

**Healthcare Provider Wellness during COVID-19:
Self-care is not Selfish**

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**There is no way to happiness –
happiness is the way.**
Thich Nhat Hanh

**Happiness is when what you think, what
you say, and what you do are in harmony.**
Mahatma Gandhi

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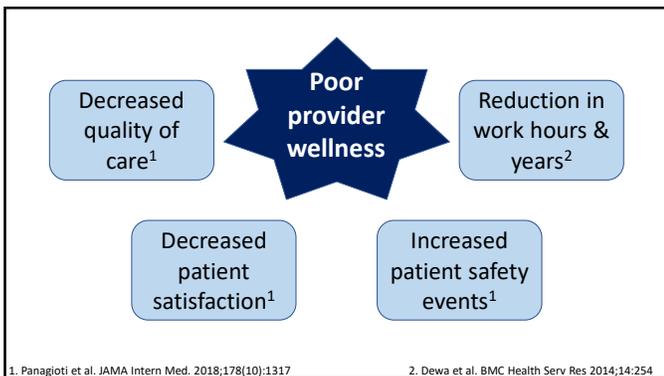
1. Why self-care is not selfish
2. What is self-care?
3. Mindfulness
4. Next steps for you

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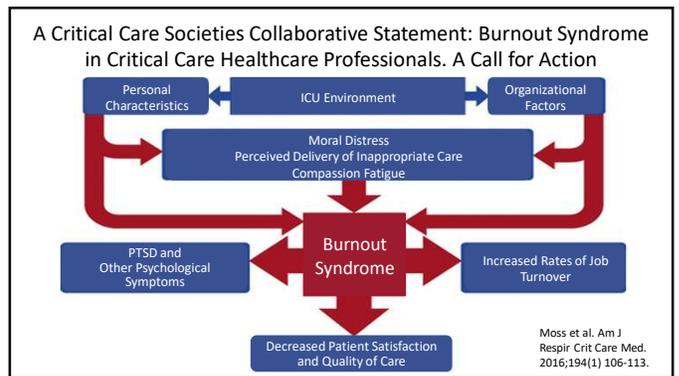
“Wellness is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity”

The World Health Organization

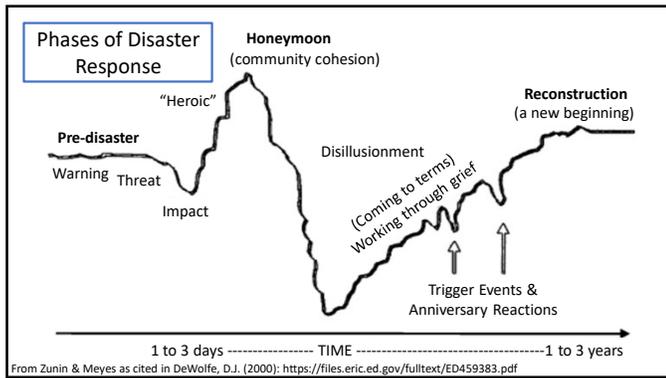
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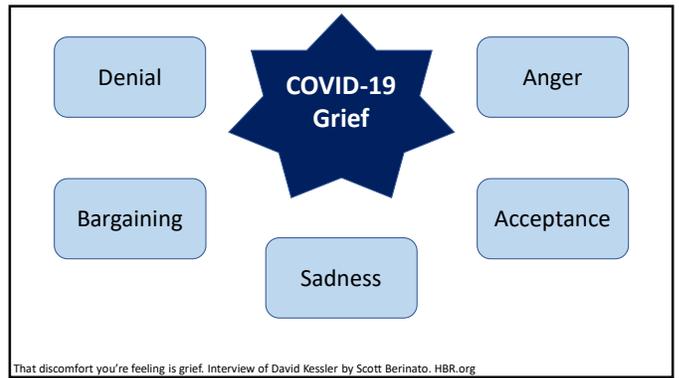
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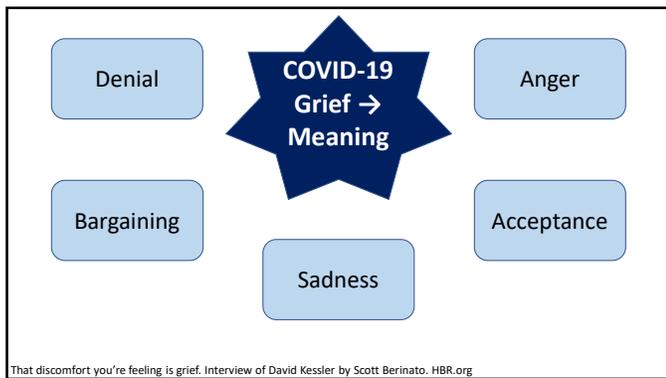
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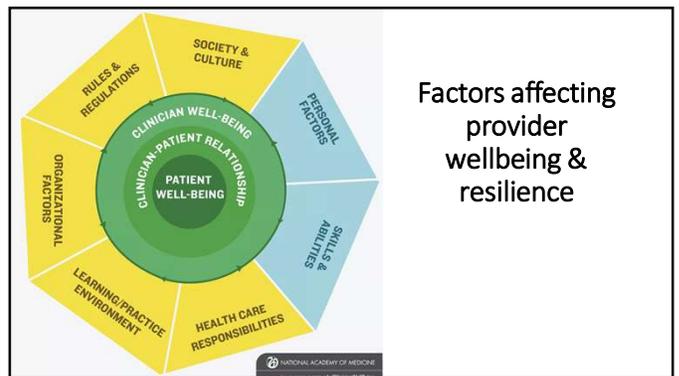
Thinking of your emotions like the weather, how do you feel?

1. Sunny
2. Breezy
3. Partly sunny
4. Rainy
5. Stormy
6. Other (enter into chatbox)

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Keys to resiliency

- 🔑 Healthy social connections
- 🔑 Positive emotions
- 🔑 Sense of purpose

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REFRESHER: Self-care Practices

- R** – Relationships
- E** – Exercise
- F** – Fun; Recreation & Enjoyable Activities
- R** – Relaxation & Stress Management
- E** – Eat Well – Nutrition & Diet
- S** – Sufficient Sleep
- H** – Helping Others
- E** – Earth – Time in Nature
- R** – Reason – Sense of Purpose (Religiosity & Spirituality)

Cook & DeCano 2014

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Gratitude cultivates positive emotions

Individual	Team / community
<ul style="list-style-type: none"> Make time for gratitude reflection Gratitude journal Send thank you notes 	<ul style="list-style-type: none"> Express gratitude during meetings Discuss highlights of the day at dinner / bedtime Send thank you notes

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Mindfulness is

Paying attention
in the present moment
non-judgementally.

Jon Kabat-Zinn, PhD

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Practicing Mindfulness

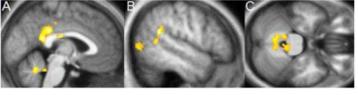
If your attention wanders a hundred times, simply bring it back a hundred times.

@DrNichengLiang
Courtesy of Steve Hickman, PsyD.

Scripps
Coastal PULMONARY

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Mindfulness Evokes Brain's Potential for Neuroplasticity



Increased gray matter:

- Left hippocampus
- Temporo-parietal junction

Compassion and empathy

Decreased gray matter:

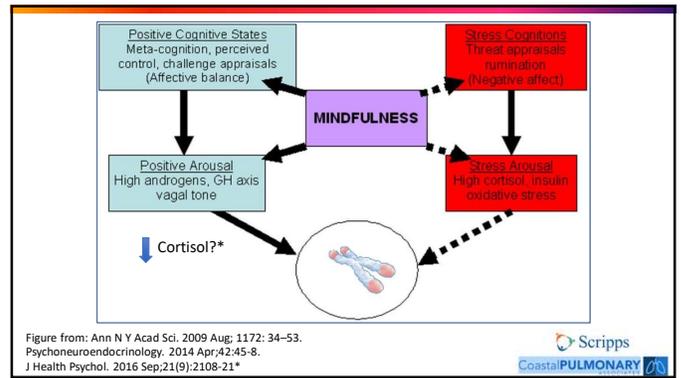
- Amygdala

} Fight or flight

Hölzel BK, Carmody J, Vangel M, et al. Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatry Res.* 2011; 191(1):36-43. Courtesy of Ann Kuo, MD



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Mindfulness improves wellness of

Primary care physicians¹

Family med physicians²

Medical students³⁻⁷

ICU healthcare professionals⁸

1. Krasner et al. JAMA 2009;302:1284
2. Fortney et al. Ann Fam Med 2013;11:412
3. Eroglu et al. 2014
4. Greeson et al. 2015
5. Finkelstein et al. 2007
6. Shapiro et al. 1998
7. Warnecke et al. 2011
8. Med Intensiva 2019;43:207



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Ways to use Mindfulness: Mindful Moments

Stop at a window & notice something in nature.

Develop role-shedding ritual at the end of the day.

Use 20 sec of hand-washing in a mindful way.

Intentionally make connections with colleagues & patients.

Self-care of Physicians Caring for Patients at the End of Life.
 "Being Connected.....A Key to my Survival." Kearney et al. JAMA 2009;301(11):1155-1164

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Mindful Communication: Appreciative Inquiry and Deeply Listening

Break outs: Discuss a time, perhaps recently, where you self-cared in a way that was new, or out of the ordinary for you.



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For the interviewer

Focus on your partner's experience...

- **Set your intention to:**
 - Express curiosity about your partner's experience
 - Ask questions that aim to deepen understanding
 - Focus on positive attributes
 - Spend most of the time listening
- **Don't:**
 - Interrupt or tell your own story... even if it may seem uncomfortable to wait until your partner is finished
 - Focus on problems

...and be aware of your own responses

- **Set your intention to:**
 - Note what is attracting your attention about the story
 - Observe-- but not act on-- your urge to comment, interpret, give advice or talk about your own experiences
- **Don't:**
 - Make interpretations
 - Criticize
 - Give advice
 - Talk about yourself

Mindful Communication Curriculum
http://www.physiciansfoundation.org/uploads/default/NYACP_Mindful_Communication_Curriculum.pdf



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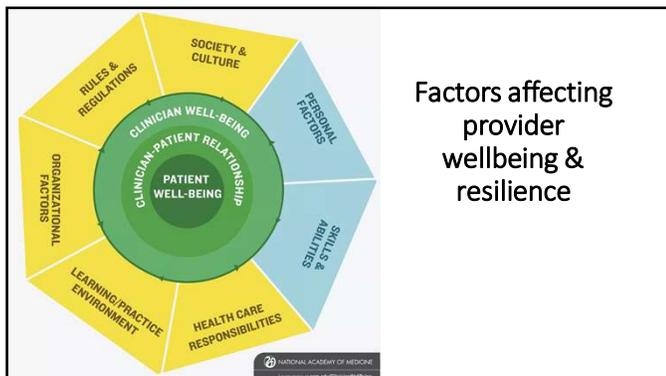
What did you learn from sharing your story of self-care or listening to your partners' stories?



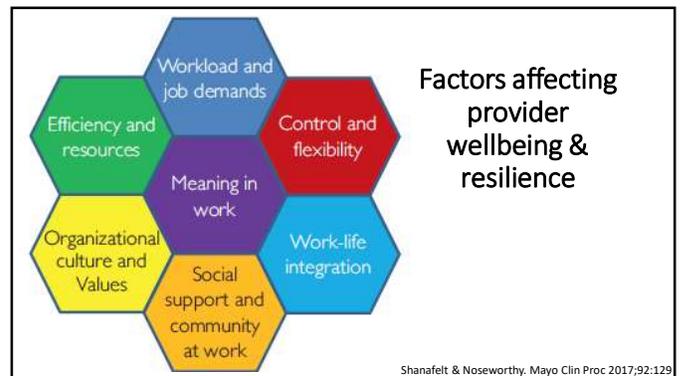
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Workload & resources:
Effective multidisciplinary teams
Decrease clerical & non-visit burden
Analytic support for data management

Work-life integration & control:
Limit off-hours work demands
Allow part-time w/o limiting opportunities
Flexible scheduling

Work culture & environment:
Workplace community through peer group experiences
Leadership behaviors: develop talent, transparency, seek input, recognize contributions

Meaning in work:
Spend >20% time on meaningful work
Resources to accomplish low-meaning tasks
Match talents/passion to job/career

Shanafelt & Noseworthy. Mayo Clin Proc 2017;92:129 Williams. Clin J AM Soc Nephrol 2018;13:325

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Individual Self-care Plan

- R – Relationships
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- F – Fun
- R – Relaxation & Stress Management
- E – Eat Well
- S – Sufficient Sleep
- H – Helping Others
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- R – Reason – Sense of Purpose

🔑 Positive emotions

- Gratitude practice
- Re-frame negative emotions
- Self-compassion

Cook & DeCano 2014

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National Resources

<https://nam.edu/initiatives/clinician-resilience-and-well-being/>

National Academy of Medicine,
Action Collaborative on Clinician Well-Being and Resilience

<https://edhub.ama-assn.org/steps-forward/pages/professional-well-being>
AMA STEPSforward

<https://www.aamc.org/initiatives/462280/well-being-academic-medicine.html>

AAMC Well-Being in Academic Medicine

<https://www.mindfulhealthcarecollective.com/>

Physician Mindfulness Teachers offer Free Mindfulness Sessions

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Summary

- Self-care is not selfish
- Provider wellness is essential for good patient care
- Provider burnout is often driven by systems issues
- You can help combat this

Keys to resiliency

-  Healthy social connections
-  Positive emotions
-  Sense of purpose

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When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way—better
for each other
because of the worst.

Thank you.

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<https://www.ncliangmd.com/>

LAURA KELLY FANUCCI

<https://motheringspirit.com/2020/03/a-month-that-changed-the-world/>

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