Provider Well-Being During COVID-19

Project Echo

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Housekeeping

• If you haven’t already, now is a good time to complete your pre-test! (you need this for continuing education credits)
• Please fill out your participation roster
• Please complete your post-test within three days of this presentation.

Please e-mail Julie Reiten with the above, and with any questions: julie.a.reiten@und.edu

Please mute your audio when not speaking—there is a chat box.
Objectives

• To learn about resilience as it pertains to individuals and communities

• To learn about psychosocial aspects of major events

• To learn (or recall) coping skills during challenging times
How was the past month for you?
An important coping mechanism for me: humor
Phases of Disaster Response

Mitigation

Preparedness

Response

Recovery
Disaster Impact Pyramid

- Individual victims
- Family and social networks
- Rescue workers, medical care providers, their families and social networks
- Vulnerable populations and impacted businesses
- Ordinary people and their communities

Pandemic Disaster Impact Pyramid
Perspective

• “...one of the worst outcomes of a crisis is the collapse of fundamental assumptions about the world.”

Mitroff, 2004 (re: Hurricane Katrina)
Typical Signs of Stress

• Irritable/moody

• Tired/Sleep problems

• Antsy/Anxious

• More negative thinking

• Trouble concentrating
What sorts of behavioral health issues do we often see in disaster situations?

• Anxiety
• PTSD
• Depression

• Increased interface with law enforcement, such as:
  • Substance use
  • Domestic violence
How can we deal with stress, especially in a crisis?

• Coping skills-

[Card symbols]
Some not so healthy ways...
Why is this not sticking!!?
Taking Care of the Caretakers (The Risks of Empathic Engagement)

- Emotional Exhaustion
- Loss of Self
- Symptoms similar to post-traumatic stress disorder
- Change in cognitive schema

Resilience

Individual

• The ability to adapt to adversity

• The capacity to cope

• With potential for change and growth

Community

• “the ability of community members to take meaningful, deliberate, collective action to remedy the impact of a problem, including the ability to interpret the environment, intervene, and move on”

Pfefferbaum and colleagues (2005)
Resilient Attitudes

- View change as challenge or opportunity
- Think realistically – keep things in perspective
- Set goals and plan action steps
Resilient Behaviors

• The 3 Rs

• Rest

• Routine

• Relationships
Resilience

Of all variables, two of the most impactful:

• Resources (less controllable)

• Social Connectedness (more controllable) Obviously an issue if there is required social distancing, particularly if technology is disrupted...
Myths about disasters and resilience

▪ Myth 1)
Resilience is an inherent trait and can’t be taught

▪ Myth 2)
Nothing positive comes from experiencing a disaster

Myth 3)
Everyone who experiences a disaster will develop PTSD or Depression.
I Have Choice Over

My attitude

Limiting news/social media exposure

My clinical decisions

How I interact with others

How I schedule my time

I Can’t Control:

The actions of others

Whether the store has toilet paper

The ingenious selection of our electronic health record...

The future, beyond my own abilities...
Purpose

Re-capturing the primary essence of why you went into a helping profession is protective against burn-out.

Sometimes it’s tough to find this. Other times it sneaks up when you least expect it...
The FACTS

- **F**oster Hope
- **A**ct with Purpose
- **C**onnect with others
- **T**ake Care of Yourself
- **S**earch for Meaning
Various exercises for reducing stress*

• Breathing exercises

• Mindfulness exercises

• Body scan

• Guided imagery
Meditation Apps:

• Numerous free (and other) products out there.
A Holistic Framework for Recovery (Focus on Recovery)

With appreciation to Dr. Alistair Humphrey
Center for the Study of Traumatic Stress

Very useful Fact Sheets on COVID-19 (as of March 30, 2020)


(Special thanks to Dr. Josh Morganstein)
Other resources

• **First Link:**
  • Myfirstlink.org
  • 211 or 701-235-7335 (701-235-SEEK)
  • Texline- text your zipcode to 898211

• Behavioral Health Service Locator: [https://findtreatment.samhsa.gov/](https://findtreatment.samhsa.gov/)

• National Suicide Prevention Lifeline: 1-800-273-TALK (8255) [24 hrs/day]
Questions? Comments?