



Positive Mental Health *for* *health care providers*

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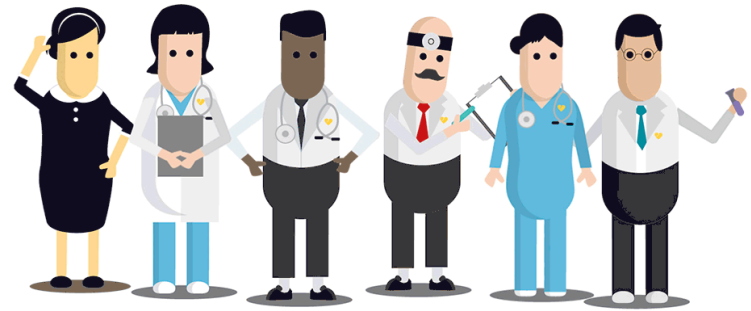




PSYCHOLOGICAL
"FOOTPRINT"

MEDICAL
"FOOTPRINT"

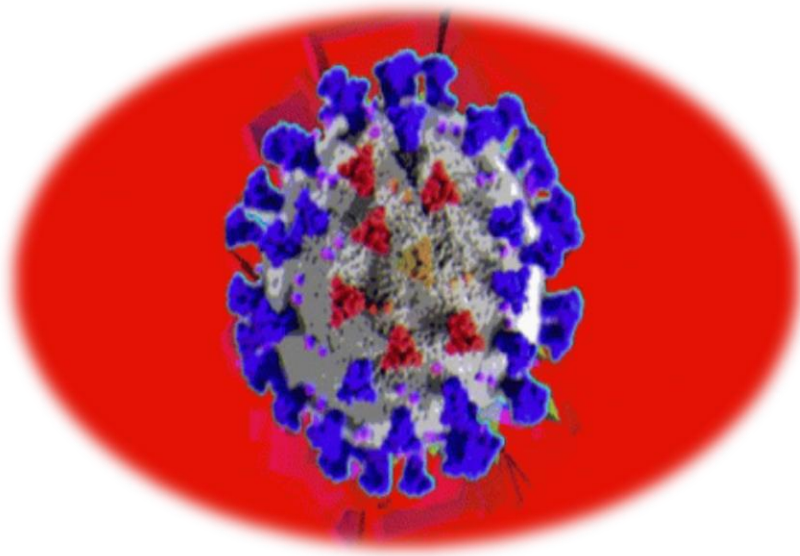
Health Care Workers (HCW)



- Brave and selfless working
- Preparedness
 - Knowledge & Skills
 - Psychological (Cognitive and emotional)
- Buddy system- Pairing more experienced with less experienced HCW
- Needs (Physical, psychological, social and spiritual)– Assessment and care

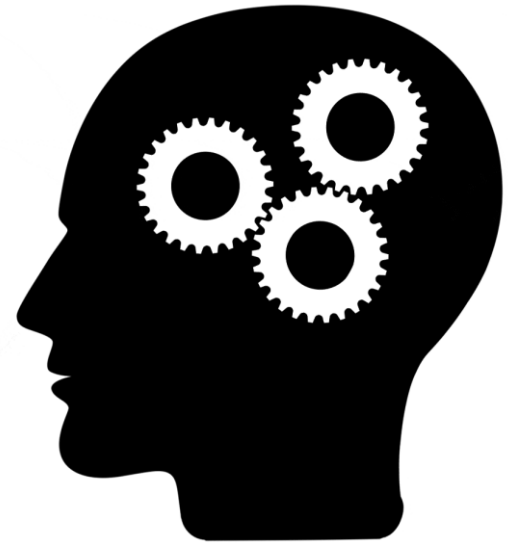
Evidence base

- Small studies with sample from usually single institutions
- SARS, MERS, Ebola, COVID-19



Mental health impact

- 11-20% of Health Care Workers (HCW) develop symptoms (emotional/behavioral/Somatic)^{1,2,3}
- Common symptoms
 - Stress related symptoms
 - Anxiety, Depression, Somatization
 - Insomnia, fatigue
 - Substance use disorder
 - Burnout
 - Post Traumatic Stress Disorder (PTSD)



Factors that help reduce stress were as follows ⁴

Clear communication of directives and precautionary measures

Ability to give feedback to and obtain support from management

Support from supervisors and colleagues

Support from the family

Ability to talk to someone about their experiences

Religious convictions

Fear

1. Getting infected was NOT a major worry
2. Risk to family, separation from family if quarantined
3. Unsure about their ability to work in the situation / incapability to deal with severe patients
4. Shortage of protective gears
5. Quality of food and resting facilities if need to stay at hospital

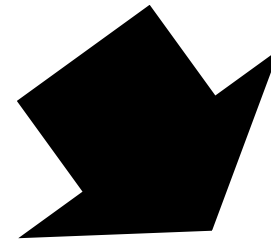
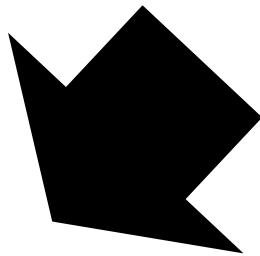


**No need for individual
mental health care for
themselves but more
rest and protective
gears**

Challenges

- Uncertainty surrounding COVID-19
 - Health
 - Possibility of infection
 - Disruption of schedule in work and rest of life
 - Financial needs
- Family requirements
 - Special needs- with children, elderly, family member with illness
- Isolation/quarantine

STRESS RESPONSE



FIGHT



FLIGHT

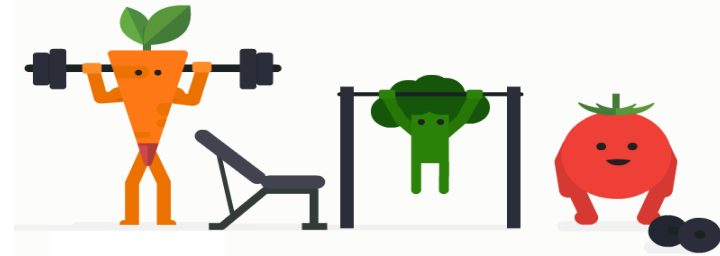
Anxiety, fear and distress are normative
emotional responses of threat and uncertainty (Accept)

BASIC PRINCIPLES

- Increasing physical reserve
- Increasing emotional reserve
- Reducing the intensity of the emotional reactions



HAVING A HEALTHY LIFESTYLE

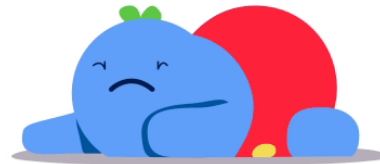


Regular Aerobic Exercise:

* 3-7 times/week

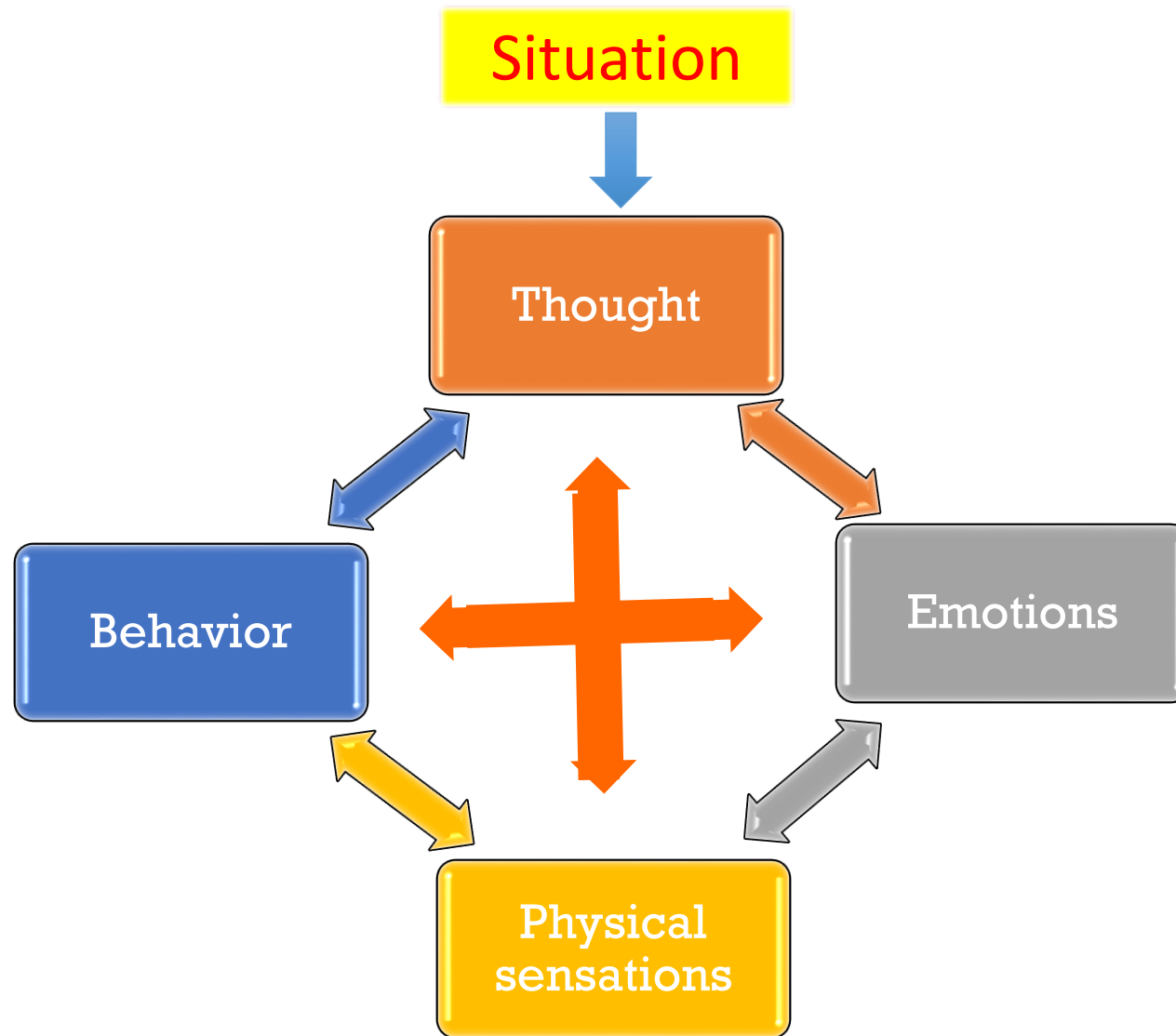
- 4 km of walking, walking/jogging
- 20 minutes of swimming
- 45 min. Of several rounds of tennis/day
- Some daily exercise is better than none

Sleep (7-8 hours)



Limit Caffeine, Nicotine, Alcohol or Other Psychoactive Substances





*Understand link - thinking, emotions, behavior and bodily symptoms

*Watch your thoughts - Positive self talk

Worried well

- ✓ Most new cases may not have a psychopathology amounting to diagnosis of a psychiatric disorder
- ✓ Cases with sub-syndromal symptoms, fleeting psychopathology are common



Focus on things you can control



- We are all together into this
- Uncertainty
 - Different situations, different level of certainty
 - Many of us use worrying as a tool for trying to predict the future and avoid nasty surprises
 - Do your best, leave the rest (Accepting uncertainty doesn't mean not having a plan)
 - Let go and shift your attention

Focus on things you can control (cont.)

- We can't control how severe the coronavirus outbreak is in your city or town and at our workplace, but you can take steps to reduce your own personal risk
- Differentiate between things we can control and can not control

How to Stop Worrying

- How much worrying is too much?

- Why is it so hard to stop worrying?

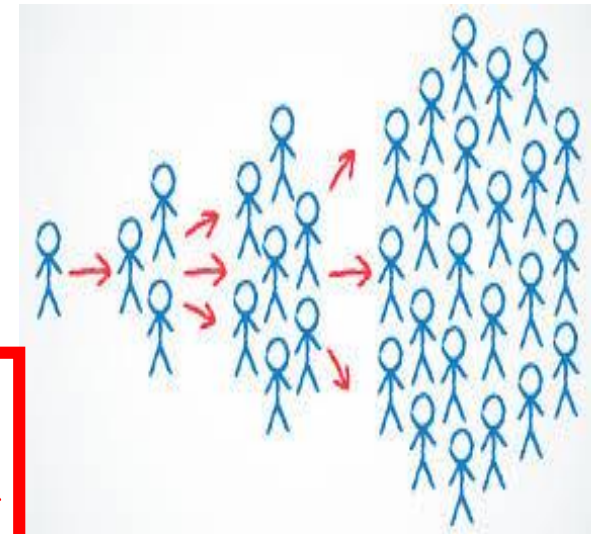
- How to stop worrying tip

1. Create a daily “worry” period
2. Write down your worries
3. Distinguish between solvable and unsolvable worries
4. Enlisting -worries are more likely to lose their power
5. Challenge anxious thoughts
6. Interrupt the worry cycle



Social contagion

- Like Corona virus, **behavior** and **emotions** are also **contagious**
- Spread hope, optimism, happiness and compassion.
- Avoid spreading doubt, pessimism, cynicism, shaming and blaming (Talk to specialist)
- Be a role model for others
- Altruistic acceptance of work related risk



**Social
Contagion**

Points to remember

- Ensure adequate sleep and physical rest
- Take balanced diet
- Utilize free time in doing what makes you happy and relaxed
 - Hobbies, dance, music, poetry, gardening, pet
- Judicious use of screens



Relaxation

- Practice any relaxation activity

- Deep breathing
- Progressive muscular relaxation
- Mindfulness
- Meditation



Tips for starting a relaxation practice

- Set aside time in your daily schedule
- Make use of smartphone apps and other aids
- Expect ups and downs



Support

- Helpline for KGMU HCW
- Department of Psychiatry
- If you feel overwhelmed or stressed, contact us on
- **9511119123**
- 10 AM to 4 PM (Daily)



Other resources



World Health
Organization

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

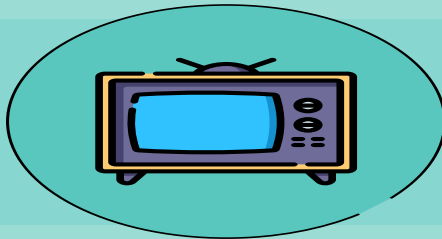
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Online resources

- Please seek information from only reliable resources i.e WHO, GOI website
- For Example :
 - Helguide.org
 - free online resource
 - Authentic and useful information



HELPGUIDE.ORG
Trusted guide to mental,
emotional & social health

Quarantine/self-isolation



- **This too will pass away**
- Have a time plan

- Divide time for rest, daily activities, exercise, socialization (online, tele), creativity, positive activities, entertainment etc

- Stock your favourite books, reading material, offline and online watching material
- Keep minimalist attitude for utilization of things
- It is for GOOD cause

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**THANK
YOU**