

Access the webinar recording here: <https://attendee.gotowebinar.com/recording/6470789067427571983>

Access the transcript here: <https://files.asprtracie.hhs.gov/documents/aspr-tracie-covid-19-and-hc-professional-stress-and-resilience-speaker-series-barrett-transcript.pdf>



T R A C I E
HEALTHCARE EMERGENCY PREPAREDNESS
INFORMATION GATEWAY

COVID-19 and Healthcare Professional Stress and Resilience- Speaker Series

October 2020

Unclassified//For Public Use



Access Dr. Barrett's bio here:

<https://files.asprtracie.hhs.gov/documents/aspr-tracie-covid-19-and-healthcare-professional-stress-and-resilience-barrett-bio.pdf>

Support for Overstretched Clinicians During the Ongoing Pandemic

Eileen Barrett, MD, MPH, FACP, SFHM
Director, CME & of GME Wellness Initiatives
University of New Mexico
@EileenBarrettNM



Original Investigation | Psychiatry

Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019

Jianbo Lai, MSc; Simeng Ma, MSc; Ying Wang, MSc; Zhongxiang Cai, MD; Jianbo Hu, MSc; Ning Wei, MD; Jiang Wu, MD; Hui Du, MD; Tingting Chen, MD; Ruiting Li, MD; Huawei Tan, MD; Lijun Kang, MSc; Lihua Yao, MD; Manli Huang, MD; Huafen Wang, BD; Gaohua Wang, MD; Zhongchun Liu, MD; Shaohua Hu, MD



Medical Licensure Questions and Physician Reluctance to Seek Care for Mental Health Conditions

Liselotte N. Dyrbye, MD, MHPE; Colin P. West, MD, PhD; Christine A. Sinsky, MD; Lindsey E. Goeders, MBA; Daniel V. Satele, BS; and Tait D. Shanafelt, MD

Implementing a Universal Well-Being Assessment to Mitigate Barriers to Resident Utilization of Mental Health Resources

Sarah Sofka, MD, FACP
Carl Grey, MD
Nathan Lerfald, MD, FACP
Laura Davisson, MD, FACP
Janie Howsare, LCTSW, MPA

Journal of
Graduate Medical Education®



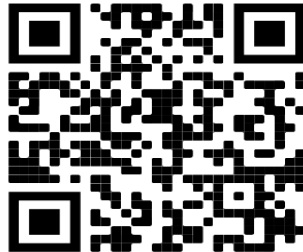
Ideas and Opinions | 5 May 2020

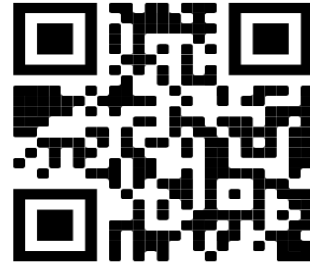
Improving How State Medical Boards Ask Physicians About Mental Health Diagnoses: A Case Study From New Mexico

Eileen Barrett, MD, MPH ✉, Elizabeth Lawrence, MD, Daniel Waldman, MD, Heather Brislen, MD

Annals of Internal Medicine

Unclassified//For Public Use



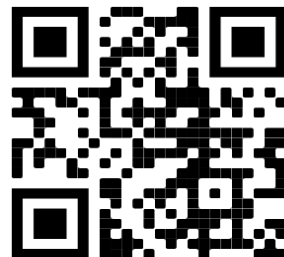




The Emotional PPE Project

All Services Provided Through The Emotional PPE Project Are Free Of Charge.

The Emotional PPE Project is a directory that provides contact information of volunteer mental health practitioners to healthcare workers whose mental health has been impacted by the COVID-19 crisis.



Protecting Your Mental Health During the Coronavirus Outbreak



Expressions of Gratitude and Medical Team Performance

Arieh Riskin, MD, MHA,^{a,b,c} Peter Bamberger, PhD,^a Amir Erez, PhD,^d Kinneret Riskin-Guez, BSc,^e Yarden Riskin,^f Rina Sela, CCRN, MA,^g Trevor Foulk, PhD,^h Binyamin Cooper, MA,^d Amitai Ziv, MD, MHA,^{g,j} Liat Pessach-Gelblum, MBA,^g Ellen Bamberger, MD^{c,j}

PEDIATRICS®

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS



Learn more about meditation

- [How Headspace works](#)
- [How to meditate](#)
- [The many benefits of meditation](#)
- [Meditation](#)
- [Types of meditation](#)
- [How to find the best time to meditate](#)
- [Basic meditation](#)
- [One-minute meditation](#)
- [5-minute meditation](#)
- [10-minute meditation](#)



The great outdoors? Exploring the mental health benefits of natural environments

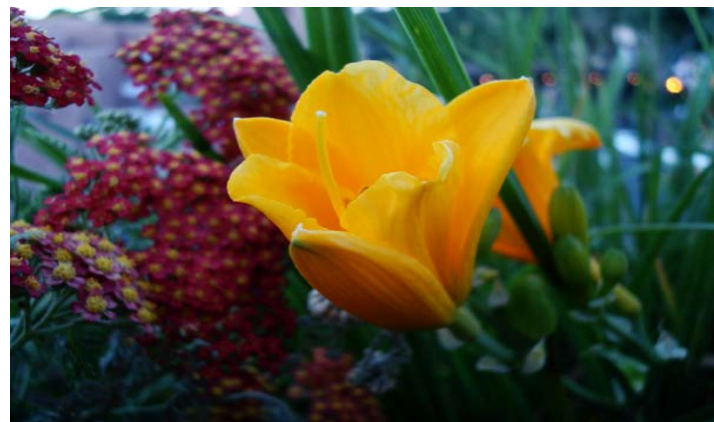
David G. Pearson^{1} and Tony Craig²*



The great outdoors? Exploring the mental health benefits of natural environments

David G. Pearson^{1} and Tony Craig²*

¹





The NEW ENGLAND JOURNAL *of* MEDICINE

Perspective
NOVEMBER 8, 2018

Getting Rid of Stupid Stuff

Melinda Ashton, M.D.



A Prescription for Note Bloat: An Effective Progress Note Template

Daniel Kahn, MD^{1*}, Elizabeth Stewart, MD², Mark Duncan, MD¹, Edward Lee, MD¹, Wendy Simon, MD¹, Clement Lee, MD¹, Jodi Friedman, MD¹, Hilary Mosher, MD³, Katherine Harris, MD³, John Bell, MD, MPH⁴, Bradley Sharpe, MD⁵, Neveen El-Farra, MD¹

¹Department of Medicine, David Geffen School of Medicine, University of California, Los Angeles; ²Division of Hospital Medicine, Alameda Health System, Oakland, California; ³Department of Internal Medicine, Carver College of Medicine, Iowa City, Iowa; ⁴Department of Internal Medicine, Division of Hospital Medicine, University of California, San Diego; ⁵Department of Medicine, Division of Hospital Medicine, University of California, San Francisco.

Q&A | JANUARY 2016

'The pause' allows for moment of silence after a patient death

The RN who developed it sees it as "a means of honoring a patient after they pass away".



Academia and the Profession | 14 Jul 2020

Addressing Patient Bias Toward Health Care Workers: Recommendations for Medical Centers

 Kimani Paul-Emile, JD, PhD  ,  Jeffrey M. Critchfield, MD , ... [View all authors](#) 

Annals of Internal Medicine

Unclassified//For Public Use



**if you get tired,
learn to rest,
not to quit.**

+ Banksy



Contact Us



asprtracie.hhs.gov



1-844-5-TRACIE



askasprtracie@hhs.gov