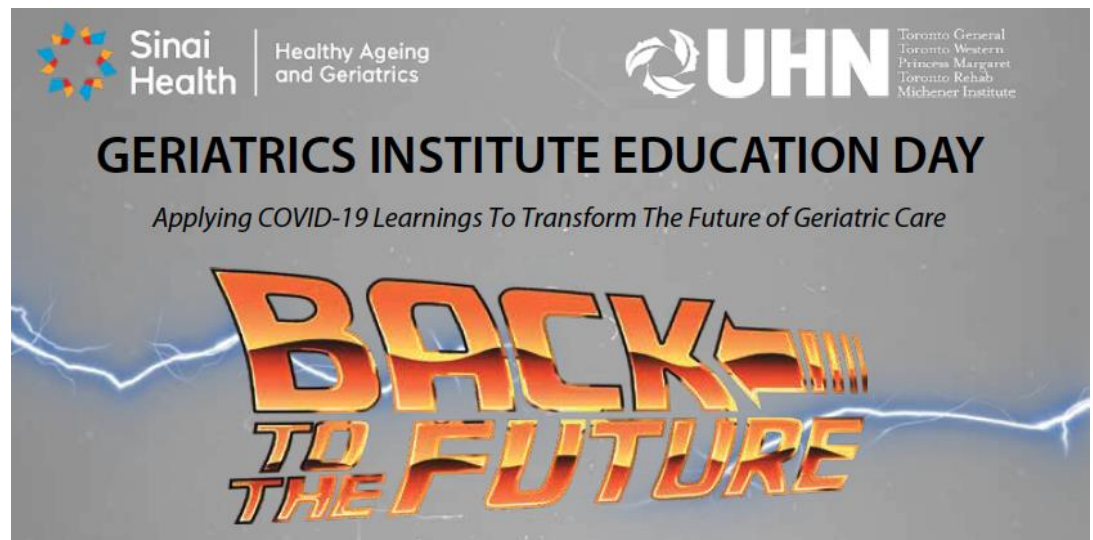


# Making Mental Health and Wellbeing a Priority: Lessons from COVID-19

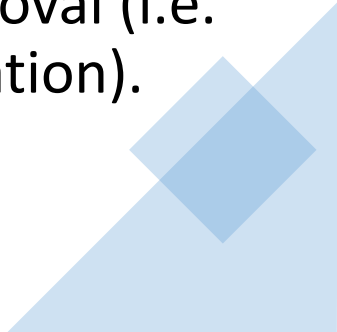
• Presented by:

- **Dr. Mary Preisman MD** FRCPC, Psychiatrist, Sinai Health, Toronto
- **Dr. Ben Rosen MD FRCPC**, Psychiatrist, Sinai Health, Toronto






## Speaker disclosures

- We do not have an affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.
  - We do not intend to make therapeutic recommendations for medications that have not received regulatory approval (i.e. “off-label” use of medication).
- 



## Presentation disclosures

- No financial or in-kind support was received from a commercial organization to develop this presentation
  - The speakers have not received any payment, funding or in-kind support from a commercial organization to present at this event
- 



# Mental Health and Wellness in Crisis - Learning objectives

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- After this session, participants will be able to:
  - Define resilience as it applies to working in healthcare
  - Develop a model to understand reactions to crisis
  - Identify the key components of coping
  - Describe Resilience Coaching and its benefits in managing the impact of COVID-19 on healthcare workers





# And now it's f&%\$ing December!!!

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Time traveler: What year is it?

Me: 2020

Time traveler:



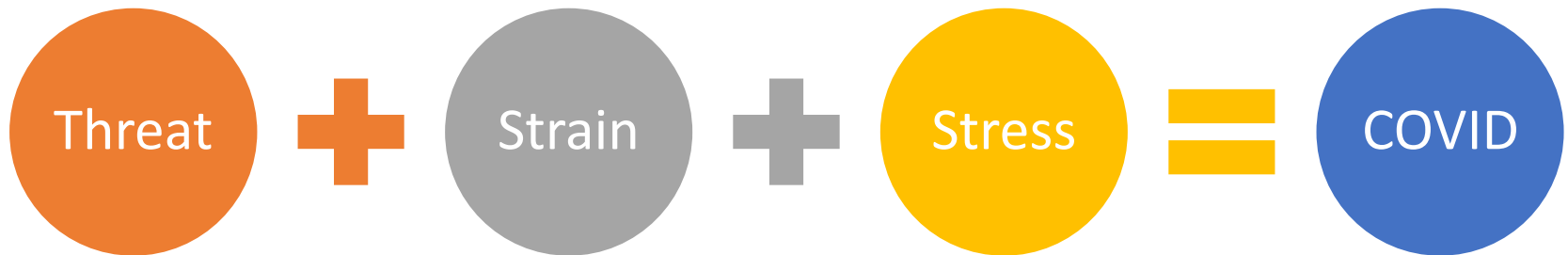
# A year and a half later...

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# Threat, Strain and Stress

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# Threat – a combo of DREAD and RISK

---



## Sources of COVID Strain

- Bad news (thanks, social media)
- Uncertain recommendations from authorities (mistrust)
- Redeployment (fear of incompetence, infection)
- Fear of illness in self and others
- Isolation
- Loss and grief (deaths, future events, financial stability)

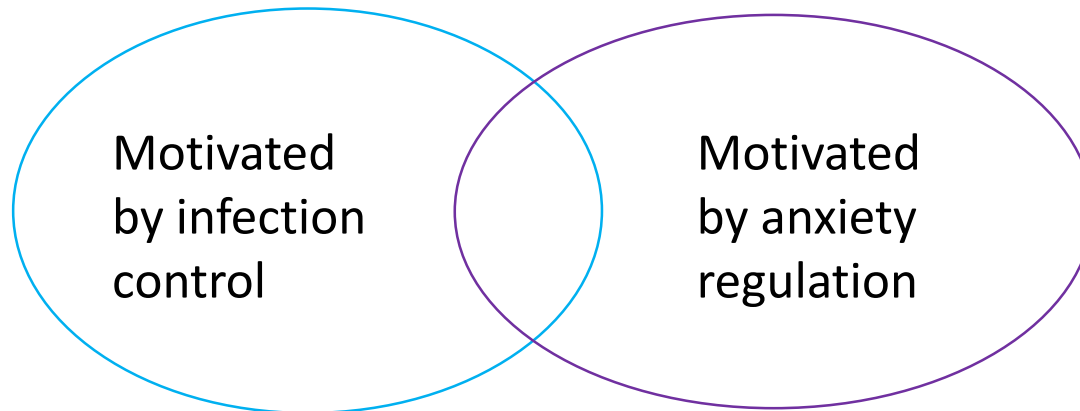


## Sources of COVID Strain

- Unsolvable uncertainty
- Stigma as a healthcare worker (of infection, of struggling emotionally)

# How this affects behaviour

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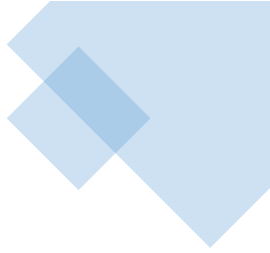
# This is NUTS!

---

- Novelty
  - Uncertainty
  - Threat
  - Sense of control (low)
- 
- COVID is a perfect storm of these...



## Normal/Expected responses to stress

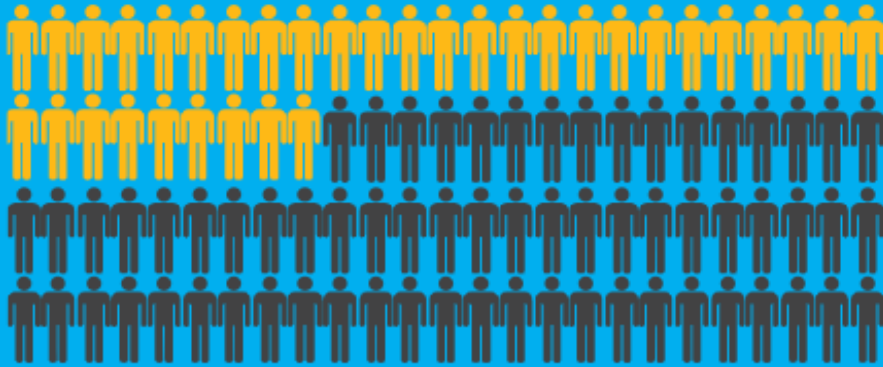
- Impaired sleep
  - Changes in concentration/thinking/memory
  - Externalizing: feeling irritable/angry
  - Internalizing: feeling tense, anxious
  - Changes in energy/appetite
  - Social withdrawal
  - Reduced productivity
  - Interpersonal conflict
- 

# PSYCHOLOGICAL NEEDS OF HEALTHCARE PROVIDERS

Psychiatric diagnoses are prevalent among both practicing providers and trainees, and the added stress of the COVID-19 pandemic has the potential to exacerbate any pre-existing vulnerabilities.

# 1/3

Of 2547 physicians and 400 residents surveyed, **34%** met criteria for depression, **30%** reported high levels of burnout, and **8%** had suicidal thoughts in the last 12 months.



Vogel L. Even resilient doctors report high levels of burnout, finds CMA survey. CMAJ 2018;190:E1293.

BURNOUT

ANXIETY

DEPRESSION

SUICIDALITY

PTSD

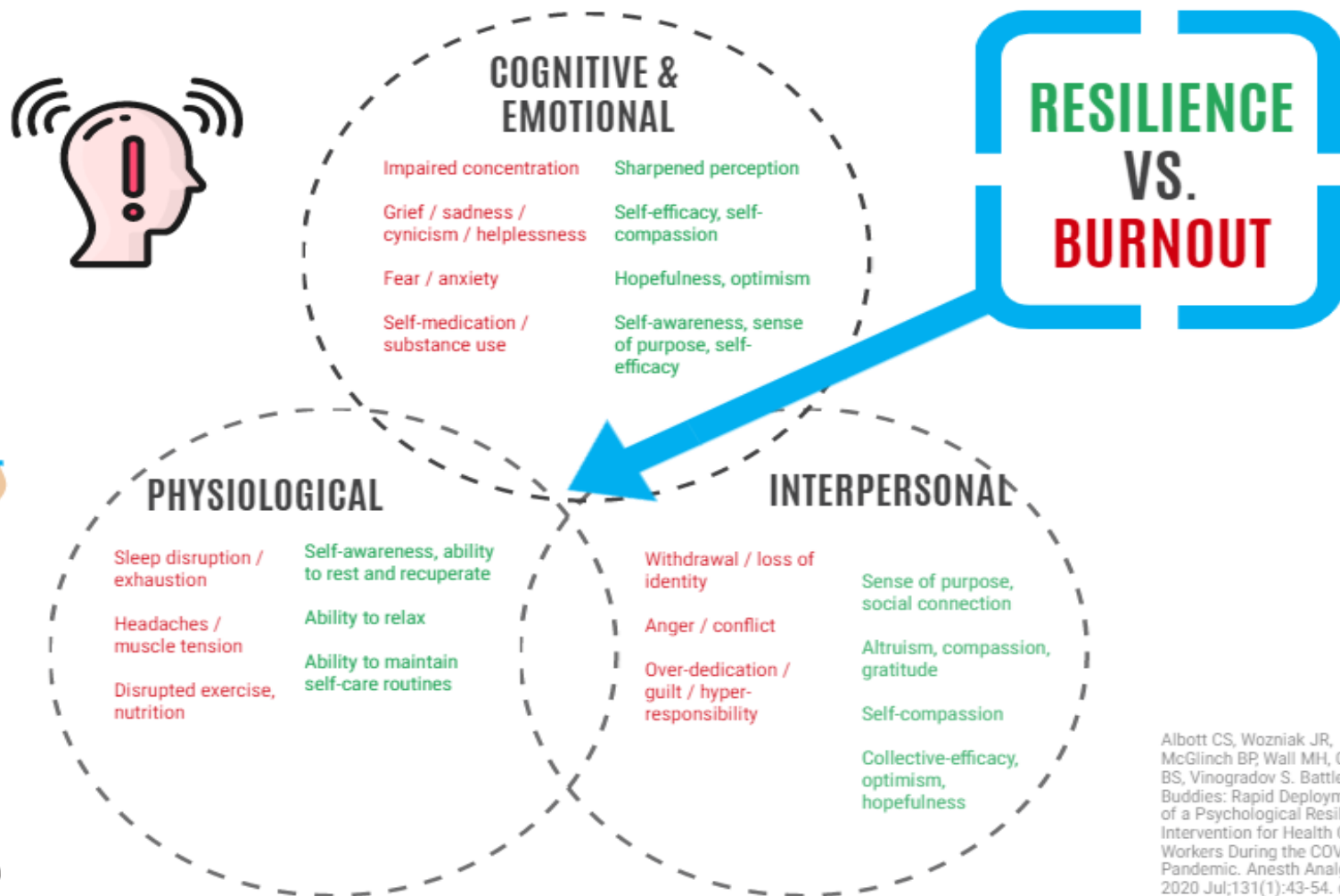
SUBSTANCE  
USE

# WHAT IS **BURNOUT**?

A multifaceted response to job stress that includes elements of exhaustion, cynicism, and inefficacy. Burnout negatively impacts morale, patient safety, and quality of care. The following schematic contrasts the potential physiological, cognitive, emotional, and interpersonal responses in burnout vs. resilience.

# WHAT IS **RESILIENCE**?

Resilience is the ability to return to pre-stress level of functioning.



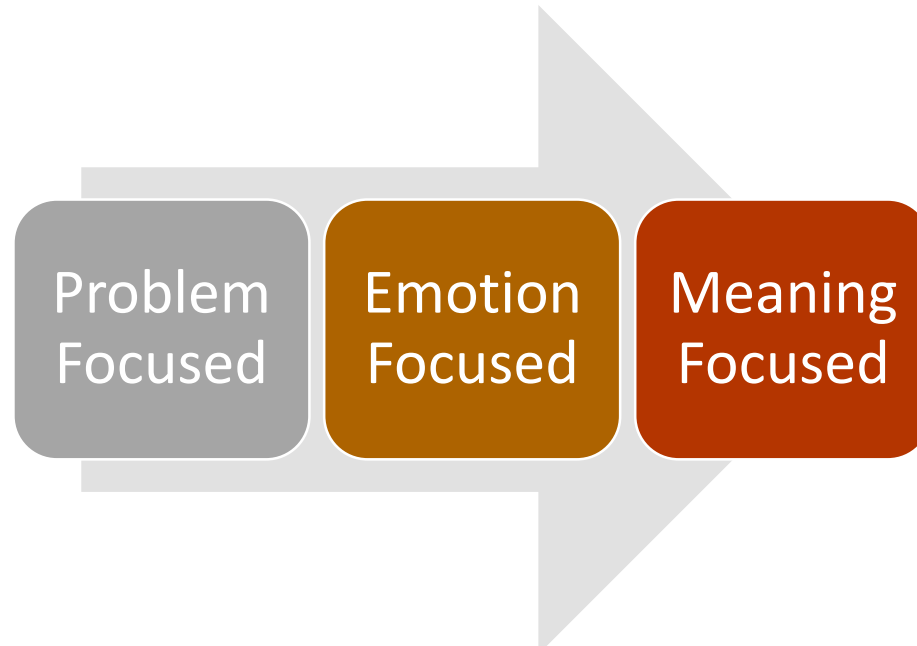
Albott CS, Wozniak JR, McGlinch BP, Wall MH, Gold BS, Vinogradov S. Battle Buddies: Rapid Deployment of a Psychological Resilience Intervention for Health Care Workers During the COVID-19 Pandemic. *Anesth Analg.* 2020 Jul;131(1):43-54. doi: 10.1213/ANE.0000000000004912. PMID: 32345861



# How do we shift from burnout to resilience?

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- Coping!



Folkman and Greer, 2000

# Problem Focused Coping


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- Fix the things you can!



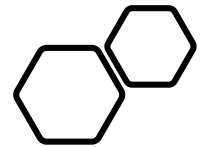


# Problem Focused Coping

- Have a plan
  - Identify the core problem
  - Break the problem down into its parts
  - Think about what has worked before
  - Learn new skills; acquire knowledge; get training
  - Consider alternative solutions
  - Get advice from a trusted source
  - Get advice from experts
  - Get help from a buddy
- 



Emotion Focused Coping



# Meaning Focused Coping

- Focus on things that matter!



—

Anything else  
you want to  
talk about?

---



# Evaluation



AN EVALUATION FOR THIS SESSION  
WILL BE SENT TO ATTENDEES AT  
THE END OF THE DAY BY EMAIL.



THANK YOU!



Thank You! Questions?



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