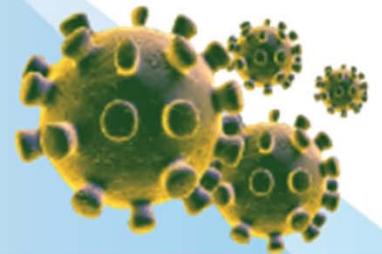


PSYCHOLOGICAL EFFECTS OF COVID-19 ON HEALTHCARE WORKERS





OUTLINE

- Introduction
- Specific sources of stress
- Reactions to stress
- Supporting our wellness
- Conclusion





HEALTH CARE WORKER DISTRESS

- Uncertainty about the duration of the crisis
- Lack of proven therapies or a vaccine
- Potential shortages of health care resources, esp PPEs
- Providing direct care to patients with COVID-19
- Knowing someone who has contracted or died of the disease
- Being required to undergo quarantine or isolation
- Possibility of personal and family illness
- Effects of social distancing versus the desire to be present for their families
- Infodemic



NEED FOR STRICT PROTECTIVE MEASURES

- Physical strain of protective equipment
- Physical isolation
- Constant awareness & vigilance regarding IPC procedures
- Pressures regarding procedures that must be followed

A decorative banner at the top of the slide features a microscopic view of various cells, including some with prominent nuclei and others with more complex, multi-lobed structures, set against a dark blue and purple background.

COMMON REACTIONS TO STRESS

- Physical
- Emotional
- Behavioral
- Cognitive
- Interpersonal
- spiritual



SUPPORTING OUR WELLNESS – ORGANIZATIONAL STRATEGIES

- Limit working hours to no longer than 12-hour shifts
- Utilize teams
- Provide defusing and assess responder functioning after each shift
- Frequent, clear and rapid communication from leadership
- Appropriate provision of supplies and equipment
- Regular debriefing sessions
- Informal and formal mental health support should be offered to health care workers



SUPPORTING OUR WELLNESS – PERSONAL STRATEGIES

- Recognize and heed early warning signs of stress
- Reduce physical tension by deep breathing, meditating, walking
- Take brief breaks for basic bodily care and refreshment
- Maintain a healthy diet and get adequate sleep and exercise
- Avoid or limit caffeine and use of alcohol
- Realize that it is okay to draw boundaries and say “no”
- Talk with your co-workers about experiences
- Support one another
- Ask for help if you need it



CONCLUSION

- HCW may experience psychological distress as a result of the COVID-19 pandemic due to: providing direct patient care; vicarious trauma; getting infected; quarantine.
- Strong leadership with clear, honest and open communication is needed to offset fears and uncertainties
- Provision of adequate resources and mental health supports will bolster self-efficacy and confidence
- Self care is our responsibility



THANK YOU



Community





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