

ASPR TRACIE Webinar Transcript

COVID-19 and Healthcare Professional Stress and Resilience Speaker Series

October 2020

PowerPoint Presentation: <https://files.asprtracie.hhs.gov/documents/aspr-tracie-covid-19-and-healthcare-professional-stress-and-resilience-speaker-series-kaul.pdf>

Recording: <https://attendee.gotowebinar.com/recording/2585764786109168385>

0:00

Welcome to the ASPR TRACIE Speaker Series, COVID-19 and Healthcare Professionals Stress and Resilience.

0:07

This collection of brief presentations highlights emerging behavioral health and resilience practices among healthcare facilities across the country during COVID-19.

0:19

For those of you new to ASPR TRACIE, we are the Technical Resources, Assistance Center, and Information Exchange, a technical assistance center focused on filling the knowledge gaps in healthcare system preparedness. We have collected thousands of peer-reviewed resources available for review on our website, asprtracie.hhs.gov. You can call or email the Assistance Center if you have a specific question or are having trouble finding a resource. And finally, you can visit our community message board to ask questions and share resources between peers.

0:53

Rachel Kaul, Behavioral Health Lead in the Office of the Assistant Secretary for Preparedness and Response at the US. Department of Health and Human Services will now provide background on the importance of planning for and integrating healthcare professional, behavioral health and resilience strategies into daily practice. Rachel.

1:14

After just about every major disaster or significant emergency event, I convene a call of federal and local behavioral health stakeholders where we share information and identify needs related to the mental and behavioral health impacts for affected areas and where we can look for ways to collaborate and coordinate our efforts.

1:35

During these calls, we always take time to discuss how responders and providers are doing, and we have long understood them to be vulnerable to adverse stress effects related to response and recovery work.

1:49

Since the onset of the COVID-19 pandemic, the cumulative and often overwhelming nature of the stressors experienced by the healthcare workforce as part of their jobs has become a particular concern.

2:03

Understanding the role behavioral health plays in the overall health and performance of these workers on the front lines has become a priority for everyone.

2:13

That said, as many of you already know, being in the field every day even in the face of extremely challenging circumstances such as those brought on by COVID-19, many healthcare professionals still find talking about their behavioral health needs and how to address them difficult.

2:33

In this webinar series, we will focus on various topics to make this easier.

2:39

We will discuss the acute and chronic stressors healthcare workers face right now.

2:44

These can include things like fear of the unknown, extreme fatigue, constant worry about selves and loved ones, and even moral injury.

2:56

In this series, we will look at strategies for identifying at-risk employees.

3:01

What are some of the signs and behaviors we might typically associate with compassion fatigue, or burnout, for example?

3:09

And we will present ways to preserve and bolster healthcare worker resilience, during a long-term, unpredictable event like a pandemic.

3:20

This webinar series is part of a larger collection of tools, resources, and training that ASPR has developed or collected from our partners related to behavioral health, COVID-19, and responder and workforce resilience.

3:36

I encourage you to take some time and go to the ASPR TRACIE website to explore the material and information there.

3:43

I particularly recommend you view those related to behavioral health and consider ways you can enhance your own ability to cope with stress, while also promoting the overall well-being of those around you or at home.

4:00

Thank you, Rachel. Feel free to reach out to ASPR TRACIE with any questions for any of our speakers in this series.