

PHYSICIAN WELLNESS

COVID'D
LIKE TO CHAT

TOPIC #4: WELLNESS IN TRANSITION FROM WORK TO HOME



The COVID-19 pandemic has introduced new risks to our personal safety and psychological safety as physicians. Use these checklists to create a health routine for maintaining optimal wellness as you transition from work to home.



HOME SWEET HOME

1 PHYSICIAN PERSONAL WELLNESS CHECKLIST Covenant Health Human Resources (April 2020)

- As you transition from work to home today, set aside a few moments for yourself to breathe deeply and reflect.
- Thank you for investing your time and talents today. Be proud of your contributions.
- As you consider your day, identify one thing that went well and celebrate it!
- Consider one thing that was difficult. Was the difficulty so great that you cannot let go or you are feeling overwhelmed? **If yes, talk to someone.**
- Recognize that we are all responding to the pandemic differently. Give yourself and others grace and treat them with kindness. **If you or someone you love is struggling, reach out for help.**
- Give your permission to take care of yourself. As part of your self-care, do something you enjoy everyday. Use meditation apps, listen to positive audio material or music or try journaling. LAUGH often. Practice saying NO to people and activities that you find draining (e.g. news feeds and social media).
- Strengthen your immune system. For example, refuel with health food, recharge with exercise, spend time outdoors and get quality sleep. monitor your alcohol and caffeine intake.
- Connect with others in a safe, healthy and meaningful way.
- Follow recommended hygiene practices upon arrival home.

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RECOMMENDED HYGIENE

Most transmission appears to be related to prolonged contact with infected people rather than exposures from clothing/personal items, and recommended PPE appears to be very effective in reducing HCW risk. The following are practical suggestions for further risk reduction:

2 PREVENTING WORK TO HOME CONTAMINATION AHS COVID-19 Advisory Committee report (Apr.3, 2020)

- If your uniform/clothing is **soiled**, change into clean clothing before leaving work.
- If you change clothing at work or upon reaching home, it is reasonable to transport the clothes in a disposable plastic bag/washable cloth bag (launder with the clothing). Include hair covering if you have chosen to use this.
- Clean personal accessories (i.e. nametags) in contact with patient environment using disinfectant wipes upon leaving the patient care area.
- Wash hands and face with soap and water upon returning home. Fully showering/bathing is preferred by some and may be reasonable although there is no evidence that it is required.
- Launder uniform/lab coat that has come in contact with patient/patient environment after daily use and when visibly soiled (hot water wash followed by dryer cycle). AHS/Covenant-issued reusable attire is not to leave work.