

TEXAS PEDIATRIC SOCIETY

THE TEXAS CHAPTER OF THE AMERICAN ACADEMY OF PEDIATRICS

COVID-19 PHYSICIAN WELLNESS GUIDE



**Texas
Pediatric
Society**

The Texas Chapter of the
American Academy of Pediatrics
INCORPORATED IN TEXAS

A MESSAGE FROM TPS

The Texas Pediatric Society, the Texas Chapter of the American Academy of Pediatrics (TPS), cares deeply about the health and well-being of our members. We recognize that physicians are not invulnerable to experiencing emotional distress during global infectious disease outbreaks. During the COVID-19 pandemic, you may be experiencing a rise in care demands, increased risk of infection, and equipment challenges. In addition to medical care, you may also be providing support to distressed patients, patient families, your staff, and your own family. All of these factors can lead to psychological stress.

In this guide, we have compiled several resources that address physician wellness. To navigate to each of the online resources, click the green resource titles.

If you are experiencing stress, remember that self-care is not selfish. To take care of others, you must be feeling well and thinking clearly. Caring for your own mental health and well-being sustains your ability to care for others.

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WEBINARS & PODCASTS

AMERICAN ACADEMY OF PEDIATRICS: RESILIENCE DURING STRESSFUL TIMES AND CONNECTING DURING TIMES OF TRAUMA

This webinar covers strategies to support physician resilience while social distancing and caring for patients with COVID-19.

NATIONAL ACADEMY OF MEDICINE: SUPPORTING CLINICIAN WELL-BEING DURING COVID-19

Hosted in partnership with the Accreditation Council for Graduate Medical Education, American Hospital Association, American Medical Association, and the Association of American Medical Colleges, this webinar describes the clinician burnout crisis prior to the COVID-19 pandemic and the goals of the Action Collaborative on Clinician Well-Being and Resilience; identifies the critical needs and priorities to support the well-being of clinicians, including those in their formative years of training, during the COVID-19 era; spotlights programs, resources, and leadership efforts currently underway to address and monitor the acute and long-term mental health and well-being of clinicians on the frontlines of COVID-19; and voices the need for a coordinated, national strategy to care for the acute and long-term health and well-being of frontline clinicians delivering health care during this public health crisis.

TEXAS MEDICAL ASSOCIATION: COVID-19 DOESN'T HAVE TO BE MENTALLY OVERWHELMING

On this podcast, Austin-based psychiatrist and internal medicine physician Thomas Kim, MD provides insight and tips for physicians about taking care of their own mental well-being. Dr. Kim also made a playlist, tapping into song to capture emotions that might feel familiar to physicians during COVID-19.

THE SCHWARTZ CENTER FOR COMPASSIONATE HEALTHCARE: COMPASSION IN ACTION WEBINAR SERIES

This webinar series offers healthcare workers a unique opportunity to learn about topics related to compassionate, collaborative care from leading practitioners and researchers in this field.

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TIP SHEETS & STRATEGY LISTS

AMERICAN ACADEMY OF PEDIATRICS: PHYSICIAN HEALTH & WELLNESS

The health and wellness of pediatric health care providers is a strategic priority of the American Academy of Pediatrics. This page includes strategies to promote individual resilience and to promote practice and learning environments that support well-being.

AMERICAN MEDICAL ASSOCIATION: MANAGING MENTAL HEALTH DURING COVID-19

According to the American Medical Association, during a crisis such as the COVID-19 pandemic, it is common for everyone to experience increased levels of distress and anxiety, particularly as a result of social isolation. This page provides tips for physicians and other frontline health care professionals to take care of their own mental health and support the mental health of their staff and patients.

CENTERS FOR DISEASE CONTROL AND PREVENTION: COVID-19 STRESS & COPING RESOURCES

Everyone reacts differently to stressful situations. This page provides strategies for coping with stress caused by the COVID-19 pandemic. Tips are divided into sections for different audiences, including parents, people at higher risk for serious illness, people coming out of quarantine, and responders.

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SUPPORT LINES & SERVICES

PHYSICIAN SUPPORT LINE: 1-888-409-0141

Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists, joined together in the determined hope to provide peer support for their physician colleagues as they navigate the COVID-19 epidemic. No appointment necessary.

TEXAS HEALTH AND HUMAN SERVICES COMMISSION (HHSC) COVID-19 MENTAL HEALTH SUPPORT LINE: 833-986-1919

Texas Health and Human Services has launched a 24/7 statewide mental health support line to help any Texan experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic. Counseling services are confidential and free of charge to people who call the hotline. The Statewide COVID-19 Mental Health Support Line is available 24 hours a day, 7 days a week toll-free at 833-986-1919.

THE EMOTIONAL PPE PROJECT

The Emotional PPE Project connects healthcare workers in need with licensed mental health professionals who can help. No cost. No insurance. Just a trained professional to talk to.

MENTAL HEALTH FOR HEROES

Mental Health for Heroes is providing crisis intervention for medical workers in Texas directly involved in the COVID-19 response.

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RESOURCE PAGES

AMERICAN PSYCHIATRIC ASSOCIATION: WELL-BEING RESOURCES

Resources include links to individual interventions for burnout, organizational interventions for burnout, physician interventions for depression, and physician interventions for addiction.

MENTAL HEALTH AMERICA: MENTAL HEALTH AND COVID-19 – INFORMATION AND RESOURCES

This page includes mental health information for disease outbreaks, resources for financial support, tools and information on anxiety, tools to connect with others, resources for immediate response, webinars, live events, and workshops.

NATIONAL ACADEMY OF MEDICINE: RESOURCES TO SUPPORT THE HEALTH AND WELL-BEING OF CLINICIANS DURING THE COVID-19 OUTBREAK

Resources for supporting the health and well-being of clinicians are compiled from various sources, including global health organizations, US government agencies, associations and organizations, health care providers and schools of health professions, peer-reviewed journals, textbooks, and trade press.

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION: FIRST RESPONDERS AND DISASTER RESPONDERS RESOURCE PORTAL

According to the Substance Abuse and Mental Health Services Administration, first responders face an increased risk of experiencing behavioral health issues including mental illnesses and substance use disorders. This page includes stress management resources for first responders, including online trainings, webcasts, and tip sheets.

TEXAS MEDICAL ASSOCIATION: PHYSICIAN HEALTH

This Texas Medical Association page includes a variety of resources to support physician wellness during the COVID-19 pandemic and beyond.

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