COVID-19 Healthcare Provider
Wellness Assessment

Heathcare Provider Wellness Assessment Summary

This healthcare provider wellness guide and assessment checklist can be used as a tool to identify personal and professional wellness support needs and resources during the COVID-19 response effort.

The purpose of this guide is to support an optimum balance of personal wellbeing and professional efficacy for those providing care to patients with mental heath and substance use disorders.

The Impact of COVID-19 on Mental Health and Substance Use Disorder Treatment

Providers during the COVID-19 pandemic are presented with an escalated number of clinically challenging patients. Many people living with physical health conditions, substance use disorders, and mental health issues are at increased risk for:

- Stress, isolation and reduced support exacerbating pre-existing mental illnesses[1]
- Substance use as a coping mechanism for stress and fear[1]
- Acute withdrawal symptoms due to limited access to alcohol or other substances[1]
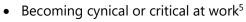
Healthcare Provider Challenges during the COVID-19 Pandemic

Health care workers experience additional personal and professional challenges[2] during infectious disease outbreaks. A surge in demands at healthcare settings has increased the level of stress experienced, including concerns about:

- Ongoing risk of self and family member infection[2]
- PPE and patient equipment challenges[2]
- Managing patient healthcare needs[2]
- Exposure to patient, family, and coworker psychological distress[2]
- Balancing personal and family support with patient care[2]
- Possible quarantine from family and friends[3]

The Impact of COVID-19 on Healthcare Providers

Frontline health care workers engaged in direct diagnosis, treatment, and care of patients with COVID-19 were associated with a higher risk of symptoms of depression [50.4%], anxiety [44.6%], insomnia [34.0%] and distress [71.5%].[4] Common symptoms of job stress[5] include:

- Becoming cynical or critical at work[5]
- Becoming irritable or impatient with co-workers, patients or clients[5]
- Lack of energy to be consistently productive[5]
- Lack of satisfaction from your achievements[5]
- Difficulty concentrating[5]
- Using food, drugs or alcohol to feel better or to reduce feeling[5]
- A change in sleep habits[5]
- Unexplained headaches, stomach or bowel problems, or other physical complaints.[5]

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Healthcare Provider
Wellness Assessment Checklist

Providers must monitor their response to pandemic requirements and make frequent health and safety choices. This checklist contains wellness strategies recommended for providers of medical, mental health, and substance use disorder patient care during the COVID-19 pandemic. Please use this checklist to assess personal, professional, and team wellness, and to develop action plans for any areas of need. Additional information is offered through resource links.

☑	**Vigilant Infection Prevention**	• Maintain strict infection control measures using appropriate supplies, equipment, and protocols (e.g., respirators, gloves, eye protection, surface disinfectant, hand sanitizer)[6]
☑	**Effective Workplace Strategies**	• Express needs constructively[7] • Utilize available resources for workload redistribution[8] • Use an end-of-shift debrief to process workload demands, personnel health and safety, resource needs and documentation practices[8] • Implement co-worker check-ins and a buddy system to support protocol adherence[9]
☑	**Adapted Patient Care**	• Use remote telehealth options for physical and mental health communications[10] • Help patients increase their sense of safety by encouraging them to replace negative thoughts with more helpful ones[11] • Use recommended strategies when discussing COVID-19 with patients[12] • Maintain appropriate clinical boundaries when acknowledging shared experiences[13]
☑	**Effective Education**	• Educate on best practice care standards[14] • Help correct inaccurate information and misperceptions by sharing credible, established public health resources[15] • Share patient remote recovery resources[16] • Provide children with age appropriate information[17]
☑	**Regular Social Connection**	• Connect with colleagues to discuss ongoing challenges[18] • Use multiple communication options[10] • Check in with loved ones often, especially the elderly[19] • Talk with people you trust about your concerns and how you are feeling[19] • Ask for help if your ability to care for family and patients s affected[19]
☑	**Personal Wellness Care**	• Limit exposure to COVID-19 media[20] • Use self-check-ins to monitor well-being[20] • Breathe deeply at regular intervals[20] • Keep to consistent sleep and work schedules[20] • Participate in enjoyable self-care activities[20] • Maintain healthy nutrition and exercise routines[20] • Seek professional help when needed[18] • Remind yourself that despite the current challenges and frustrations, caring for those in need in a time of great uncertainty is a noble calling[21]

Thank you for caring for yourself and others

COVID-19 Healthcare Provider Wellness Assessment
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