

MENTAL WELLBEING AND SUPPORT FOR HEALTHCARE WORKERS

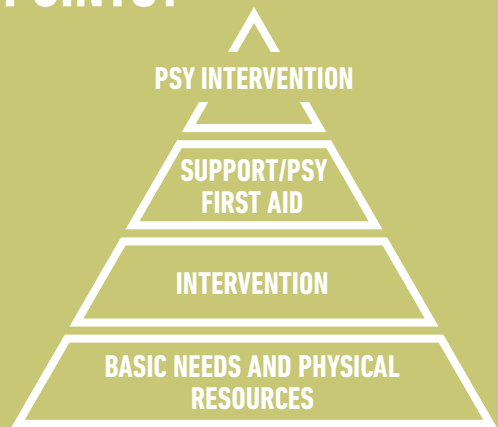


WHAT ARE THE KEY POINTS?



THE COVID-19 PANDEMIC IS SIGNIFICANTLY IMPACTING THE MENTAL HEALTH OF HEALTHCARE PROFESSIONALS

THE BURDEN PLACED ON HEALTHCARE STAFF NEEDS TO BE RECOGNISED BY BOTH FRONTLINE HEALTHCARE WORKERS AND THE MANAGERS WHO SUPPORT THEM



WHEN ORGANISING SUPPORT, ALL ASPECTS OF THE HIERARCHY OF NEEDS SHOULD BE ADDRESSED

WHAT TO LOOK OUT FOR IN SOMEONE STRUGGLING WITH THEIR MENTAL HEALTH:



SLEEP DISTURBANCE



FEELING HELPLESS OR HOPELESS



FEELING IRRITABLE AND ANGRY



FEELING DETACHED FROM WORK

HOW CAN THIS WORK ON THE GROUND?



A PSYCHOLOGICAL NEEDS ASSESSMENT CAN HELP IDENTIFY THE VARYING MENTAL HEALTH NEEDS OF DISTINCT STAFF GROUPS. EARLY SUPPORT SHOULD INCLUDE:

- ✓ PHYSICAL SUPPORT: FOOD, ADEQUATE HYDRATION, REST SPACES, PPE, ADEQUATE BREAKS
- ✓ MENTAL HEALTH SUPPORT: BUDDY SYSTEMS, CONFIDENTIAL SAFE SPACES AND MINDFULNESS PROGRAMMES

LOW LEVEL PSYCHOLOGICAL INTERVENTIONS SHOULD SUFFICE BUT A SMALL PROPORTION MAY NEED REFERRAL TO SPECIALIST MENTAL HEALTH SERVICES



LEARNING SHOULD BE SUPPORTED (E.G. DE-ESCALATION TECHNIQUES, BREAKING BAD NEWS PRACTICE AND CRITICAL CARE TEACHING) IN ORDER TO PREPARE HEALTH CARE PROFESSIONALS FOR DIFFICULT SITUATIONS

OTHER CONSIDERATIONS



WE ARE ALL HUMAN: HEALTHCARE PROFESSIONALS NEED TO BE REMINDED THAT IT IS IMPOSSIBLE TO SAVE EVERYONE



CONTINUED LONG-TERM PSYCHOLOGICAL SUPPORT WILL NEED TO BE ORGANISED ON LOCAL AND NATIONAL SCALES



ONE SIZE DOES NOT FIT ALL: SUPPORT NEEDS TO BE FLEXIBLE IN ORDER TO ALLOW PEOPLE TO ACCESS IT WITH A COMBINATION OF FACE-TO-FACE AND VIRTUAL SUPPORT

