The Psychological impact of the coronavirus pandemic on essential workers including healthcare staff

Neil Greenberg
Derek Tracy
Mark Tarn
Risks

- Traumatic exposure
- Moral injury
- Workload and shift patterns
- Home life stressors
Risks

• Traumatic exposure

• Moral injury

• Workload and shift patterns

• Home life stressors
Risk Factors - In contact with affected patients (PTSD OR 1.71; distress 1.74] and include:

- Youth
- Junior
- Infected family member
- Lack of practical support
- Parents of dependent children
- Inadequate PPE
Prepare

• Self check before taking up the role

• Frank preparatory briefings

• ‘Psychological PPE’

• Role specific training
Sustain

• Buddy up

• Supervisors able to have psychologically savvy chats

• Post shift reviews

• Peer support / welfare walkers

• Forward mental health supervision and support (PIES)
Recover

• Thank you and provision of information

• Graded return to work

• Ongoing psychological health screening

• Timely access to evidence based care

• Supervisor discussions esp for higher risk/secondary stressors

• Time for reflection/meaning making
Conclusion of what to do

- Do not over medicalise

- Nip it in the bud approach

- Build team support as a priority

- Psychologically savvy supervisors

- ‘Forward mental health teams’

- Thank you, phased return to work and time for reflection

- Active monitoring and evidence based care
Fire Away - Mark