

Staff wellbeing during COVID-19



COVID-19 preparation: Check your plan

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As the UK prepares for the COVID-19 epidemic, the headlines focus on vital supplies like PPE and ventilators. However, staff need to prepare psychologically as well as technically. This is going to be a very difficult experience for all of us. There are things we all need to do.

5 Domains

Technical Capacity	Staff Challenges	Actions staff need to take themselves	Interventions for staff	Corporate actions
The kit, staffing, logistics, training, redeployment challenges - all the stuff we have (rightly) been obsessing about	How we are feeling about it all: the anxiety and dread, disruption to our lives and career plans, risk of both “overdrive” and burnout	Things we can do to help safeguard our own wellbeing, from practical logistics to learning psychological & cognitive strategies. We highly recommend everyone makes a personal Safety Plan: visitStayingSafe.Net	Actions and services that employers can take, provide or encourage to support - and hence preserve - the workforce	Communication, prioritisation (and re-prioritisation), aiming to reduce staff anxiety and frustration

6 Stages

This is a marathon, not a sprint: the challenges will change as the outbreak progresses. Have you looked ahead yet?

1. Preparation
2. Early Phase
3. Mid Phase
4. Peak Phase
5. Tail-off phase
6. Post-COVID19