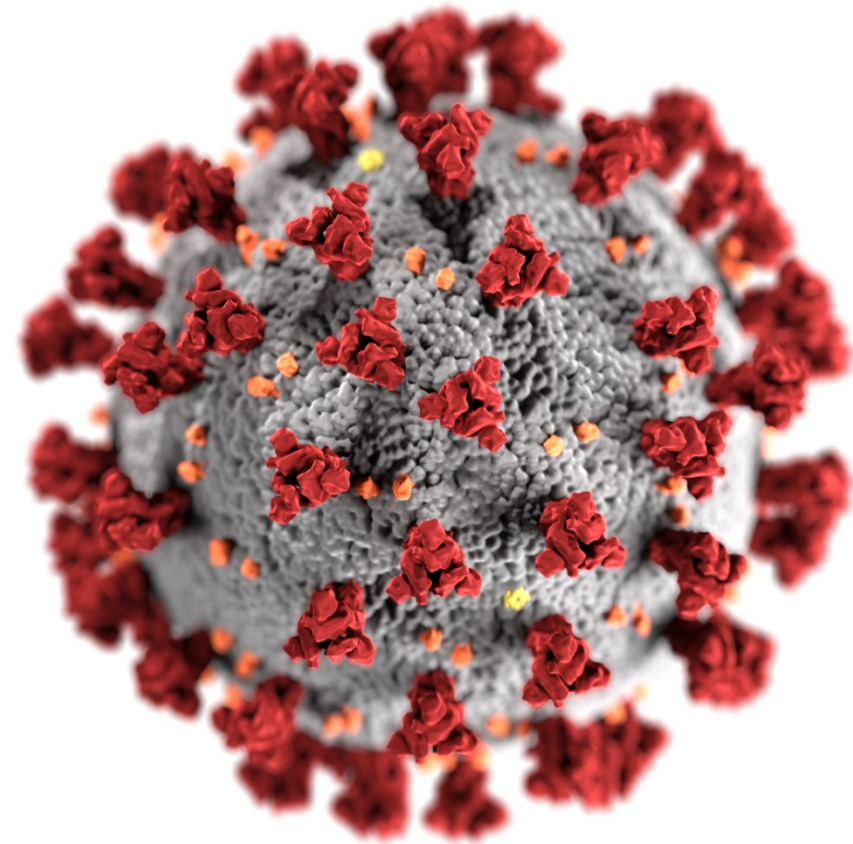


Managing Mental Health During and in the Aftermath of a Pandemic



This program is paid for by
Otsuka Pharmaceutical Development & Commercialization, Inc. and
Lundbeck, LLC.

Speakers are paid consultants and/or employees for Otsuka
Pharmaceutical Development & Commercialization, Inc.

Objectives



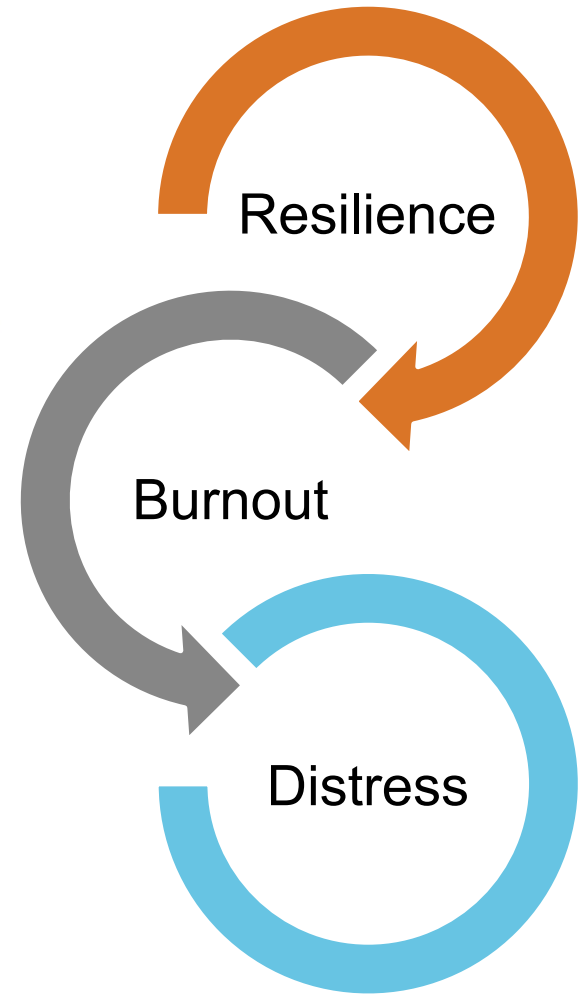
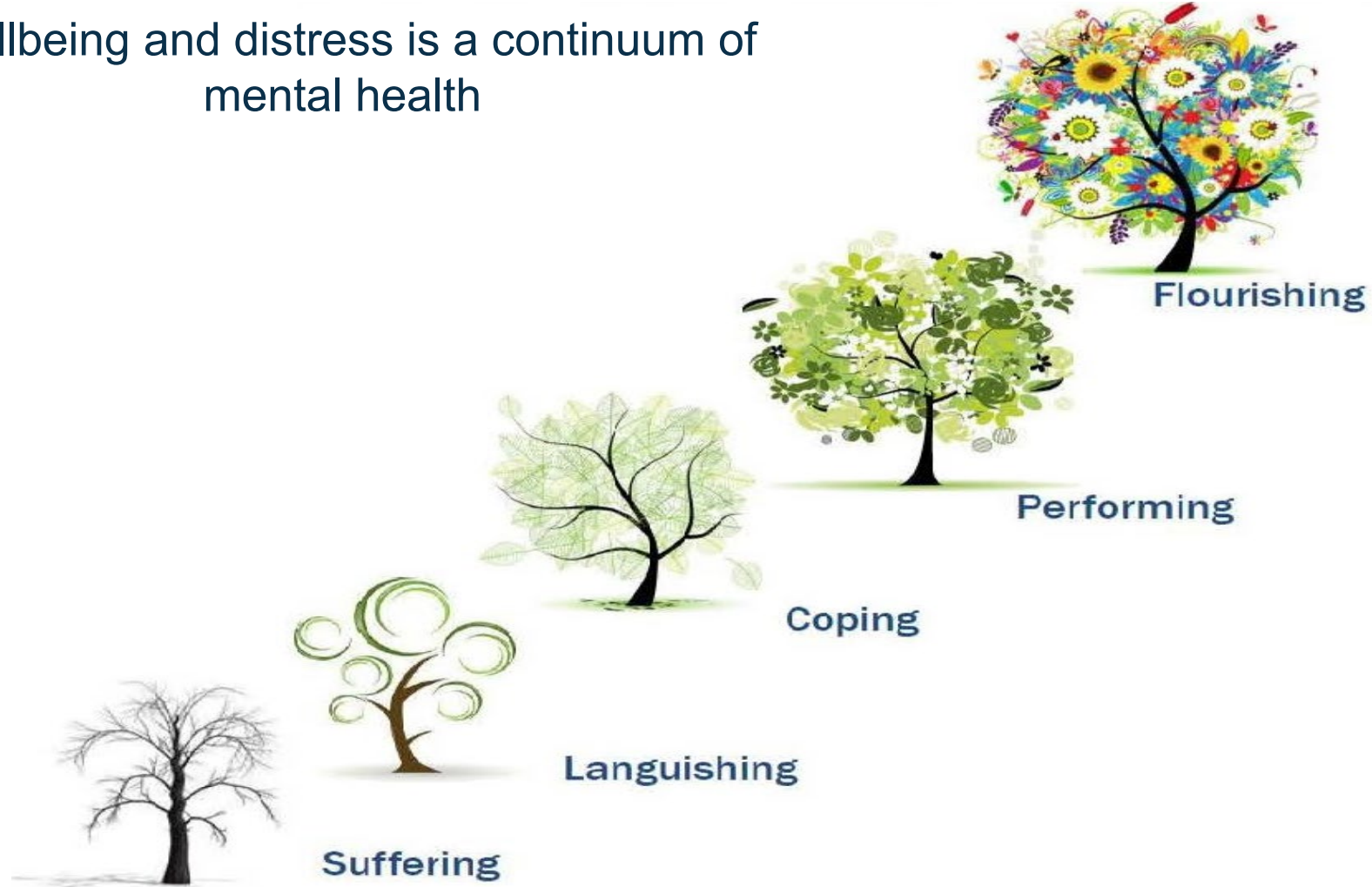
Discuss dynamics of mental health and the potential impact of a pandemic/extreme stressor

Explore a stress continuum model and sources of stress

Highlight strategies for healthcare professionals to establish & maintain wellness, build resilience, and engage in healthy self-care

Mental Health: Dynamic Model

Wellbeing and distress is a continuum of mental health



Norrish JM 2015. Positive Education: The Geelong Grammar School Journey Oxford Press p. 68

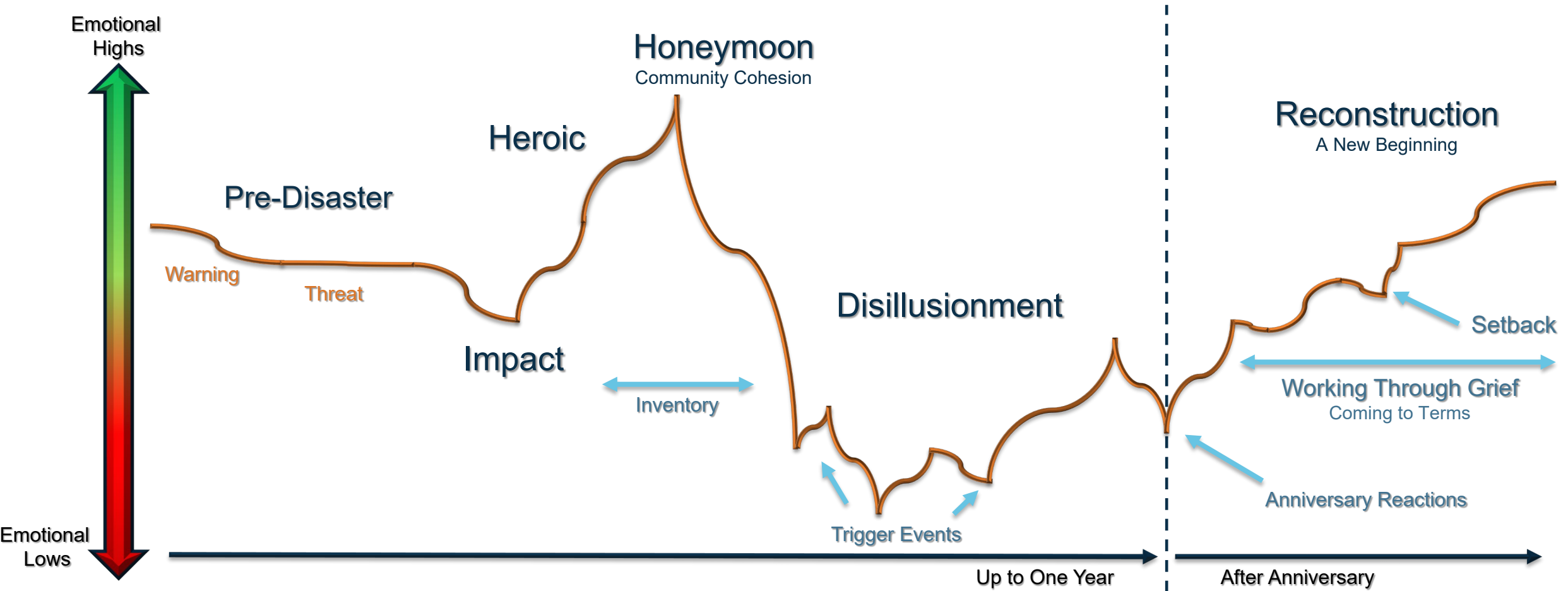
Flattening the Mental Health Curve

- A recent poll found that 45% of U.S. adults said the pandemic has affected their mental health¹
 - 19% saying it has had a *"major impact"*
- Many Americans (57%) also said they were worried they could be exposed to COVID-19 since they couldn't afford to miss work¹
- An early analysis by Express Scripts showed that prescriptions have risen for anti-anxiety medications (34.1%), antidepressants (18.6%), and anti-insomnia drugs (14.8%)²
 - anti-anxiety medication increases were much higher for women (39.6%) than men (22.7%)
- Hotlines like the Crisis Text Line and the National Suicide Prevention hotline increased 116% and 300%, respectively, in mid-March³



1. <https://www.usnews.com/news/healthiest-communities/articles/2020-04-17/flatten-the-mental-health-curve-by-fixing-our-broken-system>
2. AMERICA'S STATE OF MIND: U.S. trends in medication use for depression, anxiety and insomnia. An Express Scripts Report April 2020
3. <https://www.forbes.com/sites/onemind/2020/03/30/flattening-the-mental-health-curve/#5ceab1782d31>.

Emotional Phases of Disaster Response



Substance Abuse and Mental Health Services Administration website: <https://www.samhsa.gov/dtac/recovering-disasters> accessed April 28, 2020.

Sources of Stress Injury



Life Threat *A traumatic injury*

- Due to the experience of or exposure to intense injury, horrific or gruesome experiences, or death

Loss *A grief injury*

- Due to the loss of people, things or parts of oneself

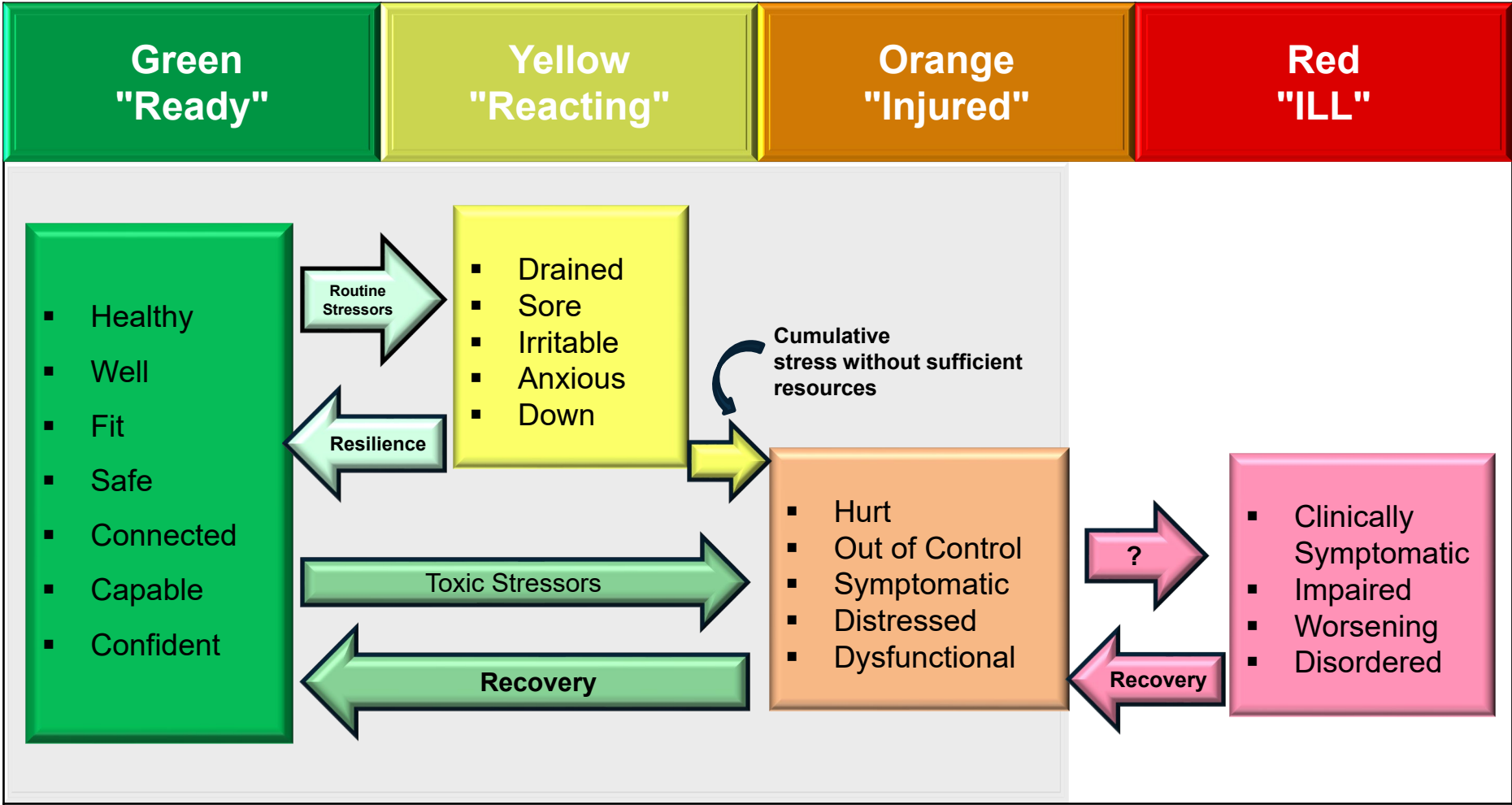
Inner Conflict *A moral injury*

- Due to behaviors or the witnessing of behaviors that violate moral values

Wear & Tear *A fatigue injury*

- Due to the accumulation of stress from all sources over time without sufficient rest and recovery

Stress Continuum Model



Recognize **Stress Zone**
 Transition:
 Demand-Resource
Balance

Watson et al. 2013. Stress First Aid for Firefighters and Emergency Medical Service Personnel. Nat Fallen Firefighters Foundation 1-42.

Stress First Aid Model

Seven C's of Stress First Aid:

- Check: Assess, observe & listen
- Coordinate: Get help, refer as needed
- Cover: Get to safety ASAP
- Calm: Relax, slow down, refocus
- Connect: Get support from others
- Competence: Restore effectiveness
- Confidence: Restore self-esteem & hope



Healthcare Professional Requests During COVID-19



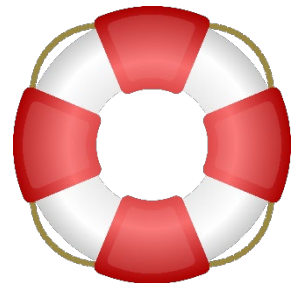
Hear Me: Listen to and act on HCPs perspectives and frontline experience and understand and address their concerns to the extent that organizations and leaders are able



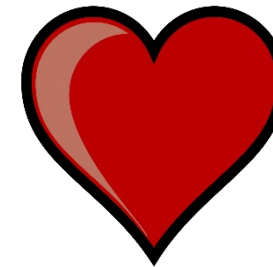
Protect Me: Reduce the risk of HCPs acquiring the infection and/or being a portal of transmission to family members



Prepare Me: Provide the training and support that allows provision of high-quality care to patients



Support Me: Acknowledge human limitations in a time of extreme work hours, uncertainty, and intense exposure to critically ill patients



Care for Me: Provide holistic support for the individual and their family should they need to be quarantined

Suicide Risk & Prevention During a Pandemic

Mental health services & Individual providers


- Clear assessments & care pathways
- Evidence-based intervention

Crisis helplines:

- Maintain/increase volunteer workforce

Government

- Adequate resourcing for interventions


Experience of Suicidal Crisis 

Mental health services & Individual providers

- Care delivery in different ways
- Support for health-care staff & frontline workers

Government

- Adequate resourcing for interventions

Mental Illness 


Government

- Monitoring intake & reminders on safe drinking

Alcohol Consumption 

Government

- Financial safety net
- Ensure longer-term measures in place


Financial Stressors 

Retailers:

- Vigilance dealing with distressed

Government & non-governmental organizations

- Carefully framed messages re-access to lethal means

Access to Means 

Government

- Ensure access & support

Domestic Violence 

Media professionals:

- Moderate reporting, in line with existing & modified guidelines

Irresponsible Media Reporting 

Communities

- Support for those living alone

Friends & Family


- Regular check-ins

Mental health services & Individual providers:

- Ensure access & availability of help for bereaved

Government:

- Adequate resourcing for interventions

Isolation, entrapment, loneliness, & bereavement 

Gunnell D, Appleby L, Arensman E, et al. Suicide risk and prevention during the COVID-19 pandemic. *Lancet* 2020 [epub ahead of press]

If you or someone you know is in crisis, call:

**Suicide Prevention
Hotline/Lifeline
1-800-273-TALK(8255)**

Or text:

**Crisis Text Line
741-741**

NIMH. Suicide Prevention Hotline/Lifeline. Available at: <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>. Accessed 2020

Healthcare Professionals & Burnout

- Burnout is prevalent across all health disciplines¹
 - Psychologists, MDs, RNs, APN, SW, Case Manager, Dialysis, PT, OT¹
 - 25-60% of physicians report exhaustion across specialties²
- Nurses face a number of mental health and psychological challenges including:
 - anxiety, compassion fatigue, depression, ethical issues, second-victim syndrome, and increased risk for suicide³
- Moral distress is a contributing factor for burnout⁴
- Ethical climate of organization and perceived practice environment are critical factors to job satisfaction⁴
- Personality characteristics displayed by many in healthcare may make them more susceptible to stress and burnout^{2,5,6}
 - Perfectionism², work drive⁶, neuroticism⁵, conscientiousness⁶



1. Saban et al. 2013 Burnout and coping strategies of polytrauma team members caring for veterans with TBI. *Brain Inj* 27:301-9.

2. Patel et al. 2018 Factors related to Physician Burnout: A Review. *Behav. Sci.*: 8, 98; doi:10.3390/bs8110098

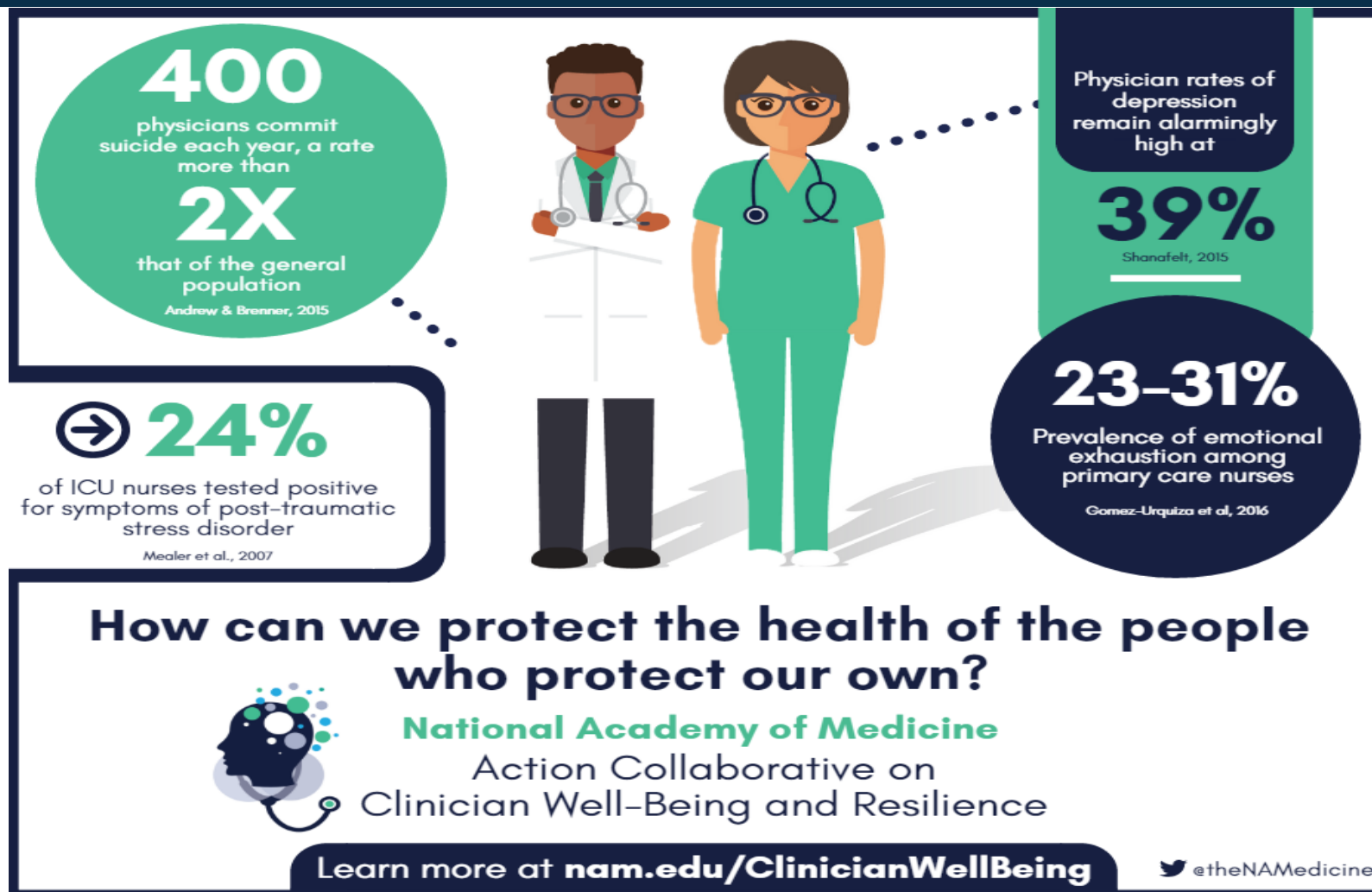
3. Davidson et al. 2018 Nurse Suicide: Breaking the Silence. *Nat Academy Med; Perspectives* 1-12.

4. National Academies of Sciences, Engineering, and Medicine 2019. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being. Washington, DC: *The National Academies Press*. <https://doi.org/10.17226/25521>

5. Gabbard 1985. The role of compulsiveness in the normal physician. *JAMA* 254(20): 2926-2929.

6. Richardson et al. 2009. Personality traits and career satisfaction of healthcare professionals *The Health Care Manager* 28(3):218-226.

Healthcare Professional Wellness



National Academy of Medicine: Action Collaborative Clinician Well-Being and Resilience: <https://nam.edu/initiatives/clinician-resilience-and-well-being/>. Accessed April 30, 2020.

American Medical Association: Charter on Physician Well-Being

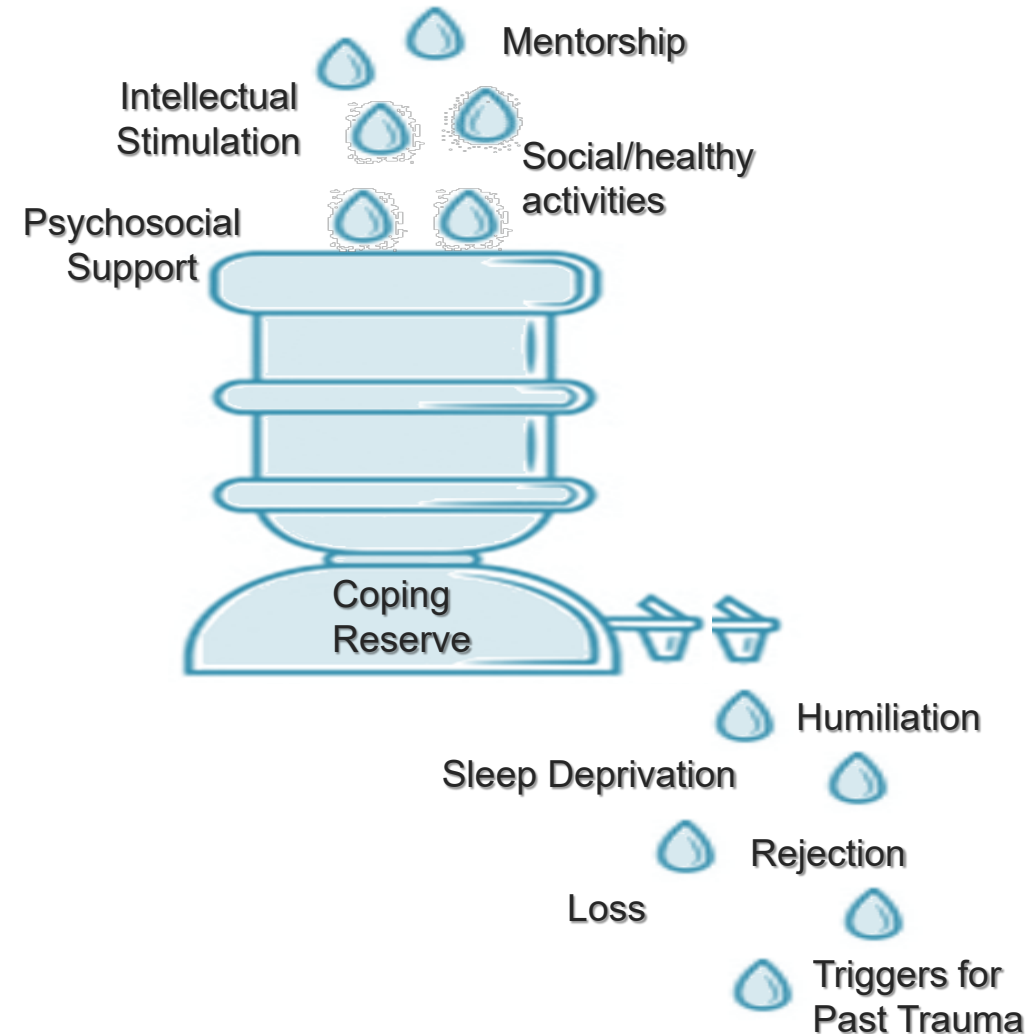


- Important factors for physician well-being include meaningful work, strong relationships with patients, positive team structure, and social connection
- Guiding Principles:
 - Effective Patient Care Promotes and Requires Physician Well-Being
 - Physician Well-Being is Related with the Well-Being of All Members of the Health Care Team
 - Physician Well Being is a Quality Measure
 - Physician Well Being is a Shared Responsibility

Thomas LR, Ripp JA, and West CP. Charter on Physician Well-Being. JAMA 2018;319(15): 1541-42

What *drains* your tank and what *replenishes* it?

Resilience Reservoir



Dunn et al. A Conceptual Model of Medical Student Well-Being: Promoting Resilience and Preventing Burnout. *Academic Psychiatry* 2008; 32:44–53.

American Psychological Association Self-Care Strategies for Healthcare Professionals

- Take action against anxiety
- Pace yourself
- Breathe
- Maintain good health habits
- Exercise, exercise, exercise
- Connect
- Take breaks
- Promote teamwork
- Maintain structure/schedule at home
- Focus on flexibility



Coons et al. 2020. Self-Care advice for healthcare professionals during COVID-19. *American Psychological Association*. 1-4.

HCP Wellness: Patient Care & Wellbeing



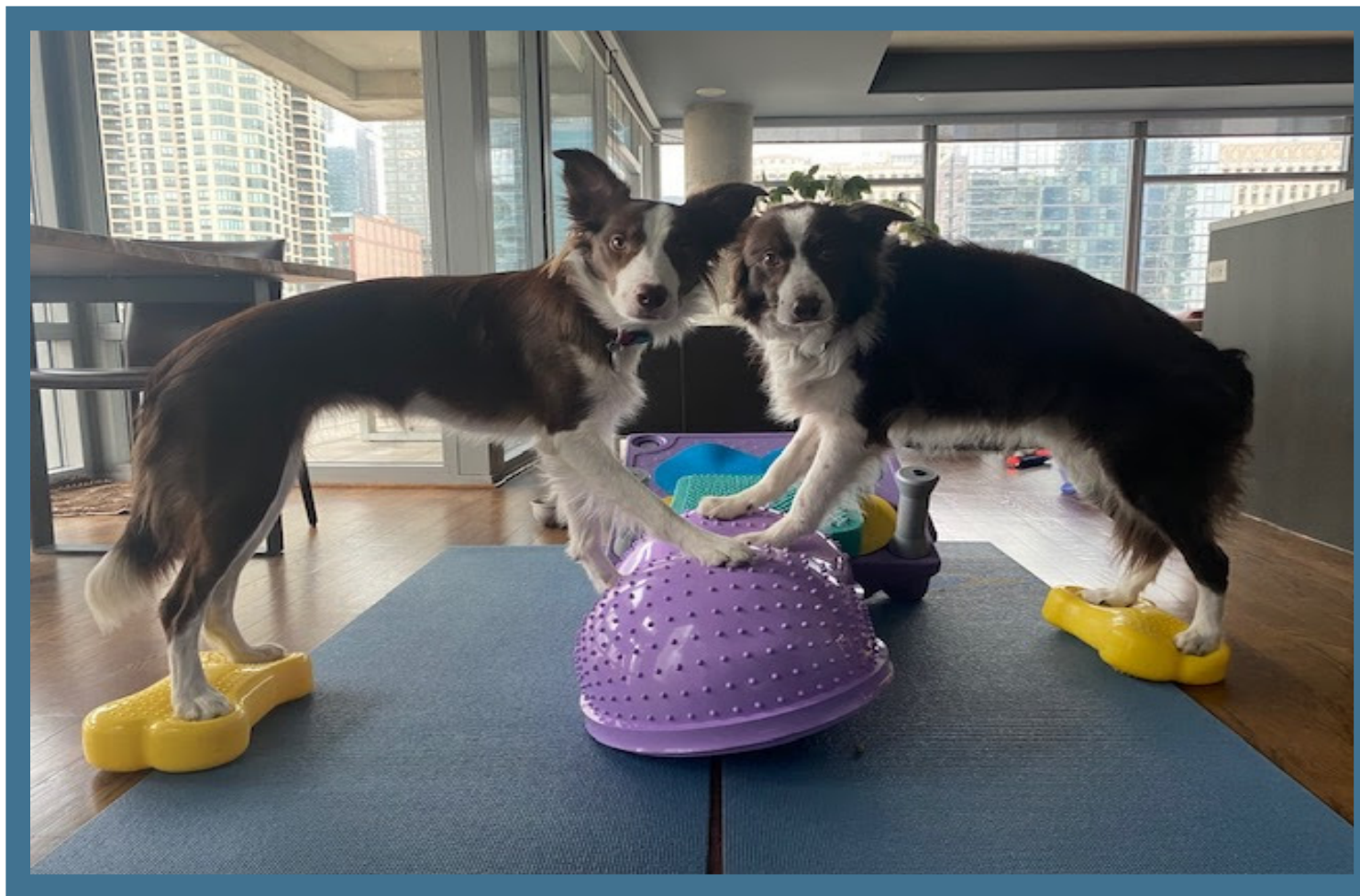
- Higher risk for medical errors are seen among physicians who screen positive for depression¹
- Physician burnout increases likelihood of leaving jobs & the medical profession altogether²
- Physicians should cultivate their own mental health and resilience as an aspect of professional responsibility³
- Engaging humanistic practices throughout the organization are necessary to align professional and organizational values, norms, and practice to foster professional well-being²

1. Pereira-Lima et al. 2019 *JAMA Network Open*. 2(11):e1916097

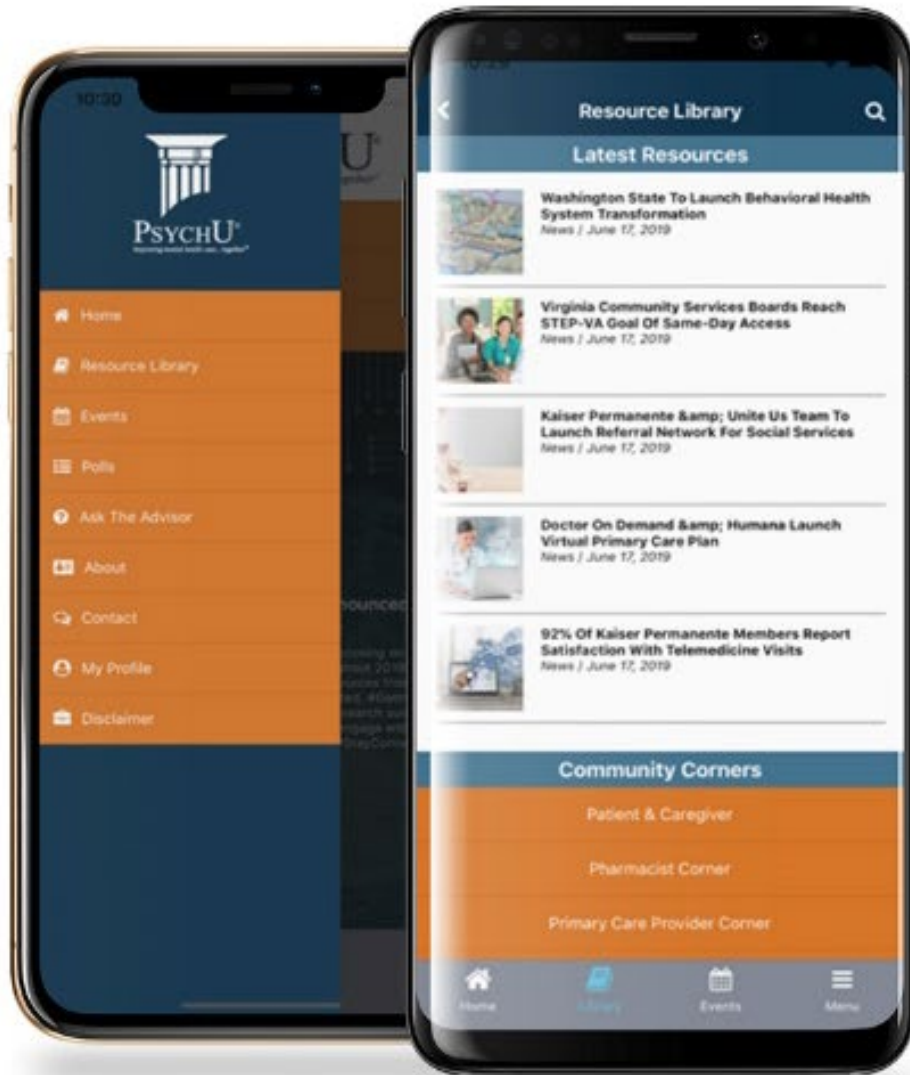
2. National Academies of Sciences, Engineering, and Medicine 2019. *Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25521>

3. Moutier C. 2018 Physician Mental Health: An Evidence-Based Approach to Change. *Journal of Medical Regulation* 104(2):7-13.

Closing



Download The PsychU App Today!



All of **Your** Resources In **One** Spot

- ✓ Webinars & Live Events
- ✓ Resource Library
- ✓ Psychiatric Scales Collection
- ✓ Patient & Caregiver Corner



Download Now

Keep Up-To-Speed, On-The-Go



@PsychUCommunity



www.linkedin.com/company/PsychU



PsychU Community



PsychU Community Podcast



PsychU Community Podcast

Google Play and the Google Play logo are trademarks of Google LLC.

All product and company names are trademarks™ or registered® trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them.

Managing Mental Health During and in the Aftermath of a Pandemic

