

PHYSICIAN WELLNESS

COVID
LIKE TO CHAT

TOPIC #1: WE ARE HERE TO SUPPORT YOU, BUT WHAT DOES SUPPORT LOOK LIKE?



The COVID-19 response introduces stressors to frontline care providers like pathogen exposure, psychological distress, fatigue, occupational burnout, and social isolation from family and friends. It is important to acknowledge we will ALL need support at some point.

What effective support actually looks like is different for each individual.

Take time to reflect on what supports you need and take steps to access these.

PRACTICAL SUPPORTS



1 PRACTICAL NEEDS AT WORK

Personal Protective Equipment (PPE), access to food and a 'clean' area to eat, adequate call rooms for rest, and opportunities for physical activity.

Work with your medical leaders to ensure they are aware of the practical ways they can support wellness in your workplace.

2 PRACTICAL NEEDS OUTSIDE OF WORK

Groceries, food delivery, childcare, car maintenance, exercise.

Ask friends or family, or access supports through the Alberta Medical Association where you can sign up for a medical student to assist with practical needs like childcare and groceries (www.albertadoctors.org).

Check out what some businesses are doing to help healthcare workers (Costco, Sunterra Market, Nando's, Air BNB, the list keeps growing...).



THE NEED TO CONTRIBUTE

3 BE CREATIVE, FEEL EMPOWERED

You may be in self isolation, quarantine, or awaiting redeployment, and struggling to find a meaningful way to support colleagues and patients.

Be creative and feel empowered to find innovative ways to provide remote support; sew masks, host a Zoom Room for your team, donate blood or plasma if able.

Let your clinical leader know if there is a way your clinical skills can be used in a way that has not yet been considered.

This will be a marathon, not a sprint. We cannot all be in the first wave of the response. By the end, we will have all contributed in a significant way.

PSYCHOLOGICAL SUPPORTS



4 PEER SUPPORT

Formal peer to peer support: Physician Wellness Peer Support Zoom Room, Mondays and Wednesdays 4-5pm, email: MDwellness@ahs.ca

Informal peer support: some teams have created a buddy system to check in on each other, or virtual lunchrooms/coffee breaks using Zoom.

Peer support is considered the most effective early intervention to support your psychological well being.

5 PSYCHOLOGICAL SUPPORT

Access the 24/7 CONFIDENTIAL Alberta Medical Association Physician and Family Support Program (PFSP). www.albertadoctors.org

The #1 barrier for physicians to seek help is thinking that the symptoms they are experiencing is not severe enough. Seek help sooner.



Need help now?
Call us toll-free
1.877.767.4637
SOS.4MDS
24 hours a day
7 days a week
365 days a year