



Parkland



Management of Psychological Impact: An Evidence-Informed Response to Stress

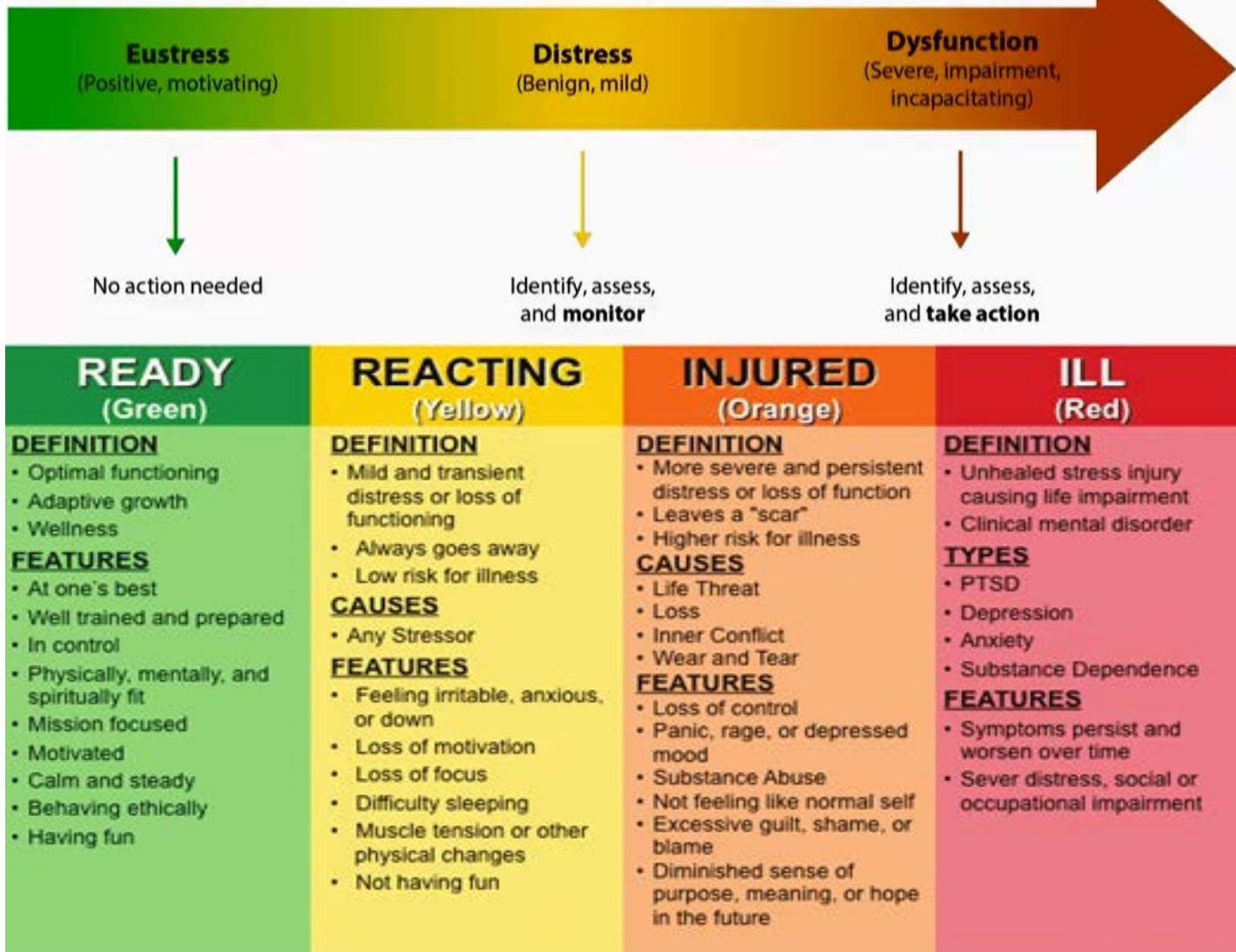
Friday May 15, 2020

Management of Psychological Impact: An Evidence-Informed Response to Stress

Dr. Jessica George

Trauma Psychologist
Rees-Jones Trauma Center at Parkland





Poll

What is Your Stress Level Currently?

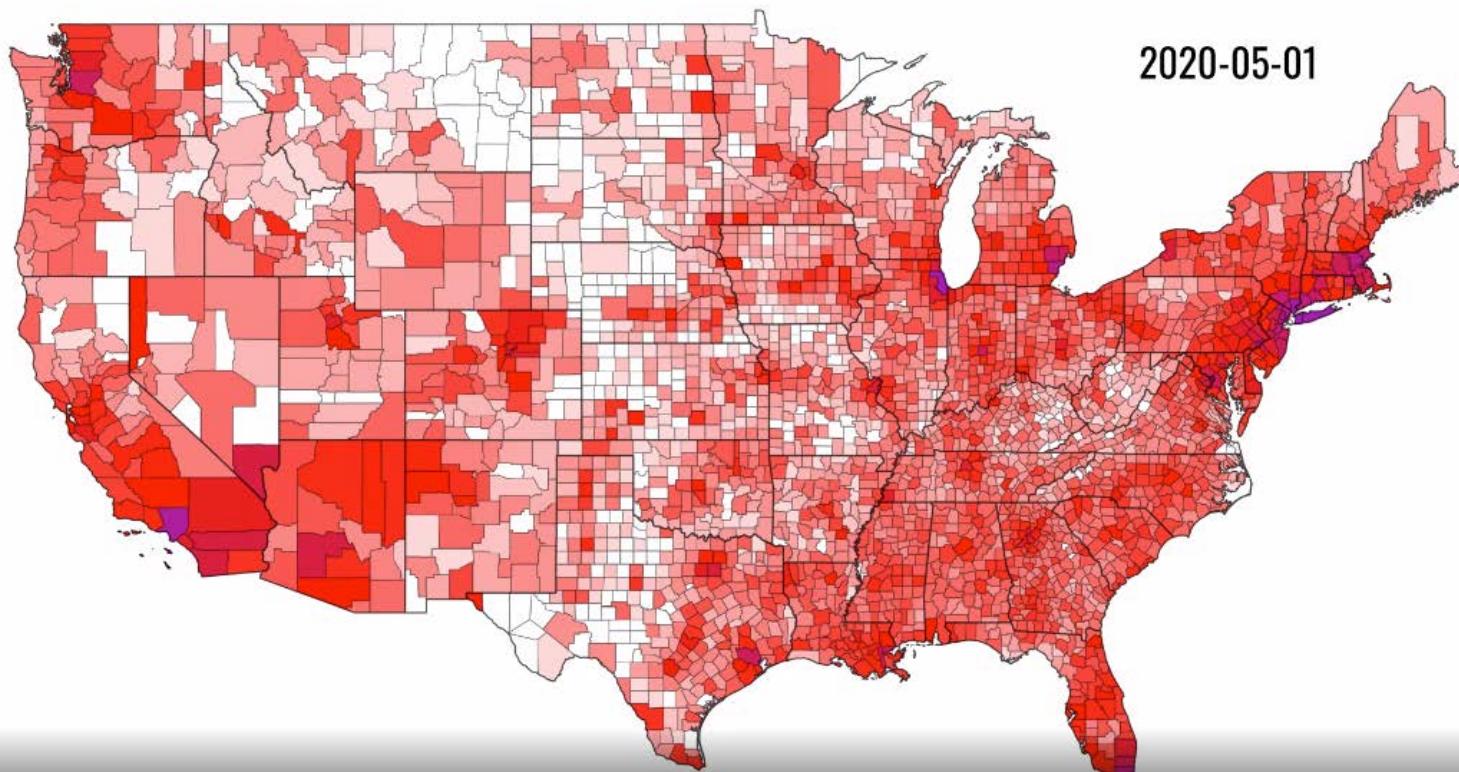
- Green 
- Yellow 
- Orange 
- Red 

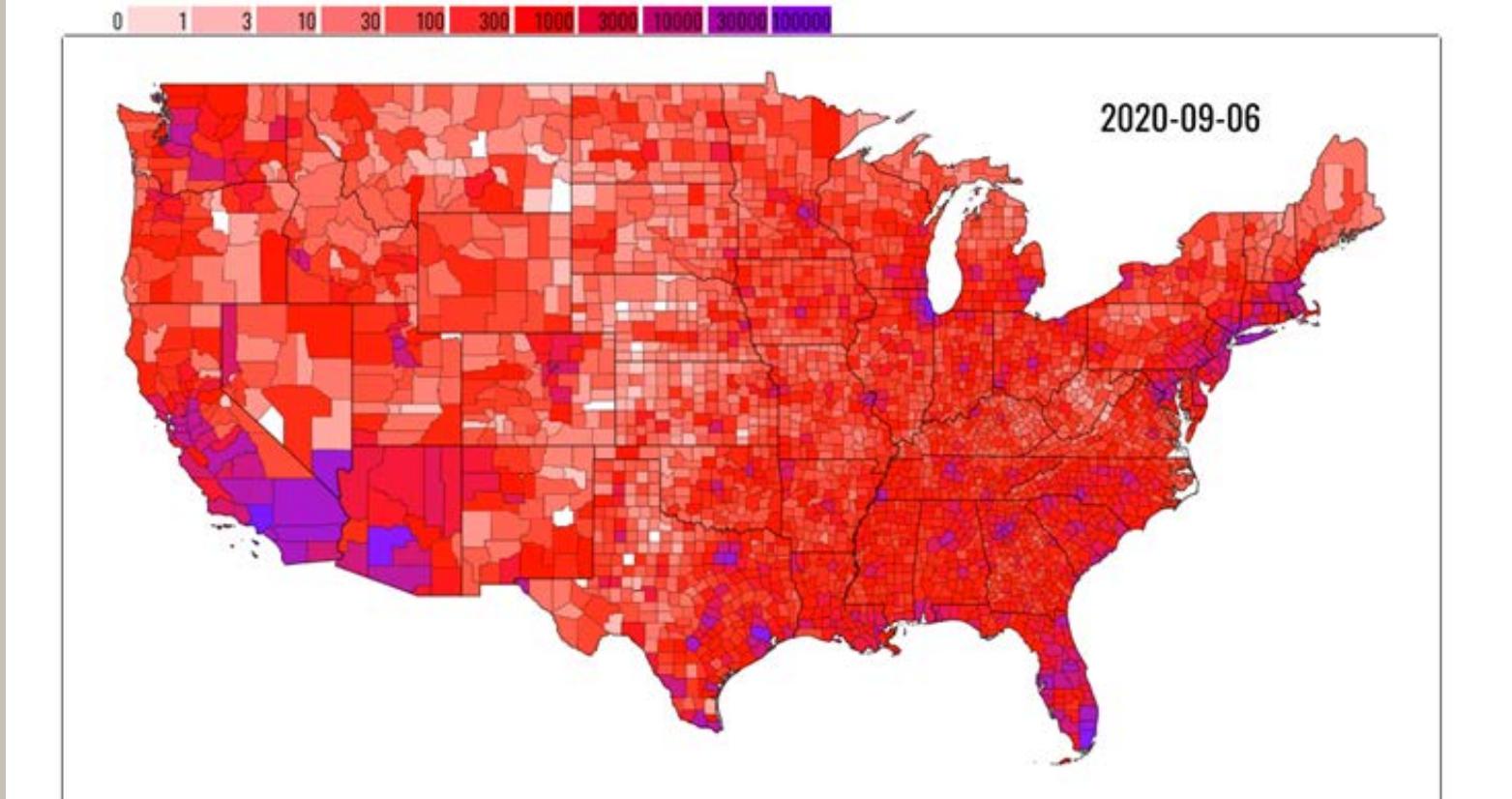


Number of COVID-19 cumulative confirmed cases:



2020-05-01







Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019

Jianbo Lai, MSc; Shimeng Ma, MSc; Ying Wang, MSc; Zhongxiong Cai, MD; Jianbo Hu, MSc; Ning Wei, MD; Jiang Wu, MD; Hui Du, MD; Tingting Chen, MD; Ruiting Li, MD; Huawei Tan, MD; Lijun Kang, MSc; Lihua Yao, MD; Manli Huang, MD; Huafen Wang, BD; Gaohua Wang, MD; Zhongchun Liu, MD; Shaohua Hu, MD

Design, Settings, and Participants This cross-sectional, survey-based, region-stratified study collected demographic data and mental health measurements from 1257 health care workers in 34 hospitals from January 29, 2020, to February 3, 2020, in China. Health care workers in hospitals equipped with fever clinics or wards for patients with COVID-19 were eligible.

Results A total of 1257 of 1830 contacted individuals completed the survey, with a participation rate of 68.7%. A total of 813 (64.7%) were aged 26 to 40 years, and 964 (76.7%) were women. Of all participants, 764 (60.8%) were nurses, and 493 (39.2%) were physicians; 760 (60.5%) worked in hospitals in Wuhan, and 522 (41.5%) were frontline health care workers. A considerable proportion of participants reported symptoms of depression (634 [50.4%]), anxiety (560 [44.6%]), insomnia (427 [34.0%]), and distress (899 [71.5%]). Nurses, women, frontline health care workers, and those working in Wuhan, China, reported more severe degrees of all measurements of mental health symptoms than other health care workers (eg, median [IQR] Patient Health Questionnaire scores among physicians vs nurses: 4.0 [1.0-7.0] vs 5.0 [2.0-8.0];

Annals of Internal Medicine

OBSERVATION: BRIEF RESEARCH REPORT

Psychological Impact of the COVID-19 Pandemic on Health Care Workers in Singapore

Of note, nonmedical health care workers had higher prevalence of anxiety even after adjustment for possible confounders. Our findings are consistent with those of a recent COVID-19 study demonstrating that frontline nurses had significantly lower vicarious traumatization scores than non–frontline nurses and the general public

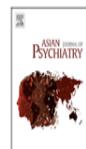
Asian Journal of Psychiatry 52 (2020) 102066



Contents lists available at ScienceDirect

Asian Journal of Psychiatry

journal homepage: www.elsevier.com/locate/ajp



COVID-19 and mental health: A review of the existing literature

Ravi Philip Rajkumar

Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER), Pondicherry, 605 006, India



Preliminary evidence suggests that symptoms of anxiety and depression (16–28%) and self-reported stress (8%) are common psychological reactions to the COVID-19 pandemic, and may be associated with disturbed sleep. A number of individual and structural variables moderate this risk



April 24, 2020

Mental Health Status Among Children in Home Confinement During the Coronavirus Disease 2019 Outbreak in Hubei Province, China

Xinyan Xie, BA¹; Qi Xue, MPH¹; Yu Zhou, BA¹; [et al](#)

[» Author Affiliations](#) | Article Information

JAMA Pediatr. Published online April 24, 2020. doi:10.1001/jamapediatrics.2020.1619

In this study, 22.6% of students reported having depressive symptoms, which is higher than other investigations in primary schools of China (17.2%).⁴ During the outbreak of COVID-19, the reduction of outdoor activities and social interaction may have been associated with an increase in children's depressive symptoms. Our study found that 18.9% of students reported anxiety symptoms, which is higher than the prevalence in other surveys.⁵ Severe acute respiratory syndrome in 2003 was



The psychological impact of quarantine and how to reduce it: rapid review of the evidence



Samantha K Brooks, Rebecca K Webster, Louise E Smith, Lisa Woodland, Simon Wessely, Neil Greenberg, Gideon James Rubin

www.thelancet.com Published online February 26, 2019 [https://doi.org/10.1016/S0140-6736\(20\)30460-8](https://doi.org/10.1016/S0140-6736(20)30460-8)

The psychological impact of quarantine

Five studies compared psychological outcomes for people quarantined with those not quarantined.^{9, 19, 27, 28, 33} A study⁹ of hospital staff who might have come into contact with SARS found that immediately after the quarantine period (9 days) ended, having been quarantined was the factor most predictive of symptoms of acute stress disorder. In the same study, quarantined staff were significantly more likely to report exhaustion, detachment from others, anxiety when dealing with febrile patients, irritability, insomnia, poor concentration and indecisiveness, deteriorating work performance, and reluctance to work or consideration of resignation. In another study,³³ the effect of being quarantined was a predictor of post-traumatic stress symptoms in hospital employees even 3 years later.



A Longitudinal Study on the Mental Health of General Population during the COVID-19 Epidemic in China

Cuiyan Wang PhD¹, Riyu Pan MSc¹, Xiaoyang Wan MSc¹, Yilin Tan MSc¹, Linkang Xu MSc¹, Roger S. McIntyre MD², Faith N. Choo MBBS⁵, Bach Tran PhD^{3,4}, Roger Ho, MD^{1,5,6}, Vijay K. Sharma, MD^{8,9}, Cyrus Ho MBBS^{5,7}

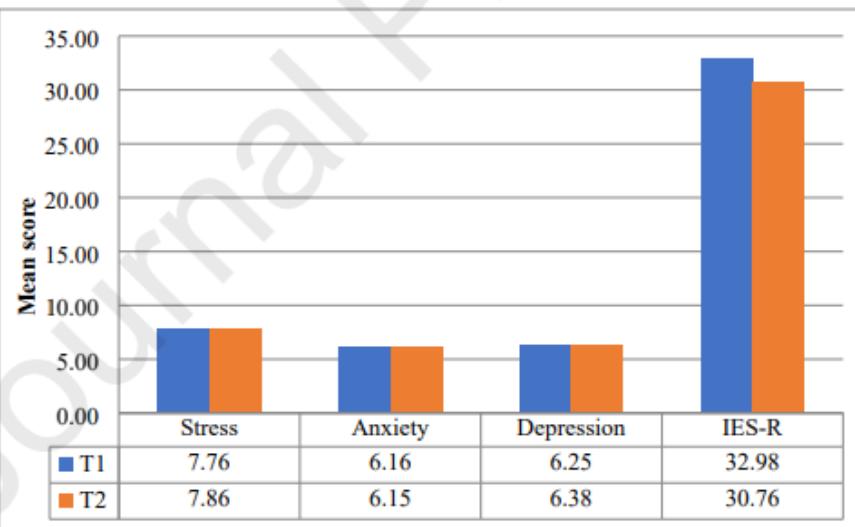
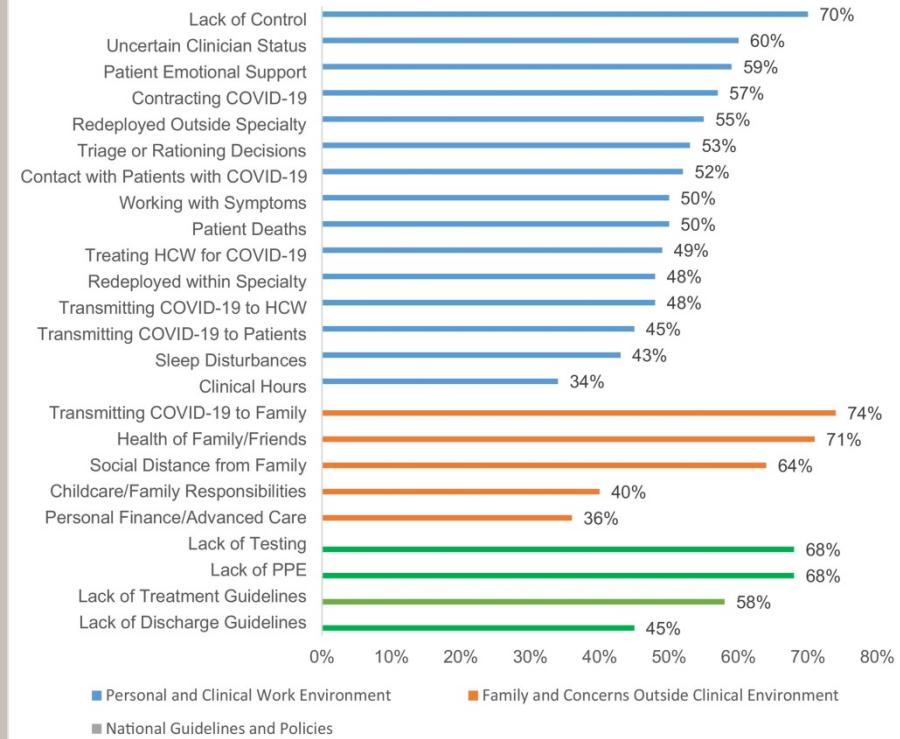
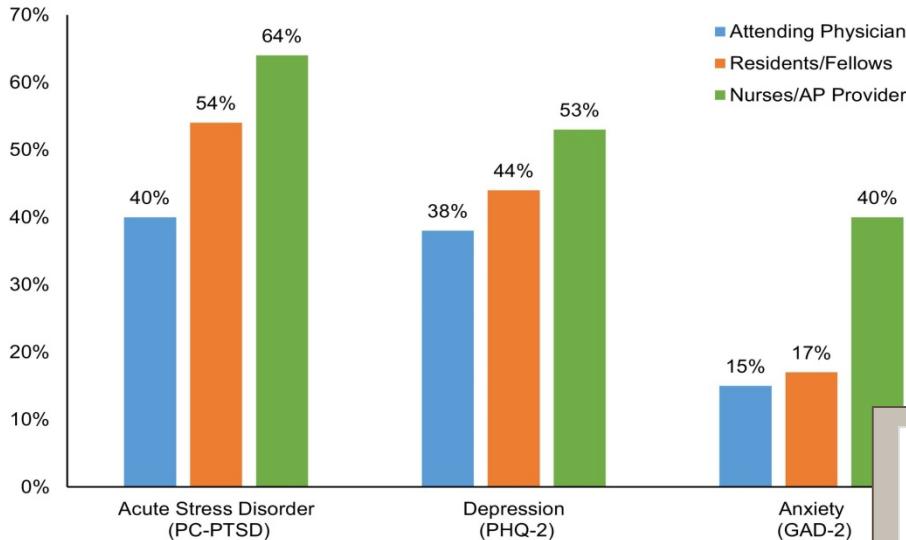


Figure 2. Comparison of the mean scores of DASS-stress, anxiety and depression subscales as well as IES-R scores between the first (T1) and second (T2) survey.



 **General Hospital Psychiatry**
Volume 66, September–October 2020, Pages 1–8 

Psychological distress, coping behaviors, and preferences for support among New York healthcare workers during the COVID-19 pandemic

Ari Shechter ^a, Francesca Diaz ^a, Nathalie Moise ^a, D. Edmund Anstey ^a, Siqin Ye ^a, Sachin Agarwal ^b, Jeffrey L. Birk ^a, Daniel Brode ^a, Diane E. Cannone ^a, Bernard Chang ^c, Jan Claassen ^b, Talea Cornelius ^d, Lilly Derby ^e, Melissa Dong ^a, Raymond C. Givens ^a, Beth Hochman ^d, Shunichi Homma ^a, Ian M. Kronish ^a, Sung A.J. Lee ^a, Wilhelmina Manzano ^{e, f}, Laurel E.S. Mayer ^f, Cara L. McMurry ^a, Vivek Moitra ^a, Patrick Pham ^a, LeRoy Rabban ^a, Reynaldo R. Rivera ^{a, h}, Allan Schwartz ^a, Joseph E. Schwartz ^{a, i}, Peter A. Shapiro ^f, Kaitlin Shaw ^a, Alexandra M. Sullivan ^a, Courtney Vose ^{a, h}, Lauren Wasson ^a, Donald Edmondson ^a, Marwah Abdalla ^a 

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Takia

Care. Compassion. Community.



Forensic Science International: Rep

Volume 2, December 2020, 100089

A New Covid-19 Crisis: Domestic Abuse Rises Worldwide

Movement restrictions aimed to stop the spread of the coronavirus may be making violence in homes more frequent, more severe and more dangerous.

By Amanda Taub

An increasing risk of family violence during the Covid-19 pandemic: Strengthening community collaborations to save lives

Andrew M. Campbell

EDITORIAL

Journal of
Clinical Nursing WILEY

The pandemic paradox: The consequences of COVID-19 on domestic violence

International Journal of Mental Health Nursing (2020) ••, ••–••

doi: 10.1111/ijm.12735

EDITORIAL

Family violence and COVID-19: Increased vulnerability and reduced options for support

Mixed Messages

News > Medscape Medical News > Conference News > EPA 2020

No 'Tidal Wave' of New Mental Illness; Pandemic Exacerbates Preexisting Conditions

Liam Davenport

July 21, 2020

Mental health impact of coronavirus pandemic hits marginalized groups hardest

July 26, 2020 7.27am EDT



During late June, 40% of U.S. adults reported struggling with mental health or substance use*

ANXIETY/DEPRESSION SYMPTOMS



31%

STARTED OR INCREASED SUBSTANCE USE



13%

TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



26%

SERIOUSLY CONSIDERED SUICIDE[†]



11%

*Based on a survey of U.S. adults aged ≥18 years during June 24–30, 2020

[†]In the 30 days prior to survey

For stress and coping strategies: bit.ly/dailylifecoping

CDC.GOV

bit.ly/MMWR81320

MMWR



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CRISIS TEXT LINE |

Racism
Isolation
Relationships
Anxiety
Grief
Depression
Domestic Violence
Substance Abuse
Job Loss



Disproportionate Impacts on Marginalized/Underserved Communities

- Structural inequalities → Health disparities
- Lack of access
- Criminal justice
- Schools
- Service delivery
- Sectors affected
- Low-wage, yet essential
- Asian-American discrimination
- Role conflict for women

Public Service Announcement

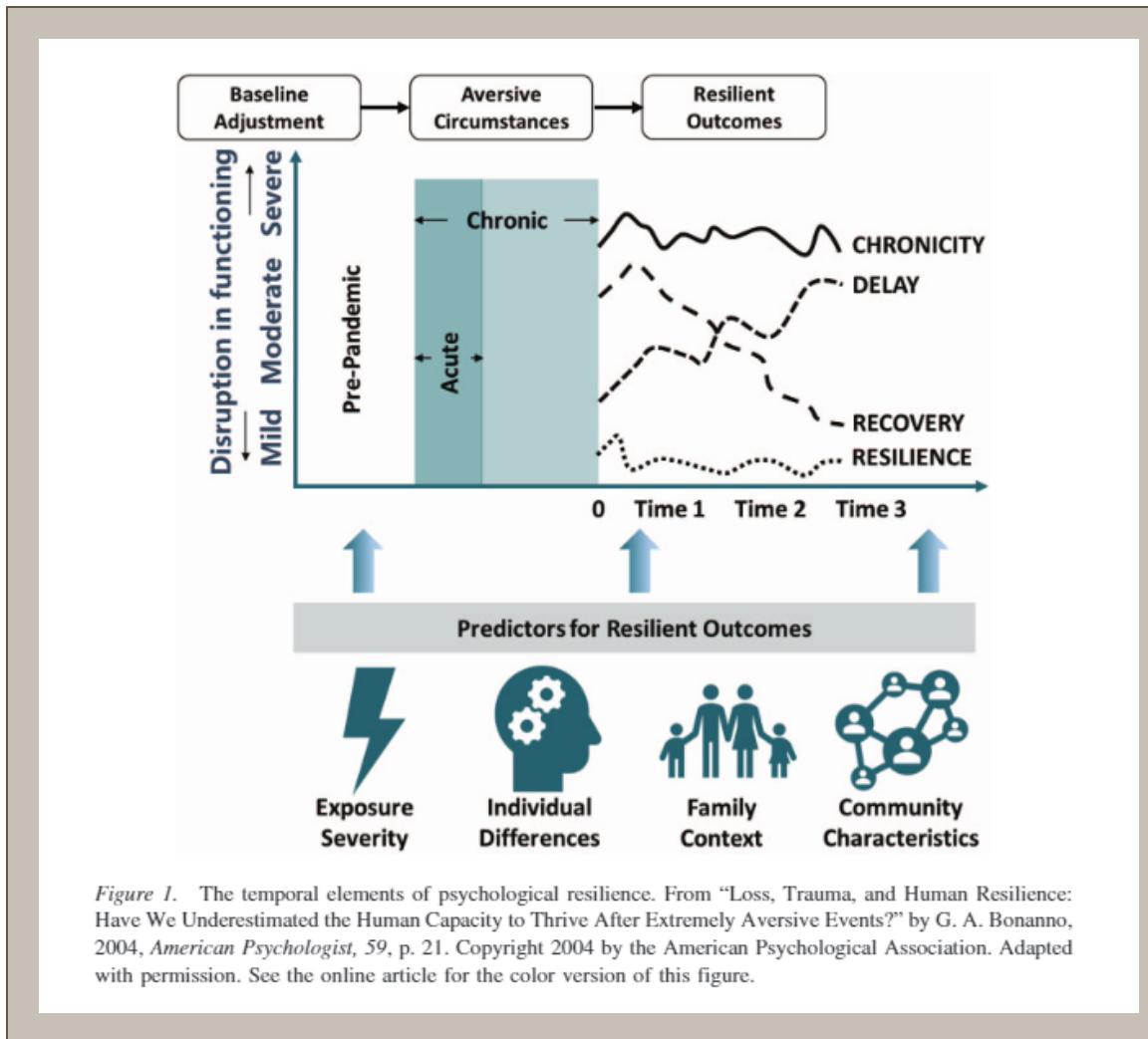
Distress is common

Resilience is expected

Most will bounce back



Bet on Resilience

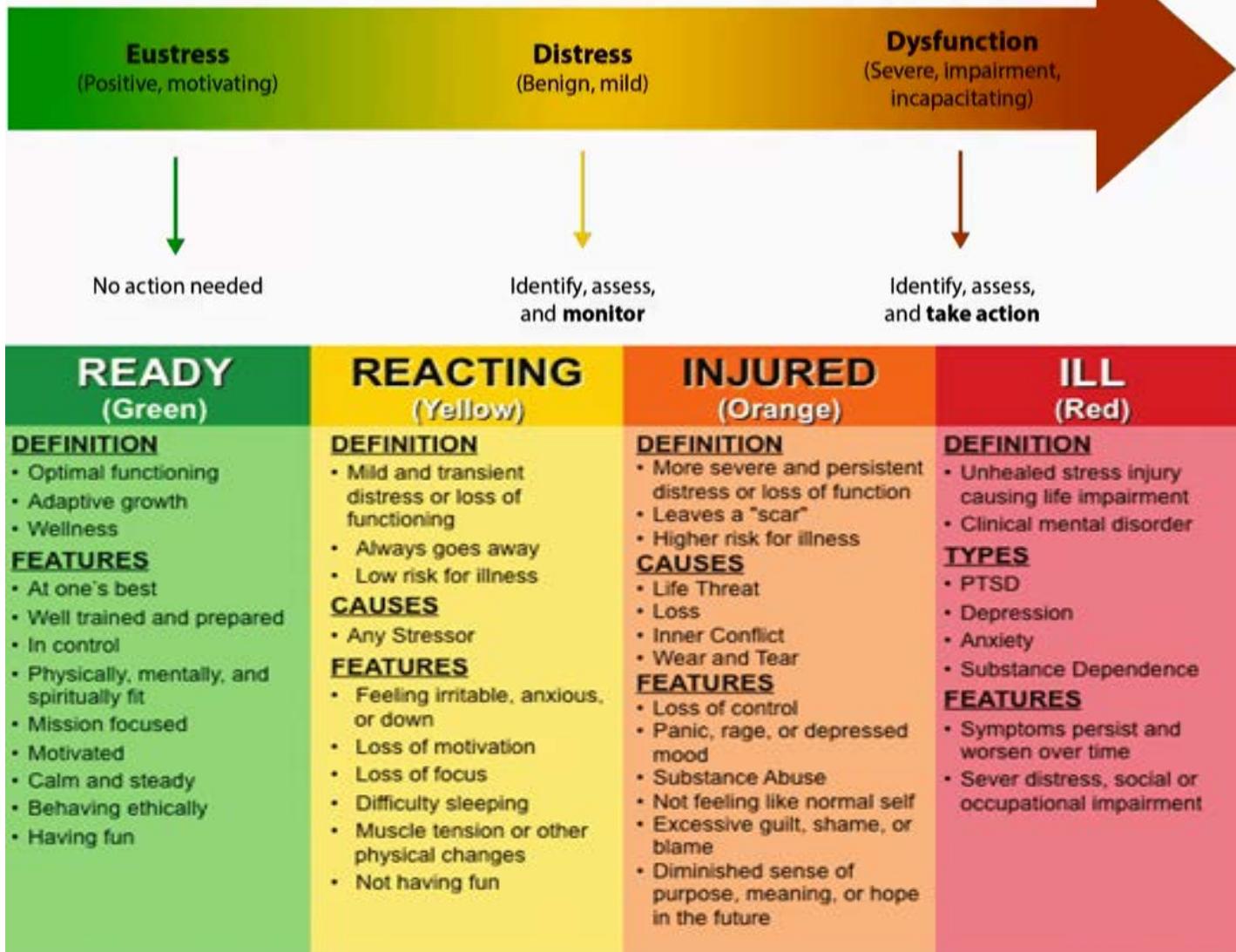


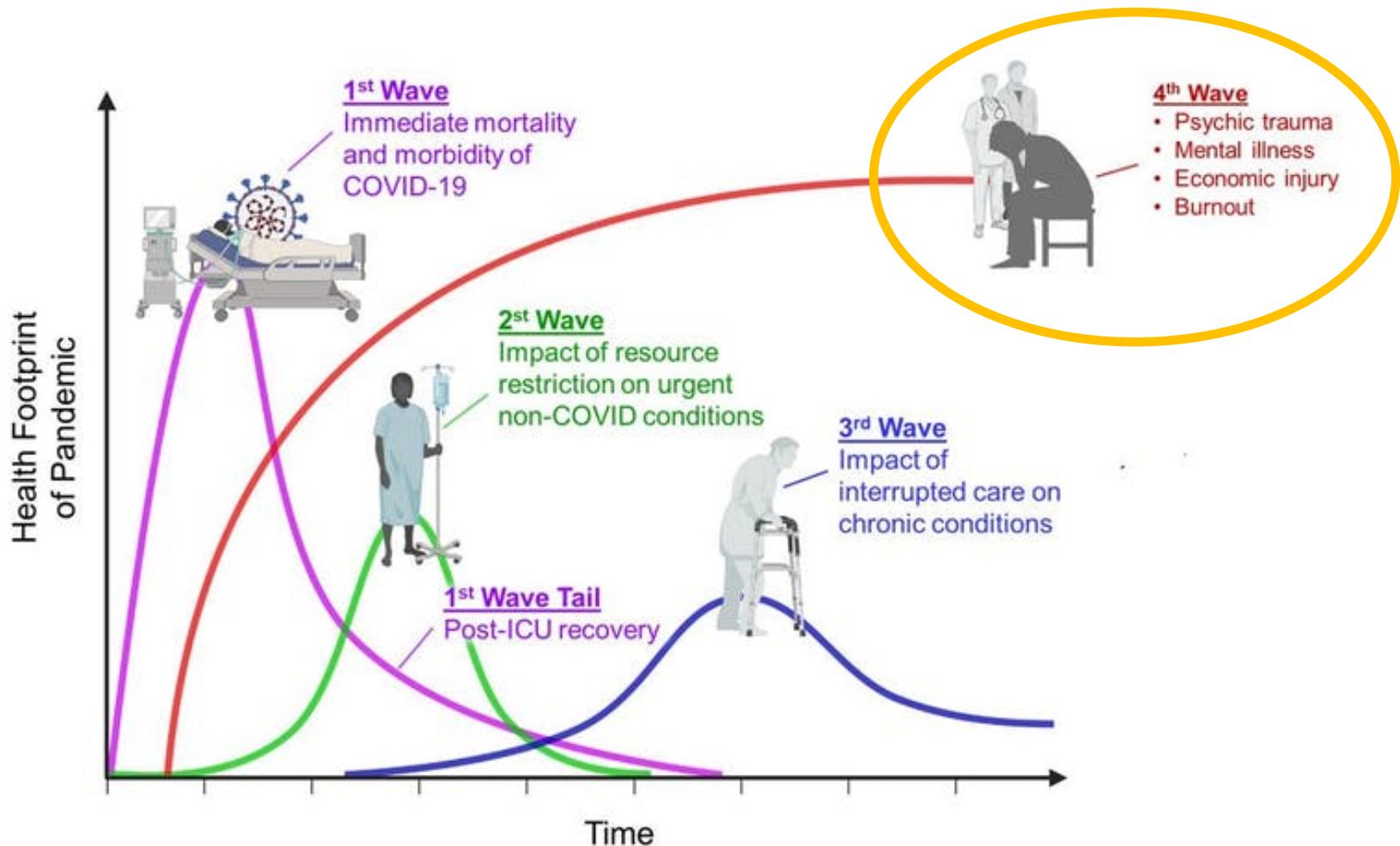
This disaster is indefinite

The destruction is invisible

When is the recovery?







Calm
Regulated



Stress
Dysregulated



Cortex



Limbic



Midbrain



Brain Stem



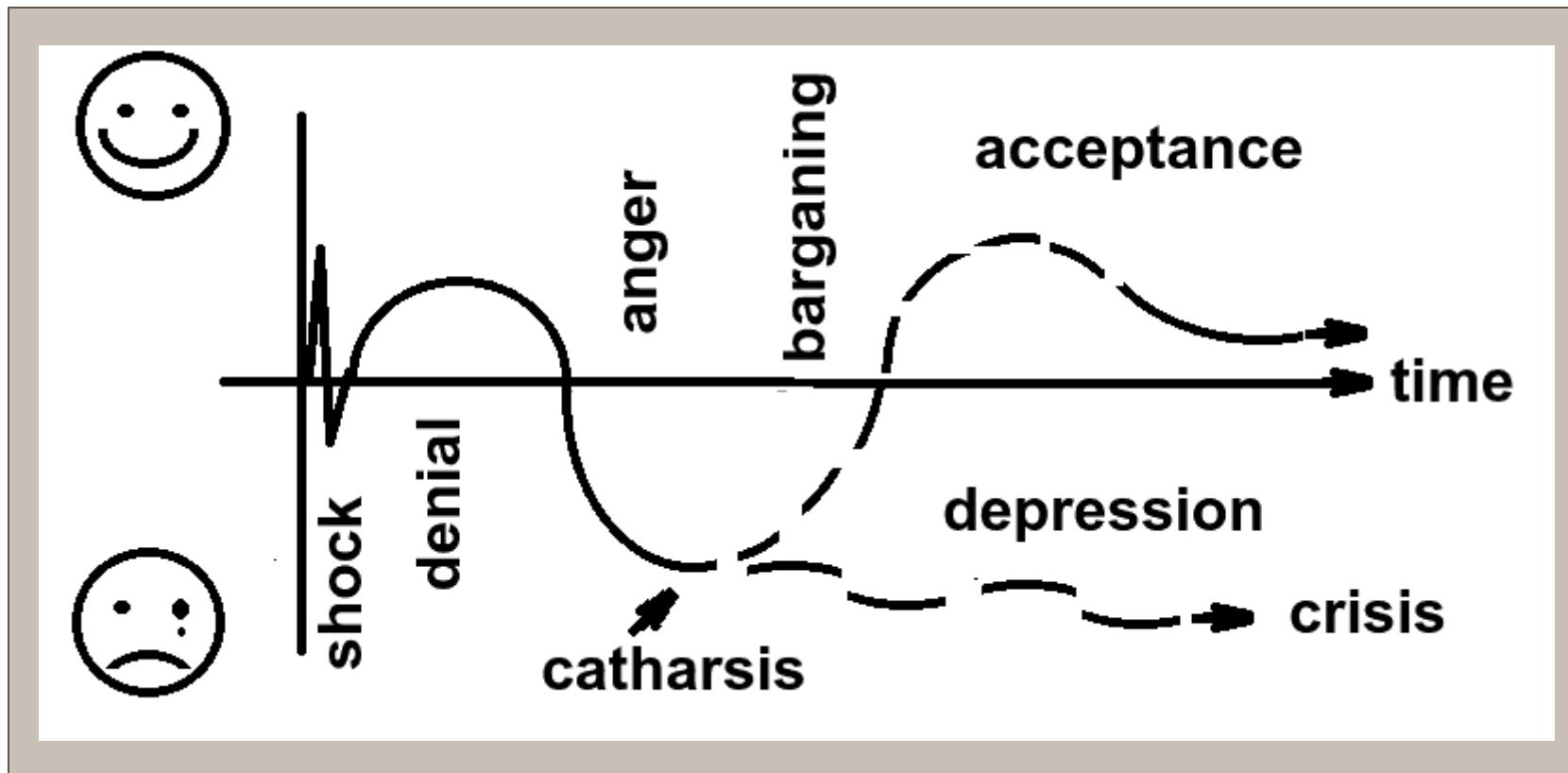
Prolonged Stress and Grief?

“Coronaphobia”

“COVID Stress Syndrome”



Kubler-Ross Grief Cycle (DABDA)



Poll

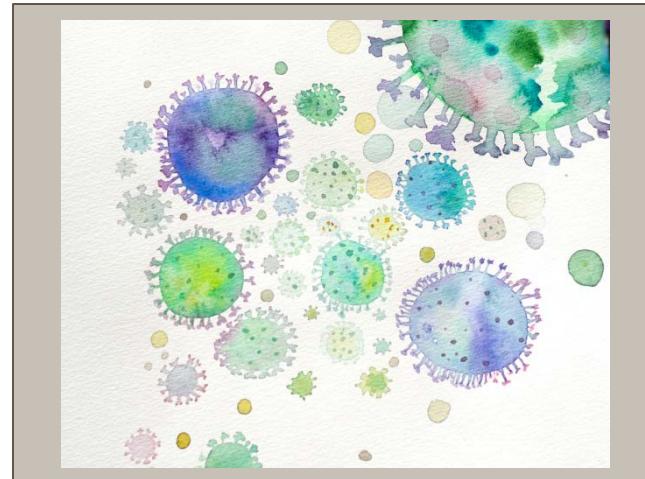
When it comes to loss and challenges of Covid, I feel I have reached “Acceptance”:

1. Never
2. Rarely
3. Sometimes
4. Often
5. Always



The Vaccine

Optimism
Loving-Kindness Meditation
Information
Social Support

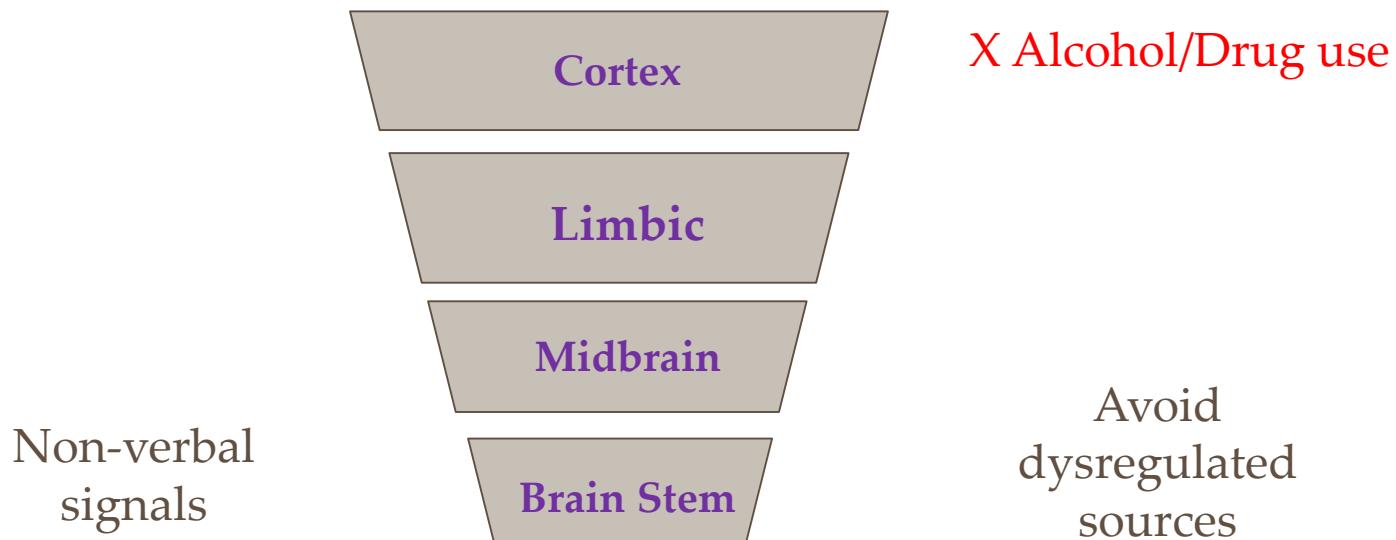


Resist Distress + Rebound

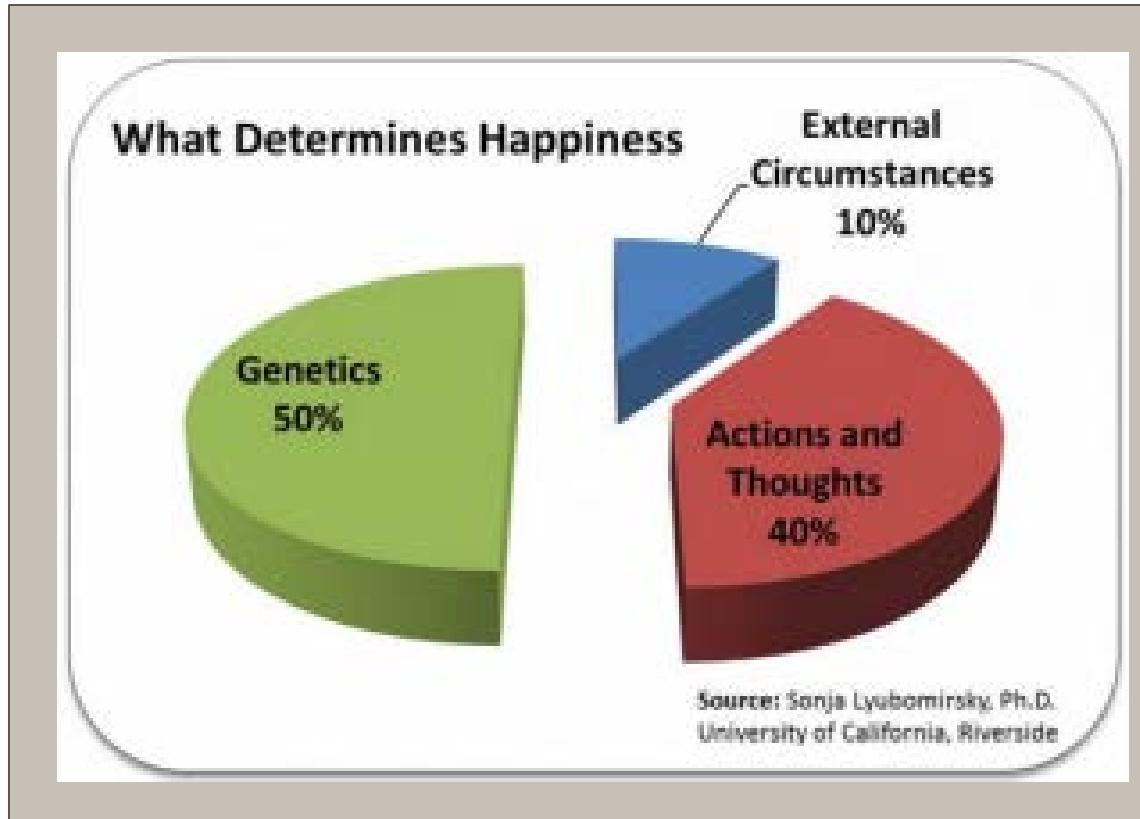
→ Herd Psychological Immunity

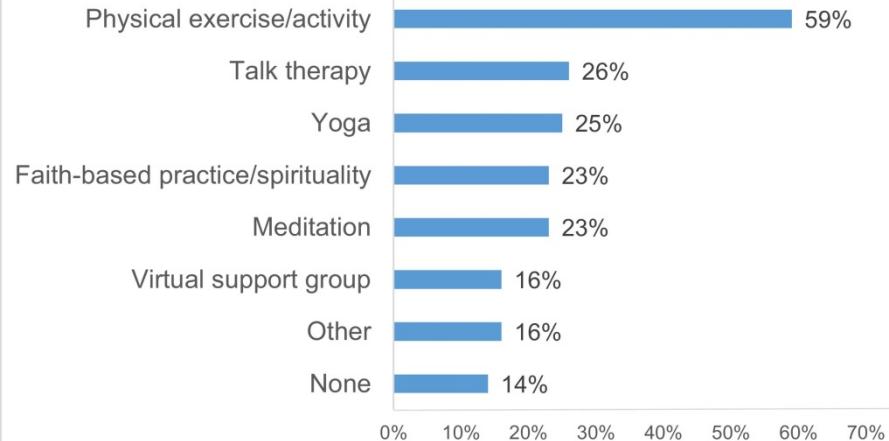
Social Support

A calm person can regulate a dysregulated person, but a dysregulated person can never regulate a dysregulated person



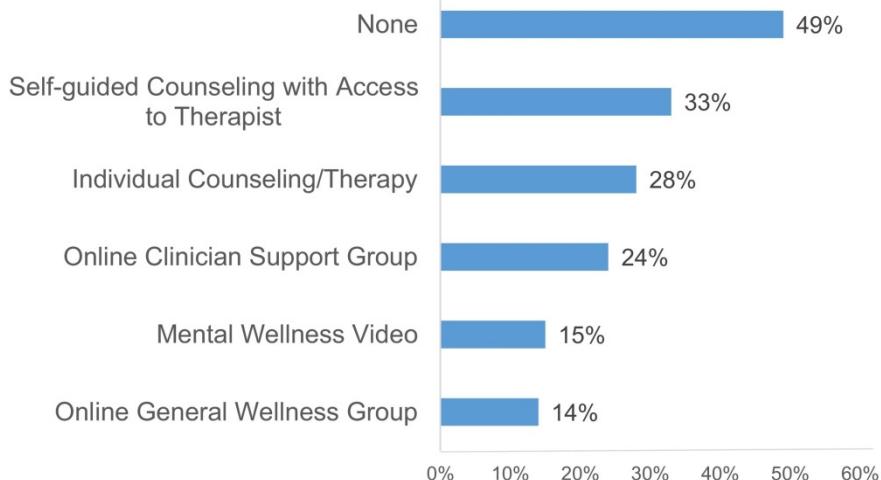
You control almost 1/2





Interested →

← Endorsed



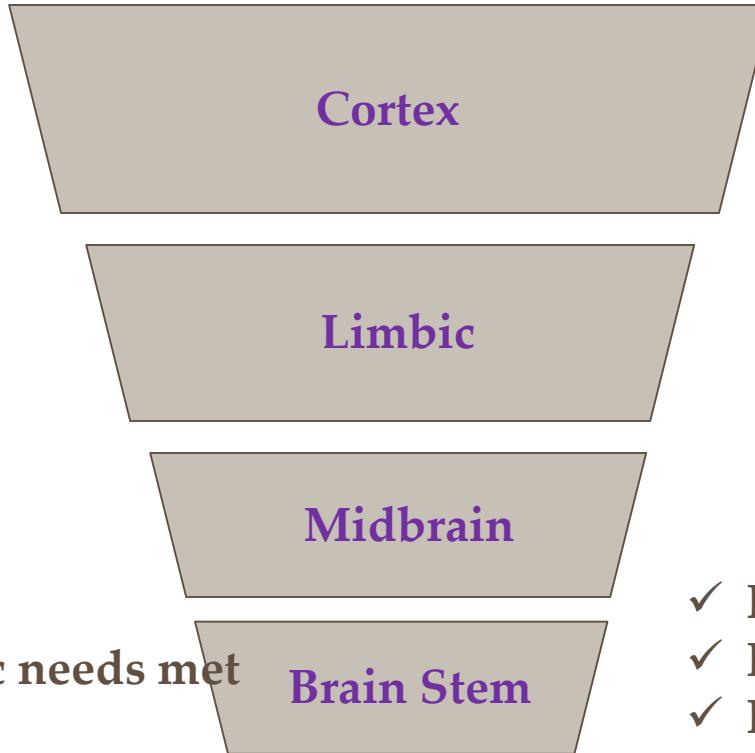
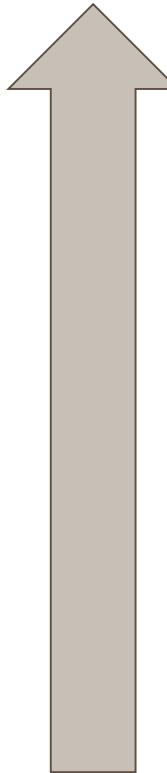
Run a Code on Yourself



- Check in and observe
- Three breaths/Self-regulation
- Focus on 1 step ahead
- Recalibrate expectations

Top Down Self-Regulation

Bottom Up Self-Regulation



"The BODY
keeps the
score"

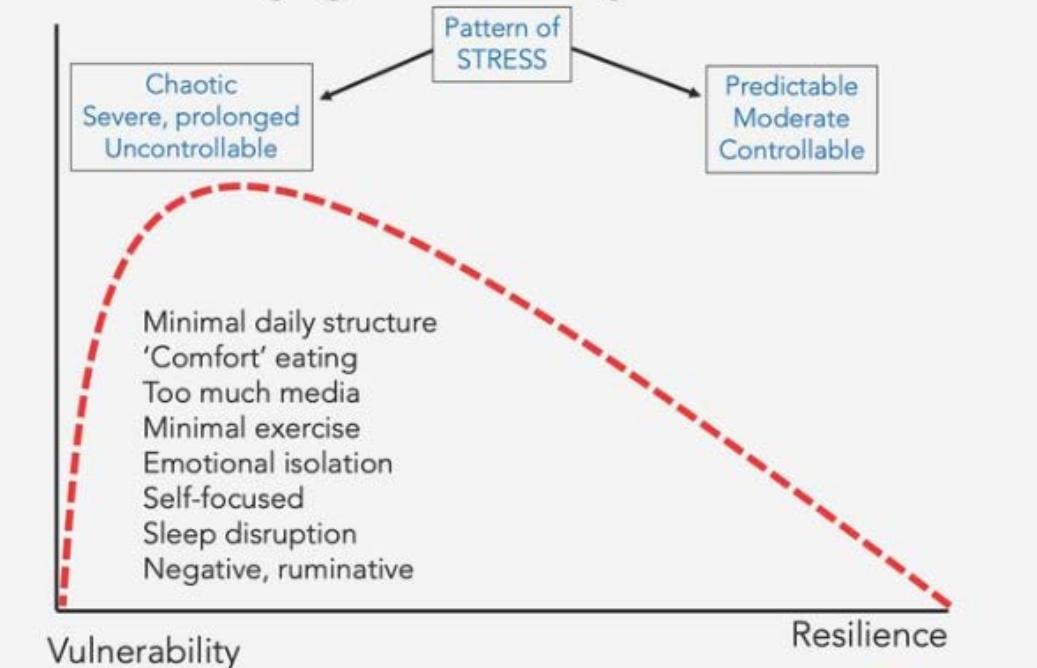
- ✓ Patterned
- ✓ Repetitive
- ✓ Rhythmic
- ✓ Somatic

Run a Code on Yourself



- Check in and observe
- Three breaths/Self-regulation
- Focus on 1 step ahead
- Recalibrate expectations

Managing Stress: Shifting Your Pattern



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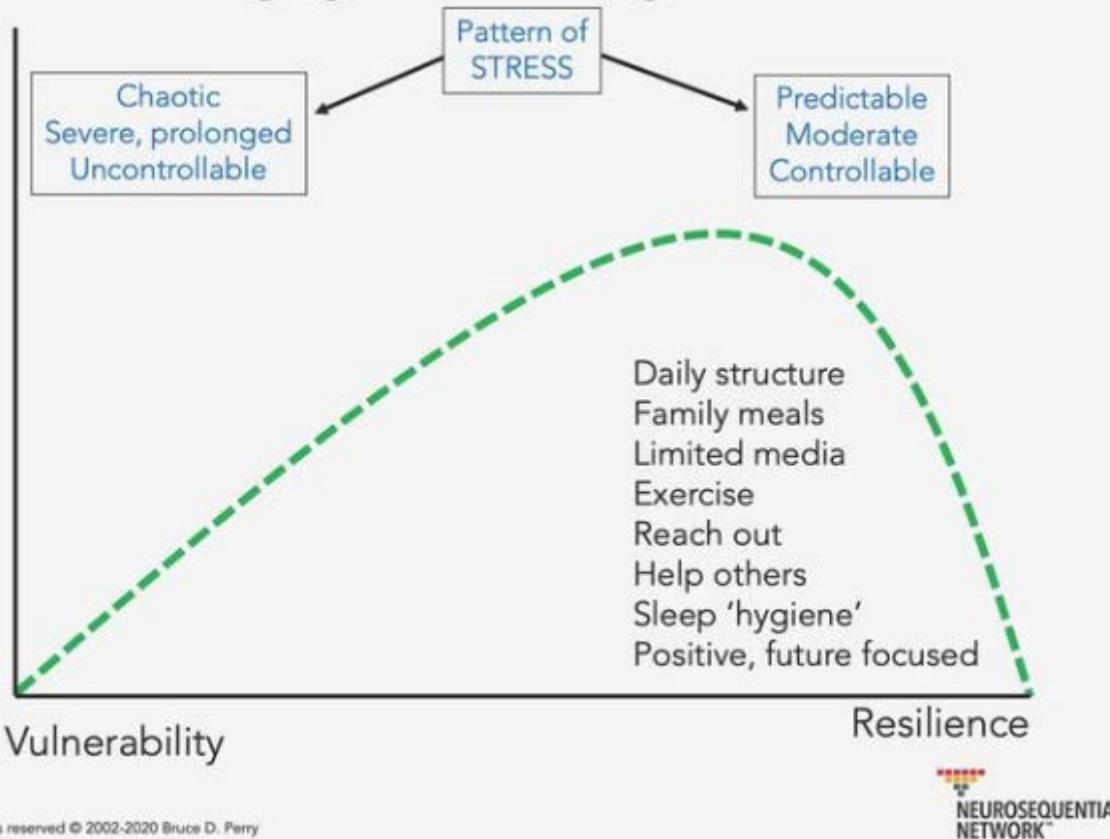


It is the moral obligation of those from a privileged background to look after the distressed and marginalized.

Source: Bruce D. Perry, used with permission



Managing Stress: Shifting Your Pattern



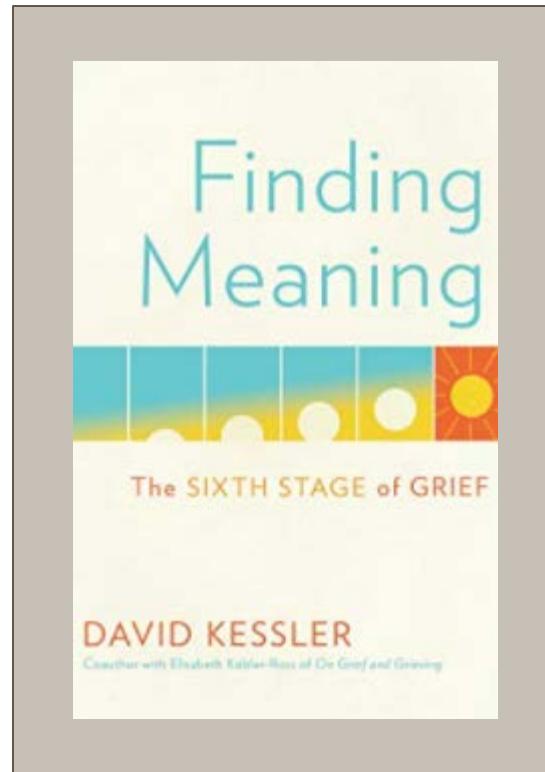
All rights reserved © 2002-2020 Bruce D. Perry

Dr. Bruce Perry's 8 Tips to help families stay regulated during times of stress and uncertainty.

Source: Bruce D. Perry, used with permission



Addressing Grief and Loss: “Name and Claim”



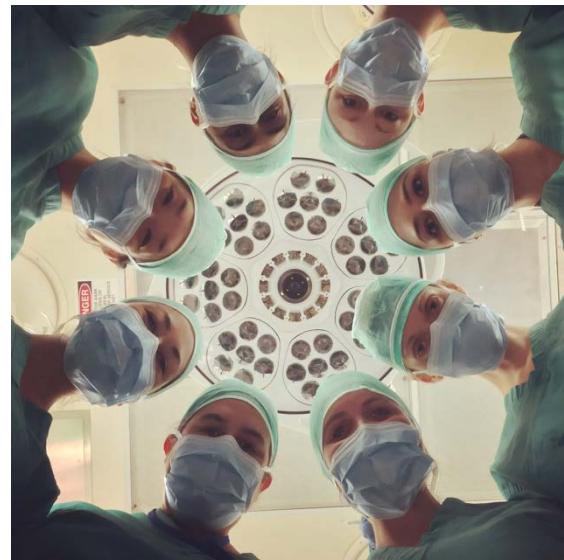
Run a Code on Others



1,200% increase in Peer Support Encounters
(Feb to March)

*“When ‘I’ is replaced with
‘we’ even illness becomes
wellness.”*

~attributed to Malcolm X



Schwartz Rounds Excerpt: Peer Support

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<p>DEFINITION</p> <ul style="list-style-type: none"> • Optimal functioning • Adaptive growth • Wellness <p>FEATURES</p> <ul style="list-style-type: none"> • At one's best • Well trained and prepared • In control • Physically, mentally, and spiritually fit • Mission focused • Motivated • Calm and steady • Behaving ethically • Having fun 	<p>DEFINITION</p> <ul style="list-style-type: none"> • Mild and transient distress or loss of functioning • Always goes away • Low risk for illness <p>CAUSES</p> <ul style="list-style-type: none"> • Any Stressor <p>FEATURES</p> <ul style="list-style-type: none"> • Feeling irritable, anxious, or down • Loss of motivation • Loss of focus • Difficulty sleeping • Muscle tension or other physical changes • Not having fun 	<p>DEFINITION</p> <ul style="list-style-type: none"> • More severe and persistent distress or loss of function • Leaves a "scar" • Higher risk for illness <p>CAUSES</p> <ul style="list-style-type: none"> • Life Threat • Loss • Inner Conflict • Wear and Tear <p>FEATURES</p> <ul style="list-style-type: none"> • Loss of control • Panic, rage, or depressed mood • Substance Abuse • Not feeling like normal self • Excessive guilt, shame, or blame • Diminished sense of purpose, meaning, or hope in the future 	<p>DEFINITION</p> <ul style="list-style-type: none"> • Unhealed stress injury causing life impairment • Clinical mental disorder <p>TYPES</p> <ul style="list-style-type: none"> • PTSD • Depression • Anxiety • Substance Dependence <p>FEATURES</p> <ul style="list-style-type: none"> • Symptoms persist and worsen over time • Severe distress, social or occupational impairment



Skills

Essential SFA Skills

Recognize

Recognize when a peer has a stress injury

Act

If you see something, say something

- To the distressed person
- To a trusted support of the distressed person

Know

Know at least 2 trusted resources you would offer to a peer in distress



the schwartz center
FOR COMPASSIONATE HEALTHCARE

30



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OSCAR

Check Skill: OSCAR

Observe

Observe:
Actively observe behaviors; look for patterns

State

State observations:
State your observations of the behaviors; just the facts without interpretations or judgments

Clarify

Clarify Role:
State why you are concerned about the behavior to validate why you are addressing the issue

Ask

Ask why: Seek clarification; try to understand the other person's perception of the behaviors

Respond

Respond:
Provide Guided Options. Clarify concern if indicated; discuss desired behaviors and state options in behavioral terms



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Stress First Aid

Check: Why is it Needed?

THOSE INJURED BY STRESS MAY BE THE LAST TO RECOGNIZE IT

STIGMA CAN BE AN OBSTACLE TO ASKING FOR HELP

STRESS ZONES AND NEEDS CHANGE OVER TIME

RISKS FROM STRESS INJURIES MAY LAST A LONG TIME

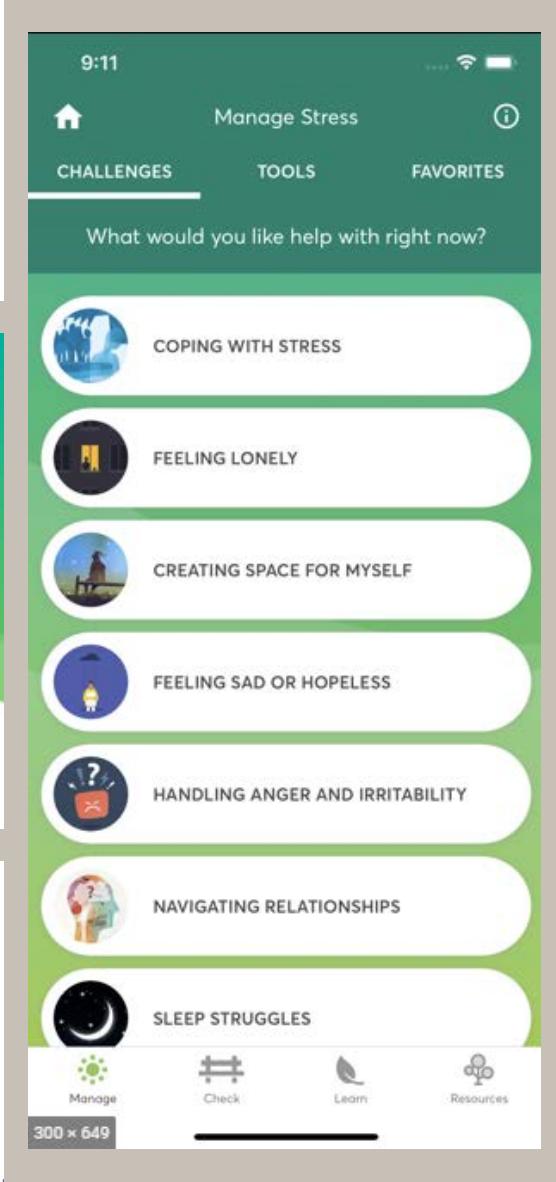
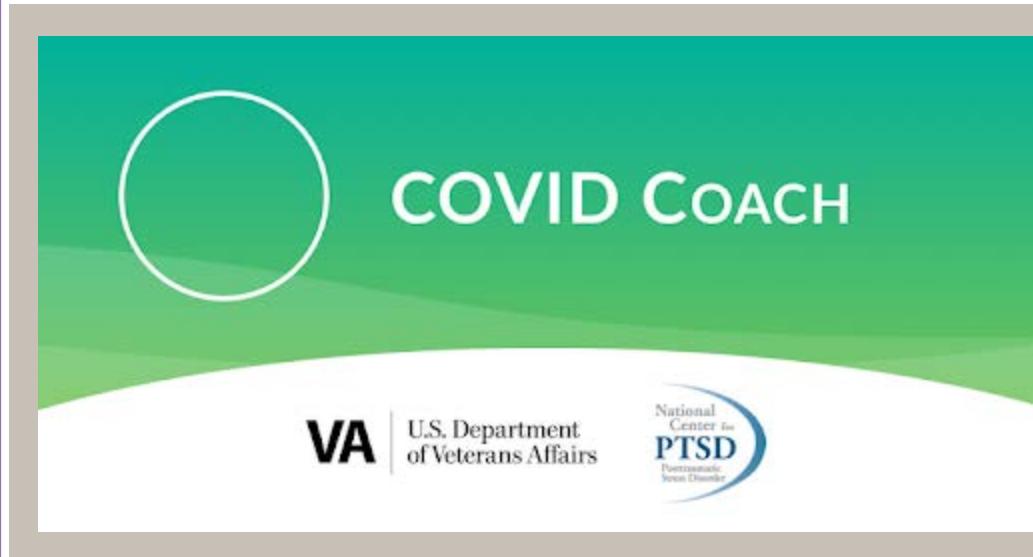


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Keeping it Simple

Validate + Affirm + Reframe



Forthefrontlines.org

Healthcare and essential workers are risking their lives to save ours during this pandemic.

Crisis Text Line is here for the frontlines.

**Text FRONTLINE to 741741
for free crisis counseling.**



Crisis Text Line is here for workers on the frontlines of the Coronavirus pandemic.

**Text [FRONTLINE](#) to 741741
to reach a Crisis Counselor**

**FOR THE
FRONTLINES**

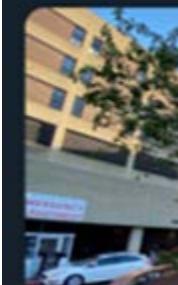


#covidkindness



MedStar Georgetown
@MedStarGUH

@dcfdbagpiper played the bagpipes as associates were arriving for the night shift. Thank you for your #COVIDkindness! Watch the video on Facebook [3bdTBcZ](#)



To help our younger patients feel less anxious about seeing staff wearing PPE we asked for some crochet teddies with masks. This was the first batch to arrive @DCHFT_ED this week and they are fantastic! Thank you! #COVIDkindness #InThisTogether #StayHomeSaveLives.



Check out this amazing act of #COVIDkindness by this principal. He made sure every high school graduate in his school was honoured and celebrated!



CBS News @CBSNews · 2d

This high school principal set up surprise for all 220 graduating seniors to let them know he cares cbsn.ws/36rHt5U



Dr. Linda Campbell
@LM_Campbell

Yesterday, someone started to put pretty painted rocks with Dr. Seuss quotes under trees in the neighbourhood. Those were a real treat to look at in the evening light. ❤️ #COVIDkindness



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Free Resources

Courses/Webinars

Schwartz Rounds Webinars

(www.theschwartzcenter.org/programs/compassion-in-action-webinars)

The Science of Well-being

(www.coursera.org Search “The Science of Well-being”)

Univ of Minnesota Wellbeing Course for Health Professionals

(<https://www.csh.umn.edu/> Go to Wellbeing for Organizations tab)

University of California at San Francisco Webinars

(www.psychiatry.ucsf.edu/coronavirus/webinars)

Bruce Perry: Neurosequential Network

(<https://www.neurosequential.com/covid-19-resources>)

Apps

Headspace

Covid Coach



Skills

Three Good Things:

- 1.Every night before you go to sleep, think of three good things that happened that day. Don't worry about whether they're big or small, anything positive counts--so long as you felt good about what happened.
- 2.Write these things down. Don't just think about them: writing is a vital step!
- 3.When you've written them down, reflect on what exactly brought about these events and why they happened. Write the "why" down (For example, "My presentation went well because I worked hard and had support from my colleagues."). When writing, use whatever language feels natural and easy: this exercise is for you and you alone.

"Worry" Container:

The "Worry" Container is an activity in which you picture in detail a container or box with a lid that closes. Find the thing in your mind that you are stuck worrying about. Imagine moving this from your mind and placing it firmly into the container. This box will hold whatever you place in it. Close the box and firmly move it to one side, perhaps placing it on a shelf. You can go back anytime you want and take the worry out, or you can leave it there, giving you space to focus on other things.

Loving Kindness Meditation:

Bring to mind a family member, a pet, a loved one, and silently offer them a phrase of well-wishing that feels authentic to you. Use the image and repeat the phrases at your own pace to help you stay anchored in the present moment. If your mind wanders, simply bring back to mind the image and begin repeating the phrase again.

Drop Three:

- 1.Drop your jaw. Make sure your tongue falls to the bottom of your mouth. If your mouth is open a little, you're doing it right.
- 2.Drop your shoulders. Let them loosen and fall.
- 3.Drop your stomach. Don't hold it in tight; just let it go.

Self-compassion Break:

- 1.Place your hand on your heart or some soothing place.
- 2.Say to yourself, "This is a moment of suffering. Suffering is a part of life. Let me be kind to myself in this moment. Let me give myself the compassion I need."

Poll

What is Your Stress Level Currently?

- Green 
- Yellow 
- Orange 
- Red 

**Questions?
Email Jessica.George@phhs.org**

