



SPA Virtual Town Hall | COVID-19: Unmasking the Pandemic

The Challenge of Well-Being During a Pandemic



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Learning Objectives

- Describe challenges faced by pediatric anesthesiologists during the COVID-19 pandemic
- Provide the opportunity to evaluate personal tolerance of uncertainty
- Briefly introduce and practice resilience strategies
- Identify available well-being resources

Society for Pediatric Anesthesia



education • research • patient safety

COVID

Filter ▾

Karnwal, Abhishek

List of accepted COVID test from Outside Labs

Thu 6/11

Some of you may be aware but here is a list of currently approved outside labs, where a ...

Two weeks ago

Scott, Gary

06/04 Thursday In-Service -- CAPR Introduction

6/4/2020

Dear Team: I received some exciting news yesterday. . . the Hospital will be transitioning t...

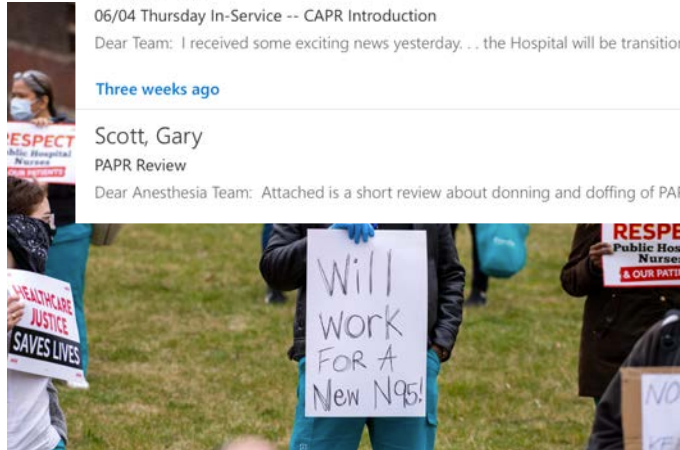
Three weeks ago

Scott, Gary

PAPR Review

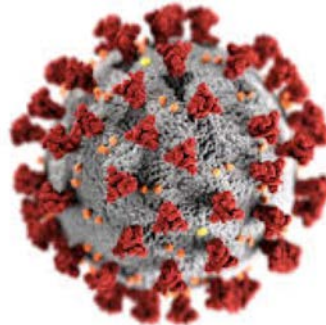
5/27/2020

Dear Anesthesia Team: Attached is a short review about donning and doffing of PAPRs w...



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CDC Document Shows Just How Badly the U.S. Is Doing Coronavirus Compared to Other Countries



COVID-19 Update: 200K Deaths by Fall? New Vaccine Obstacle; Ohio Health Official Quits

— A daily roundup of news on the novel coronavirus outbreak

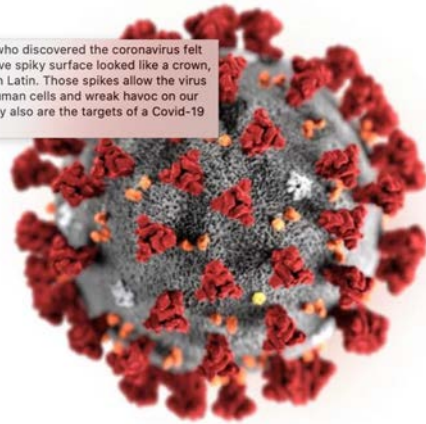
***Nurses Die, Doctors Fall Sick and Panic
Rises on Virus Front Lines***





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Scientists who discovered the coronavirus felt its distinctive spiky surface looked like a crown, or corona in Latin. Those spikes allow the virus to hijack human cells and wreak havoc on our health. They also are the targets of a Covid-19 vaccine.



SARS-CoV-2



We are suffering parallel pandemics in this country



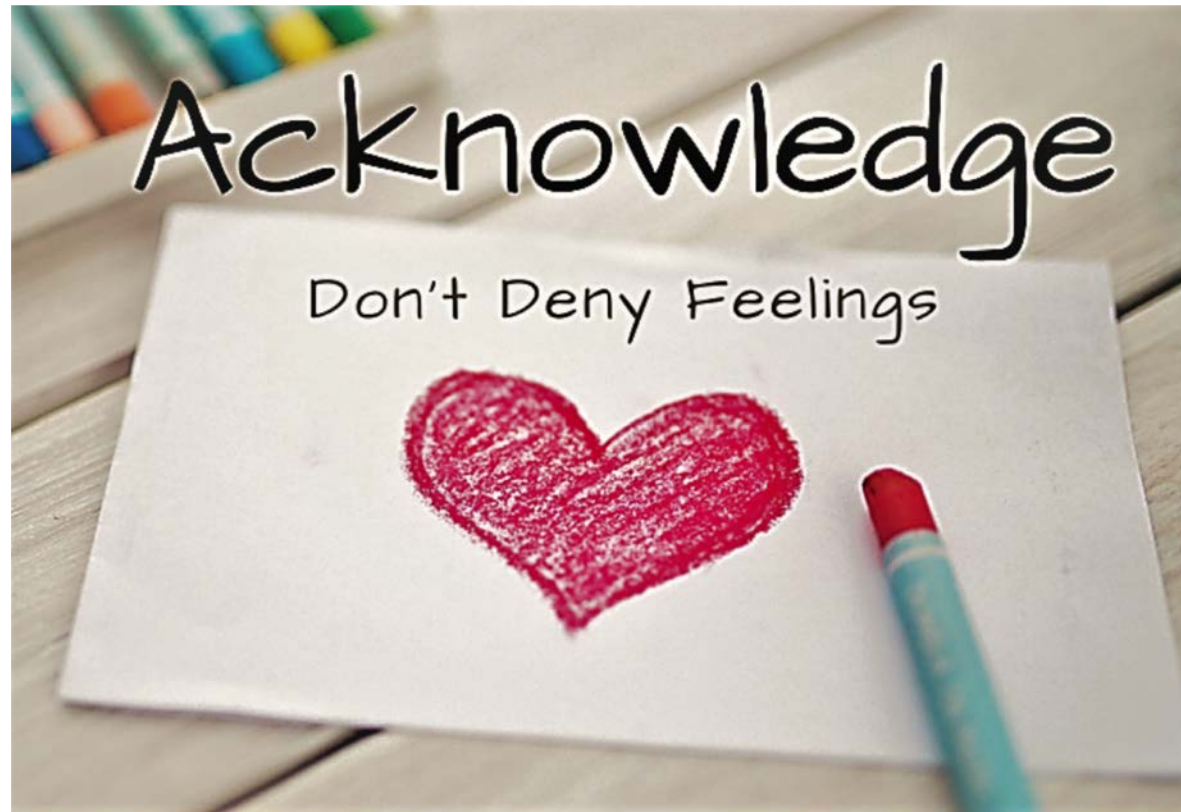
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SPA Faculty/Partners are experiencing stress from:

- Fear of **contracting COVID** and/or **bringing it home** (92%)
- Feeling **isolated** (51%)
- **Daycare closures** (49%)
- **School closures** (75%)
- **Income loss/job insecurity** (65%)
- **Constantly changing** clinical care **guidelines** (73%)
- Insufficient time for **self-care** (37%)
- Working in an unfamiliar clinical location (33%)



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Intolerance of Uncertainty Scale-Short Form

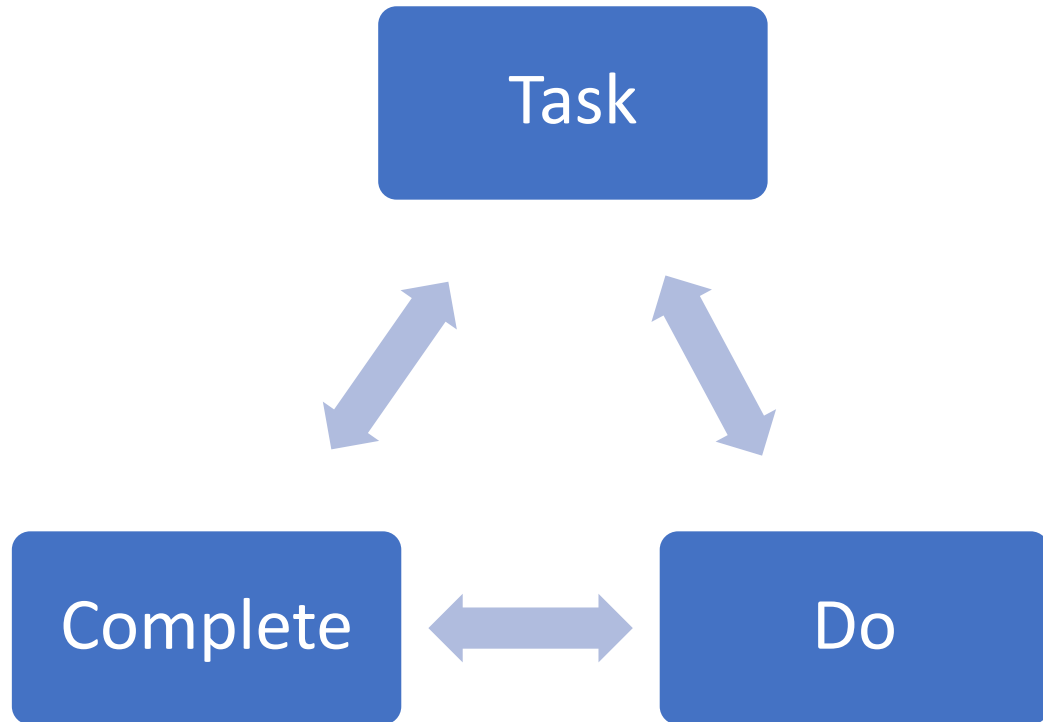
Question	Not at all characteristic of me	A little characteristic of me	Somewhat characteristic of me	Very characteristic of me	Entirely characteristic of me
It frustrates me not having all the information I need.	1	2	3	4	5
One should always look ahead so as to avoid surprises	1	2	3	4	5
I always want to know what the future has in store for me.	1	2	3	4	5
I should be able to organize everything in advance.	1	2	3	4	5



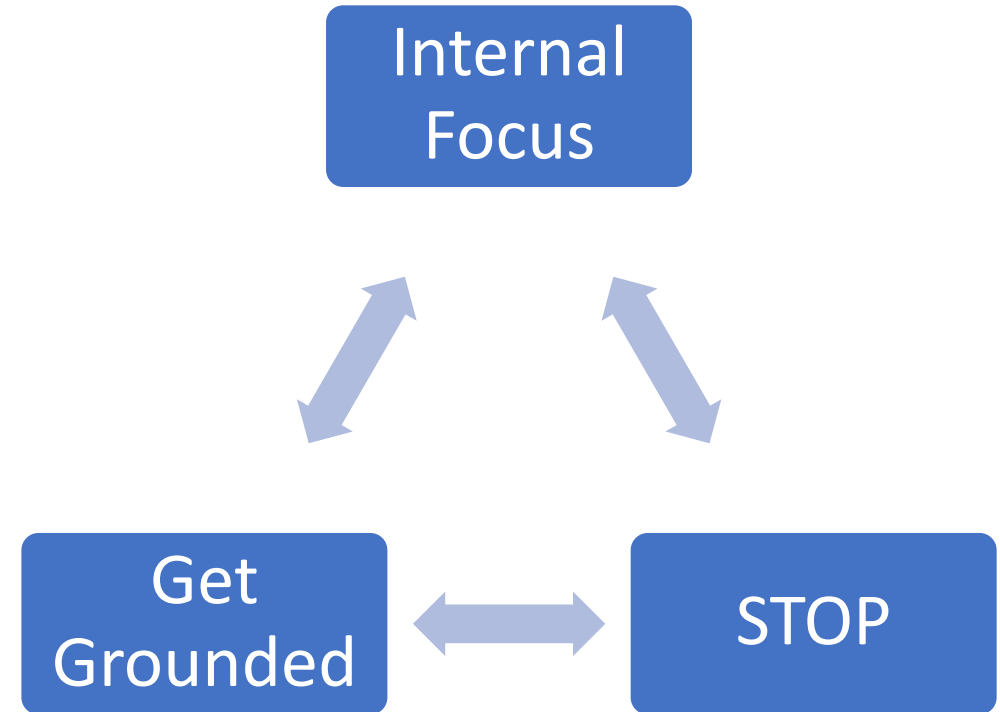
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Coping

Default Mode



How to Sustain Ourselves





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Reframing Exercise

1. Write down the thoughts that are flying through your head
2. Estimate the probabilities of your worst-case fears
3. Generate best case alternatives
4. Identify most likely implication

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Dear Doctors, Nurses, and
Medical workers,

Thank you so much! I
no this is hard but we all are
in this with you. You are working
so hard and you should be
proud of yourself and the whole
world is proud of you too.
keep up the good
work.

I hope i am encouraging
you 1,000,000,000,000%
because i am.

Thank you
so much!!!

love moren brasser ♥



CNN US Crime + Justice Energy + Environment Extreme Weather Space + Science

LIVE TV

New York City spent two minutes clapping for coronavirus first responders





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COVID-Specific Well-Being Resources

- [ASA Well-Being](#)
- [SPA WELI COVID Well-Being](#)
- [National Suicide Prevention Hotline](#)
- [National Academy of Medicine](#)
- [ACGME Aware Resources](#)
- [Center for Traumatic Stress](#)
- [National Academy of Medicine](#)

A screenshot of a website banner for the Physician Support Line. The background is a close-up of a person's face wearing a surgical mask, with only their eyes visible. The text on the banner includes a notice at the top: 'As of 4/10/2020 at 11:59PM EST, we have paused taking new volunteers. Thank you for your continued support!'. Below this, there are links for 'About', 'News & Updates', 'PSL in The Media', and a 'Volunteer Portal' button. The main heading is 'Physician Support Line' followed by the phone number '1 (888) 409-0141'. Below that, it says 'Helping our colleagues all over the U.S. on the front lines of COVID-19', 'Free & Confidential | No appointment necessary', and 'Open 7 days a week | 8:00AM - 12:00AM EST'. A 'Call Now' button is located at the bottom right.

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SPA COVID Well-Being Survey



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"A society without a grounding in ethics, self-reflection, empathy and beauty in one that has lost its way." Brian Rosenberg