors contributing to this problem Numerous rural
pathways: Medical school commitment to producing a rural workforce	communities in the United States continue to experience physici an and clinician shortages.
[34] Outcomes of a Survey-Based Approach to Determine Factors Contributing to the Shortage of Occupational Medicine Physicians i n the United States	Occupational Medicine (OEM) physicians , like other specialties, are experiencing shortages.
[35] The Retention of Nevada Medical Graduates: A 6- Year Study	The state of Nevada realizes the importance of retaining physicia ns.
[36] America Needs More Family Doctors: The 25x2030 Collaborative Aims to Get More Medical Students into Family Medicine.	Legislation has been presented at the federal level to bolster the physician workforce by 2030.
[37] Physician Burnout Calls for Legal Intervention	Physician burnout is being researched. Solutions to mitigate are presented for the implementation of best practices to mitigate this issue.

The data retrieved from the thirty-seven articles connect to categorizing the frequency of occurrence of strategies,

addressing physician shortages, and enhancing overall health outcomes, leading to developing several themes directly relevant to the research question. The four themes identified included (a) physician shortages, (b) physician burnout, (c) successful strategy(ies), and (d) health outcomes. These themes related to noting what may have caused the shortage and remedies that can resolve the looming physician shortage. From the research findings, theme (a) occurred in articles 1-11, 13-31, and 33-37, for an instance of thirty-five times, which is 95%. Theme (b) occurred in articles 7-9, 14, 21-22, 27-28, and thirty-seven, for an instance of nine times, which is 24%. Theme (c) occurred in articles 2, 4, 6-10, 12-14, 18, 21, 25-26, 28, 32-34, and thirty-seven, for an instance of nineteen times, which is 54%. Theme (d) occurred in articles 3-4, 8, 15, 17, and 31, for a total of six times, which is 16%. Of note, one unexpected finding was that of the thirty-seven articles; one yielded no emerging themes (see Table 2).

**Table 2:**Frequency of occurrence in the literature.

Theme	Occurrences	Instances	Percentage
		of	(%)
		Attributes	
		(n)	
Theme 1:	Article(s) 1-	35	95%
Physician	11, 13-31,		
Shortage(s)	33-37.		
Theme 2:	Article(s) 7-	9	24%
Physician	9, 14, 21-		
Burnout	22, 27-28,		
	37		
Theme 3:	Article(s) 2,	19	54%
Strategy(ies)	4, 6-10, 12-		
	14, 18, 21,		
	25-26, 28,		
	32-34, 37		
Theme 4:	3-4, 8, 15,	6	16%
Health	17, 31		
Outcomes			

## 4. DISCUSSION

Physicians play an integral in the health and welfare of Americans. Their expertise, breadth of knowledge, and expertise are critical to many functions involving care. As the population is aging, there is an anticipated shortage of these professionals. By the early 2030s, America could see a need for more than 139,00 physicians (AAMC, 2020). Overall, there are perceived challenges to recruiting and retaining physicians in general. This systematic literature review explored successful strategies healthcare and government leaders use to address physician shortages and enhance overall health outcomes. As Table two portrays, the research revealed four common themes throughout the researched literature. These attributes support the assertion that a looming physician shortage and strategy(ies) are needed to address the shortfall.

The feasibility and acceptability of the United States (US) facing a physician shortage were substantiated by a sizable ratio (95%) of the articles in this review (1-11, 13-31, 33-37). Dayaratna et al. (2019) mentioned that the U.S. lack of physicians in the U.S. is a profound predicament that must be Physician burnout, notably during Covid-19, contributed to physicians resigning from practicing medicine. Numerous authors' findings accounted for 24% of this review (7-9, 14, 21-22, 27-28, 37). Hoffman (2019) concluded that burnout needs lawful intervention and is not left to itself to aid in resolving this phenomenon. The acceptability of the need for and or implementation of strategies to improve physician shortages were substantiated by a notable amount (54%) of the articles (2-4, 6-10, 12-14, 18, 21, 25-26, 28, 32, 34-37). Peters and Young (2022) developed a strategy specific to the subspecialty of Anesthesia of how to shore up anesthesiologists' shortages through incentives, career mentorship, and a multi-tiered step that allows the field to thwart attrition. However, to date, there is still a lack of Anesthesia providers, nationally.

Health outcomes accounted for 16% of the articles reviewed (3-4, 8, 15, 17, 31). These outcomes demonstrated the need for more physicians, particularly in rural areas and various demographics, including physician subspecialties and the shortage of Latino physicians. Additionally, Green-McKenzie et al. refer to the consequences of medical school students not hearing or knowing the Occupational Medicine (OEM) specialty exists and plans to advertise to prospective medicine students (Judith Green-McKenzie et al., 2021). However, there is still a shortage of physicians who matriculate into this specialty. While there have been proposed strategies to mitigate physician shortages, none have proven to be successful.

Examples of strategies that have been implemented include federal legislation, advertising, and utilization of lower-level practitioners. To date, the presentation of these elements has not produced needed physicians in rural areas, and access to care is not enhanced. Thus, the need for federal intervention to mitigate the looming shortage is encouraged to combat the looming physician shortage slated to be realized by the 2030s.

The review had some limitations, even with the results mentioned above. The review transpired over 12 weeks. The literature review utilized a preliminary search strategy using Google Scholar first. An additional search strategy occurred using PubMed, CINAHL, EBSCOHost, and PsychInfo academic databases for examining peer-reviewed journal articles. The search used keywords such as physician shortage, burnout, strategies, and Health outcomes. Using different terminology while searching the academic databases might have produced additional articles not captured in the present study. The study excluded non-English language articles that eliminated certain publications from consideration. The last limitation is the subjective nature of the reviewer of the articles. There exists a potential for different interpretations of the articles.

Minimizing the abovementioned limitations occurred by following the PRISMA-based systematic review protocols (Page et al., 2021). A collection of records appeared at 137,123 and filters were applied from the PubMed, CINAHL, EBSCOHost, and PsychInfo databases until no additional information was available to advance these ideas. A review of each article happened, along with determining whether the article aligned with the research question. Despite any limitations in the review, the research did not reveal, at a national level, proven strategies readily available to immediately utilize, to manage physician shortages to improve overall health outcomes.

Future researchers can use the results of this systematic literature review as a basis for information in any future studies related to the topic. Additionally, researchers are encouraged to incorporate verified academic data collection processes to verify the efficacy of implementing strategies necessary to bolster physician rates within the healthcare field. Moreover, researchers can utilize the study in consulting with physician leaders and legislators to, if necessary, monitor the results of any successful strategies as a case study for best practices.

#### 5. CONCLUSION

The systematic literature explored successful strategies that U.S. healthcare leaders use to address physician shortages and enhance overall health outcomes. The findings indicated that strategies are needed to address a looming physician shortage. However, a gap in the literature existed concerning a nationwide formula or strategies used across all healthcare organizations to address physician shortages. The outcomes demonstrated no exclusive strategies set for all healthcare leaders to follow. Adding elements such as increasing interest in medicine, establishing physician-centric centers of influence, bolstering incentives, and mandated federal legislation to strengthen faculty development and recruiting across the nation will assist in shoring up future physician The implication of these findings allows percentages. healthcare leaders to comprehend the urgency of addressing physician shortages and the opportunity to successfully collaborate in implementing innovative strategies to tackle physician shortages in the healthcare system.

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