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

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

“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

Decreased patient satisfaction
Decreased quality of care
Reduction in work hours & years
Increased patient safety events

A Critical Care Societies Collaborative Statement: Burnout Syndrome in Critical Care Healthcare Professionals. A Call for Action

**Phases of Disaster Response**

1. **Pre-disaster**
   - Honeymoon (community cohesion)
   - Honeymoon (a new beginning)
   - Threat
   - Warning
   - Impact
   - Disillusionment (coming to terms, working through grief)
   - Trigger Events & Anniversary Reactions

2. **COVID-19 Grief**
   - Denial
   - Bargaining
   - Sadness
   - Anger
   - Acceptance

3. **Thinking of your emotions like the weather, how do you feel?**
   - Sunny
   - Breezy
   - Partly sunny
   - Rainy
   - Stormy
   - Other (enter into chatbox)

4. **Factors affecting provider wellbeing & resilience**

**From Zunin & Meyes as cited in DeWolfe, D.J. (2000):**


**Interview of David Kessler by Scott Berinato. HBR.org**

**COVID-19**

Grief → Meaning

**1. Why self-care is not selfish**
2. What is self-care?
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Keys to resiliency

- Healthy social connections
- Positive emotions
- Sense of purpose

Gratitude cultivates positive emotions

**Individual**
- Make time for gratitude reflection
- Gratitude journal
- Send thank you notes

**Team / community**
- Express gratitude during meetings
- Discuss highlights of the day at dinner / bedtime
- Send thank you notes

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)

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Mindfulness is

Paying attention in the present moment non-judgementally.

*Jon Kabat-Zinn, PhD*
Mindfulness Evokes Brain’s Potential for Neuroplasticity

Increased gray matter:
- Left hippocampus
- Temporo-parietal junction

Decreased gray matter:
- Amygdala

Compassion and empathy

Fight or Flight

Cortisol?

Figure from: Ann N Y Acad Sci. 2009 Aug; 1172: 34–53.
J Health Psychol. 2016 Sep;21(9):2108-21*

1. Krasner et al. JAMA 2009;302:1284
3. Engel 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

Primary care physicians
Family med physicians
Medical students
ICU healthcare professionals

Mindfulness improves wellness of

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

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.

For the interviewer

Mindful Communication Curriculum
What did you learn from sharing your story of self-care or listening to your partners’ stories?

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Factors affecting provider wellbeing & resilience

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

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

Individual Self-care Plan
- R – Relationships
- E – Exercise
- F – Fun
- R – Relaxation & Stress Management
- E – Eat Well
- S – Sufficient Sleep
- H – Helping Others
- E – Earth – Time in Nature
- R – Reason – Sense of Purpose


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

Cook & DeCano 2014
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

Thank you.
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https://www.ncliangmd.com/

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