



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.

e-mail Julie Reiten with the above, and with any questions:
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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



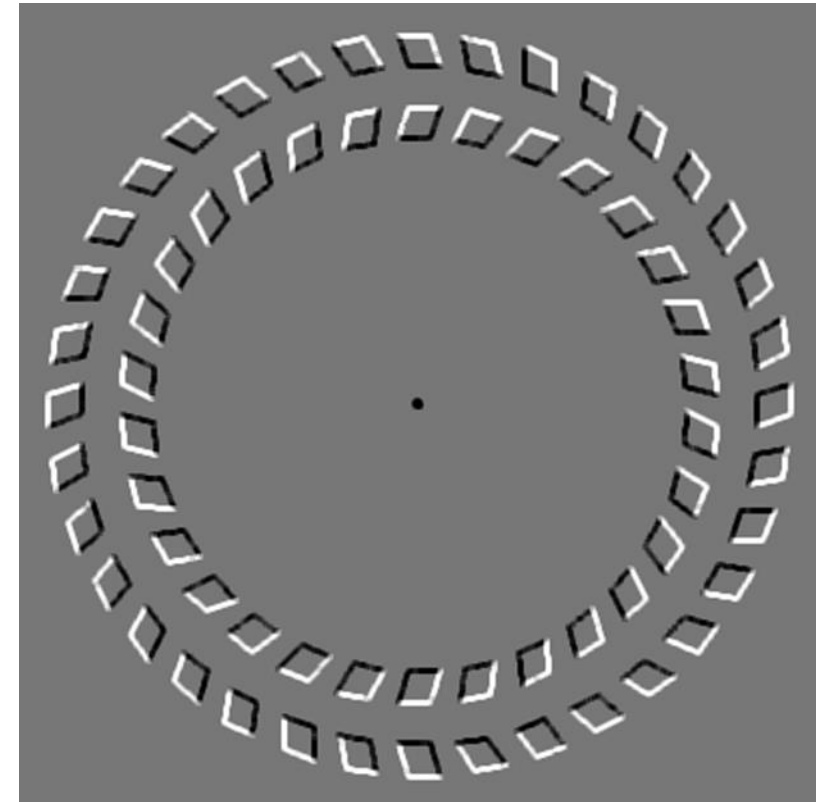
Phases of Disaster Response

Mitigation

Preparedness

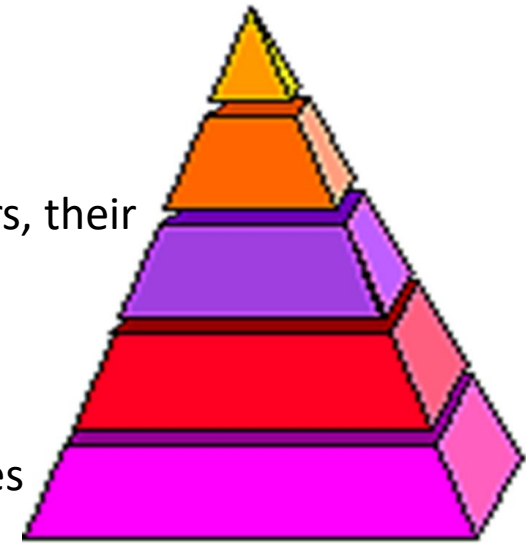
Response

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?

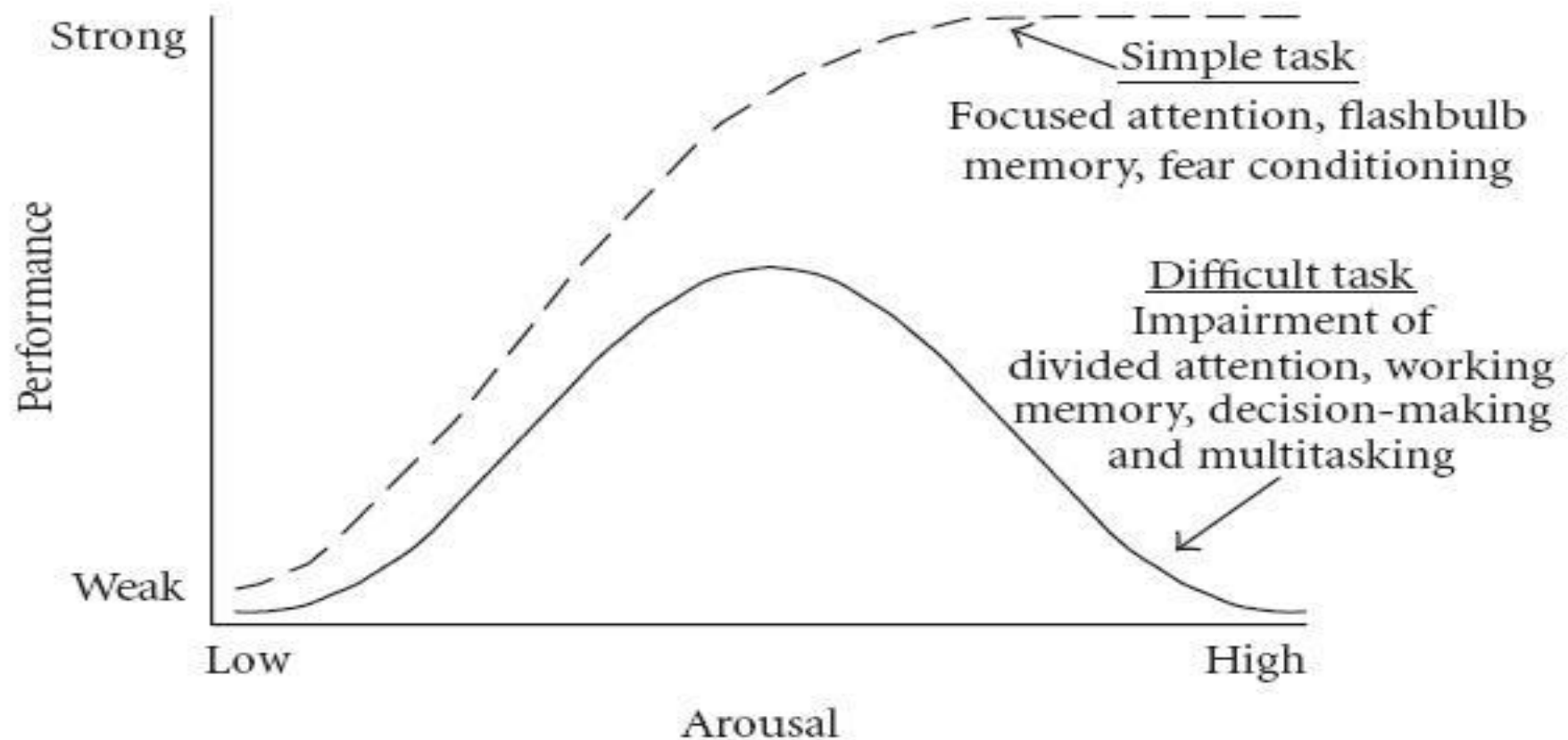
- Coping skills-



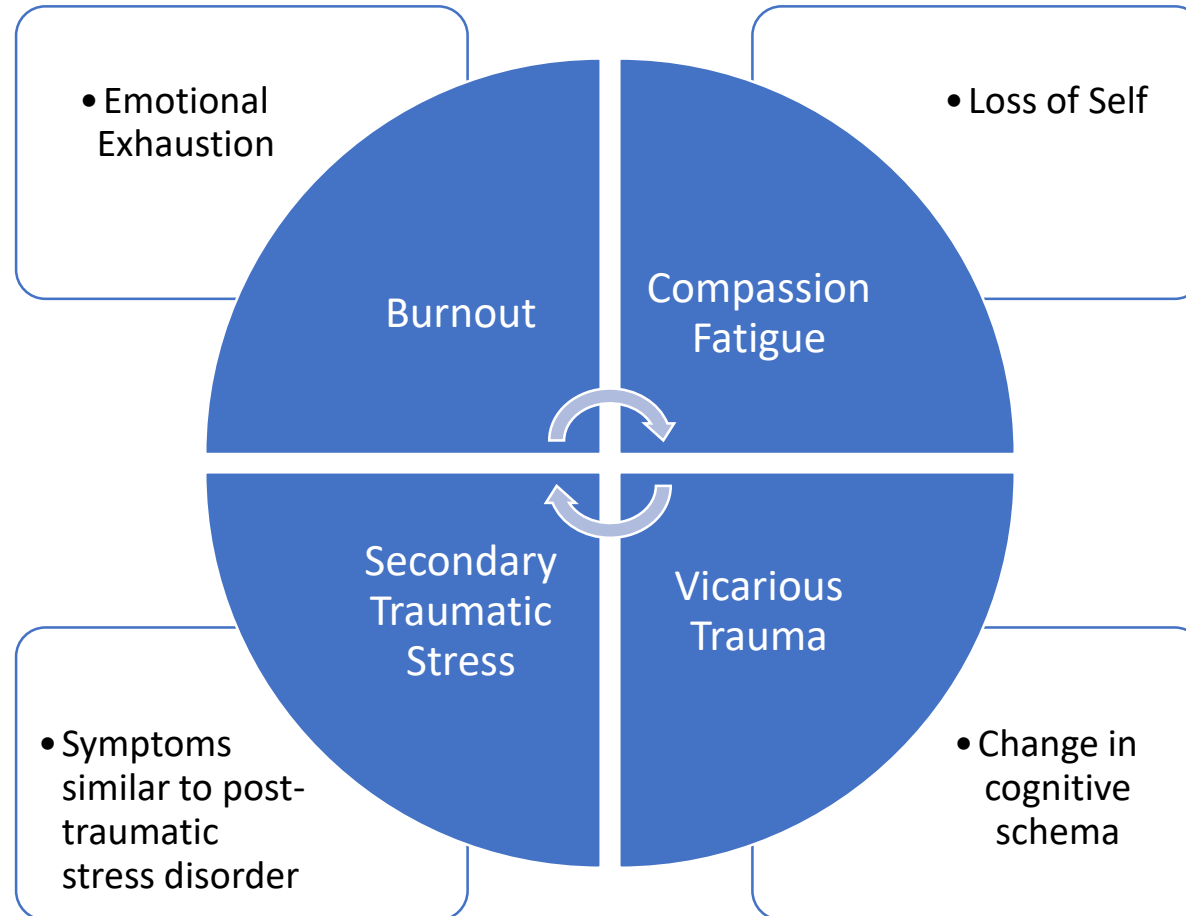
Some not so healthy ways...



Why is this not sticking!!?



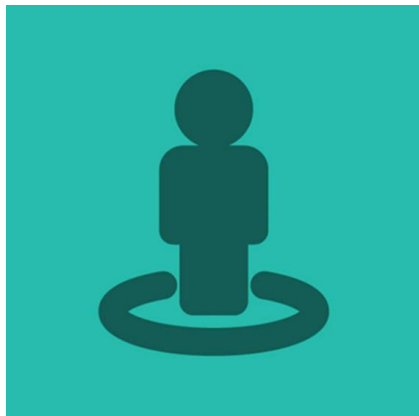
Taking Care of the Caretakers (The Risks of Empathic Engagement)



Resilience

Individual

- The ability to adapt to adversity
- The capacity to cope
- With potential for change and growth



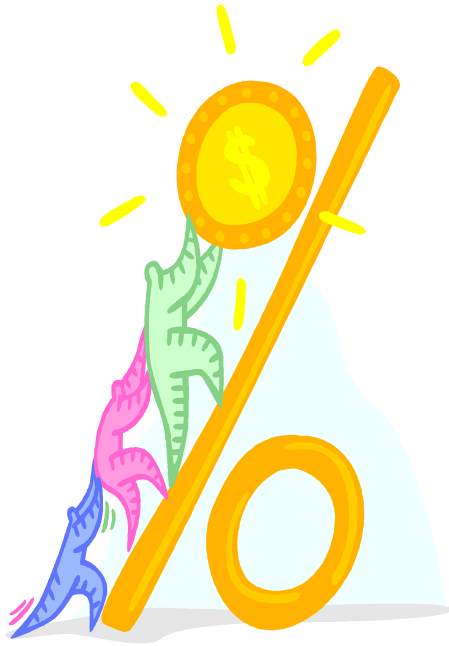
Community



- “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

Dr. Kit O’Neill

Resilient Behaviors

- The 3 Rs

• R³

- 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 Can't Control:

The actions of others

Whether the store has toilet paper

I Have Choice Over

My attitude

My clinical
decisions

How I schedule my time

Limiting news/social
media exposure

How I interact
with others

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*

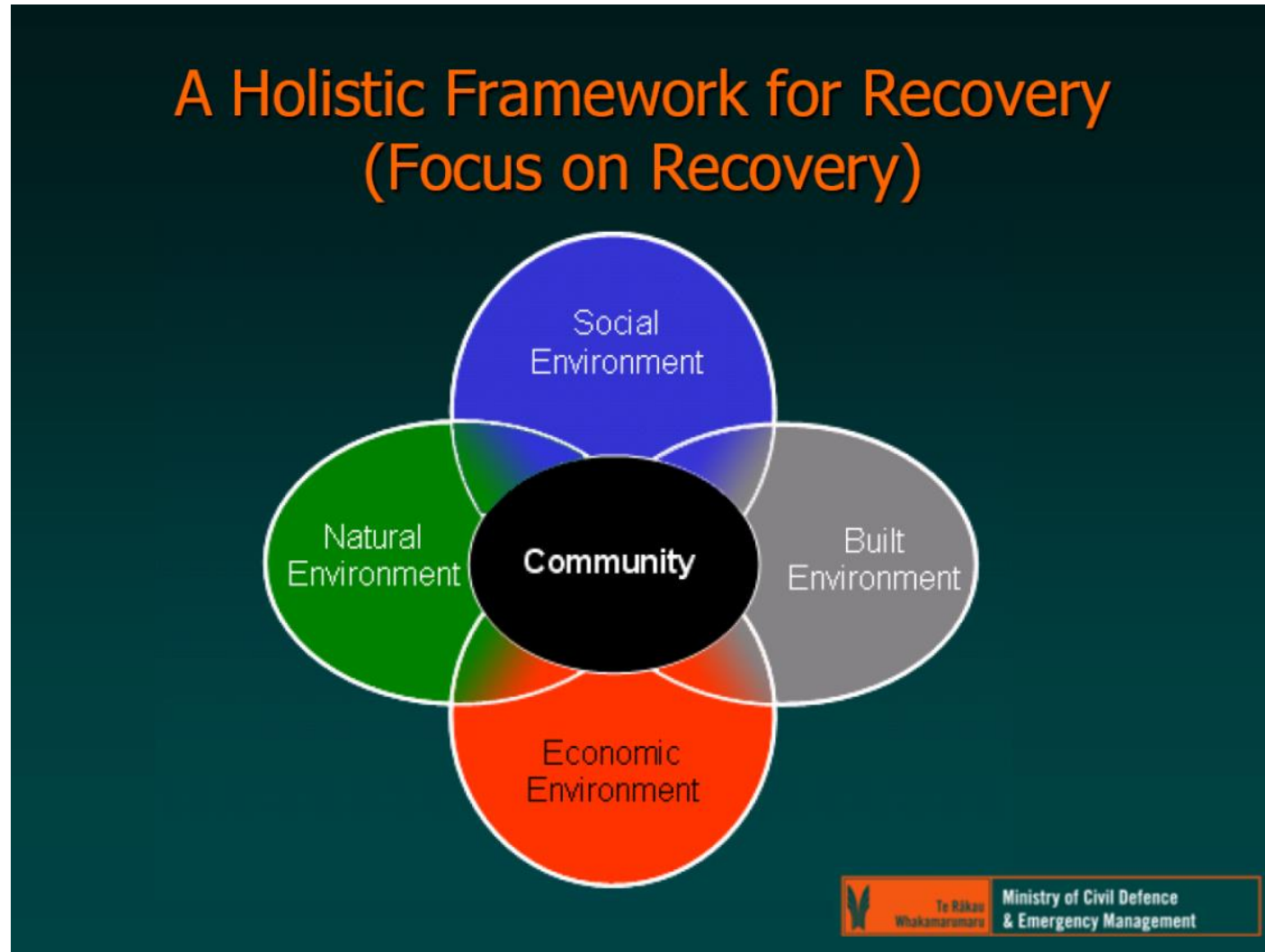
- Breathing exercises
- Mindfulness exercises
- Body scan
- Guided imagery

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)

- <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

(Special thanks to Dr. Josh Morganstein)

Other resources

- **First Link:**

- Myfirstlink.org
- 211 or 701-235-7335 (701-235-SEEK)
- Textline- text your zipcode to 898211

- **Behavioral Health Service Locator:** <https://findtreatment.samhsa.gov/>

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) [24 hrs/day]

Questions? Comments?

