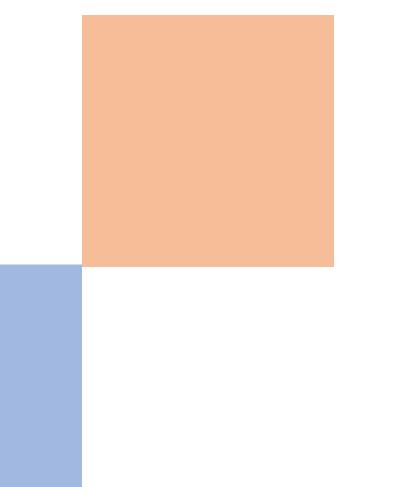
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# COVID-19

Physician and Organizational Wellness and Mental Health

May 13, 8:00 – 9:00 p.m.

## Agenda

ΤΙΜΕ	ITEM	SPEAKER	
8:00 (5 min)	Welcome and remarks	Dr. Samantha Hill	
8:05 (5 min)	Opening Remarks	Allan O'Dette Dr. Joy Albuquerque	
8:10 (5 min)	Introduction of Panelists	Dr. Joy Albuquerque	
8:15 (40 min)	Member Questions	Dr. Jane Charters Dr. Molyn Leszcz Dr. Bob Maunder	
8:55 (5 min)	Closing remarks	Dr. Joy Albuquerque Dr. Samantha Hill	



Kintsugi - "a golden repair"

David Pike Kintsugi Bowl, Photo David Pike

#### **Example of a Pandemic Road to Recovery**



#### Pacing Yourself in a Pandemic: Knowing When to Slow Down

Awareness of your day-to-day stress and well-being is the first step towards heathy action. Ask yourself, where am I on *the continuum of stress and well-being – what is my colour*?

Thriving	Stress Increases - Up for the Challenge	Beginning to Struggle - Distressed	Exhausted - Health Problems Arise
GREEN	YELLOW	ORANGE	RED
Notice what you feel in your body, mind and heart when at	Notice when stress challenges you to be at your best or begins to wear you down, e.g., full	Notice signs of struggling with persistent stress. e.g., feeling	Notice when your health feels compromised e.g., often tired anxious, sad, harder to be

body, mind and heart when at your best – in the green zone, e.g., normal mood fluctuations, calm and take things in stride, mentally sharp, feel alert and rested, a good team player

Who and what supports you to thrive?

you to be at your best or begins to wear you down, e.g., full focus / feeling on top of your game or becoming distractible, feeling a bit on edge, impatient or less effective as the day(s) goes on

Who are the supportive people you check in with each day?

down, discouraged, increased conflicts with others, pulling away from friends, eating too much/too little, disrupted sleep

Who are the trusted people and resources you turn to when you are beginning to struggle? compromised e.g., often tired anxious, sad, harder to be effective in usual roles at work or home, others express caring concerns about you

Who would you reach out to – a family doctor, the PHP? What might be barriers to seeking help - who could help with that?

Self Care/Peer and Organizational Support

Add Compassion and Professional Support

#### Next Steps: Create A Buddy System

References: Bober, T. Physician Health Program 2020, D'Gata et.al. 2019; Maunder et al, 2010, Moulton et. al 2007, Nash et. al. 2011

### Buddy System

- 1. Pairs or trios formally identify themselves as a "buddy system."
- 2. Establish the platform you are going to use to connect with each other (e.g. text, WhatsApp, email, phone, zoom etc.).
- 3. Set up a regular time to check in with each other, e.g. make it a habit, to check in
- 4. Check in by asking each other questions followed by empathically listen to their story:
  - How you are managing the basics e.g. sleeping, eating? Are you taking time to relax, recharge and exercise? How is your family? Highlights at home or work – any low spots or concerns?
- 5. Support each other by sharing coping tips and resources



### **Physician Health Program**

E: <u>php@oma.org</u> Ph:1-800-851-6606 W: <u>http://php.oma.org</u>

#### Virtual Drop in and Chat Groups

More information on the OMA members COVID page

Short Term Counselling and Support Options (no fees) CAMH Mental Health and COVID page: <u>http://www.camh.ca/covid19hcw</u> Psychologists - <u>https://cpa.ca/corona-virus/psychservices</u> Digital CBT: <u>https://www.mindbeacon.com/</u>

## Resources noted by panelists

#### **Dr Molyn Leszcz recommended**

Hartzband, P. and Groopman, J. Burnout, Interrupted. New England Journal of Medicine, accessed: May 1, 2020 <u>https://www.nejm.org/doi/full/10.1056/NEJMp2003149</u>

# Drs. Maunder and Hunter's Three steps to coping with anything including COVID

https://www.youtube.com/watch?v=ipO3AuqbZq8

