

Supporting Healthcare Providers During COVID 19

Recommended Articles for ACNL Website

[Caring for the Caregivers During the COVID-19 Pandemic](#)

Nancy Blake, PhD, RN, CCRN-K, NEA-BC, FAAN

American Medical Association

- *Examines the moral distress and long-lasting psychological impacts on health care workers created by the pandemic and the urgent need for a program to care for the caregivers. Identifies sources of anxiety, complications from burnout, need for resilience, and need for support for the caregivers including training on wellness and resilience techniques.*

[Battle Buddies: Rapid Deployment of a Psychological Resilience Intervention for Health Care Workers During the COVID-19 Pandemic.](#)

Albott CS, Wozniak JR, McGlinch BP, Wall MH, Gold BS, Vinogradov S

Anesthesia & Analgesia

- *An overview of the potential psychological stress responses to the COVID-19 crisis in medical providers and preemptive resilience-promoting strategies at the organizational and personal level. Describes a rapidly deployable Psychological Resilience Intervention founded on a peer support model (Battle Buddies) developed by the United States Army. It incorporates evidence-informed "stress inoculation" methods developed for managing psychological stress exposure in providers deployed to disasters and uses 2 key tools: (1) a peer support Battle Buddy; and (2) a designated mental health consultant who can facilitate training in stress inoculation methods, provide additional support, or coordinate referral for external professional consultation.*

[Mitigating the Psychological Impact of COVID-19 on Healthcare Workers: A Digital Learning Package.](#)

Blake H, Bermingham F, Johnson G, Tabner A

International Journal of Environmental Research and Public Health

- *Shares a digital support package on 'psychological wellbeing for healthcare workers' that is free to use, has been positively evaluated. Assessment of implementation qualities indicated that the package was perceived to be usable, practical, low cost and low burden. Identified the importance of normalization of psychological responses during a crisis, and encouragement of self-care and help-seeking behavior.*

[Preserving Organizational Resilience, Patient Safety, and Staff Retention during COVID-19 Requires a Holistic Consideration of the Psychological Safety of Healthcare Workers.](#)

Rangachari P, L Woods J.

International Journal of Environmental Research and Public Health

- *Emphasizes the importance of Healthcare leaders recognizing the emotional distress created by the pandemic, and that it could have the effect of restricting organizational resilience and adversely impacting patient safety and staff retention during and beyond the pandemic. Article uses the organizational resilience framework and develops recommendations*

[Factors Associated with Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019](#)

Jianbo Lai, MSc; Simeng Ma, MSc; Ying Wang, MSc; et al
JAMA Network Open

- *Research article identifying that front-line health care workers have a high risk of developing unfavorable mental health outcomes and may need psychological support or interventions. Discusses mental health effects of Chinese healthcare workers caring for COVID 19 patients.*

[A Second Pandemic: Mental Health Spillover from the Novel Coronavirus \(COVID-19\)](#)

Kristen R. Choi, MarySue V. Heilemann, Alex Fauer, Meredith Mead
Journal of the American Psychiatric Nurses Association

- *Nursing focused article stating nurses and nurse leaders must anticipate a mental health pandemic after COVID 19 is over and recommends nurses assist with preparedness in health systems and communities, and advocate for a coordinated response to promote mental wellness and resilience.*

[Mental health and psychosocial considerations during the COVID-19 outbreak](#)

World Health Organization 2020

- *A detailed list of messages for the general population, healthcare workers, team leaders and managers.*

[COVID-19: Peer Support and Crisis Communication Strategies to Promote Institutional Resilience](#)

Albert W. Wu, MD, MPH, Cheryl Connors, BSN, MS, DNP, George S. Everly Jr., PhD
Annals of Internal Medicine

- *Summarizes experiences with previous crisis (SARS, 911) and recommends strategies to enhance the well-being and resilience of healthcare workers.*

[Managing mental health challenges faced by healthcare workers during covid-19 pandemic](#)

Greenberg, N; Docherty, M; Gnanapragasam, S; Wessely, S
The BMJ

- *Defines Moral injury and the need for early and continued support for staff.*

[Cultivating Deliberate Resilience During the Coronavirus Disease 2019 Pandemic](#)

Abby R. Rosenberg, MD, MS, MA
JAMA Pediatrics

- *Defines resilience and discusses evidence-based categories of resilience resources and applications in a step by step process to support resilience across organizations*

[Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic](#)

Tait Shanafelt, MD; Jonathan Ripp, MD, MPH; Mickey Trockel, MD, PhD
JAMA

- *A useful list of 8 sources of anxiety and requests from providers with examples of appropriate responses.*

[Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak](#)

National Center for PTSD

- *Discusses fighting and dealing with stress through preparedness including an emphasis on effective infection prevention strategy to support psychological safety of staff*

[Creating a resilient organization for health care workers during a crisis](#)

American Medical Association

- *Details action steps taken by an organization before, during and after a crisis to reduce psychosocial trauma and increase the likelihood the workforce will cope or even thrive.*

[What to Say \(and Not Say\) to Workers on the Front Lines.](#)

Colleen Farrell, M.D.

The New York Times

- *Heartfelt information on what it is like caring for COVID patients and what to say to healthcare workers.*