

COVID-19

Physician and Organizational
Wellness and Mental Health

May 13, 8:00 – 9:00 p.m.

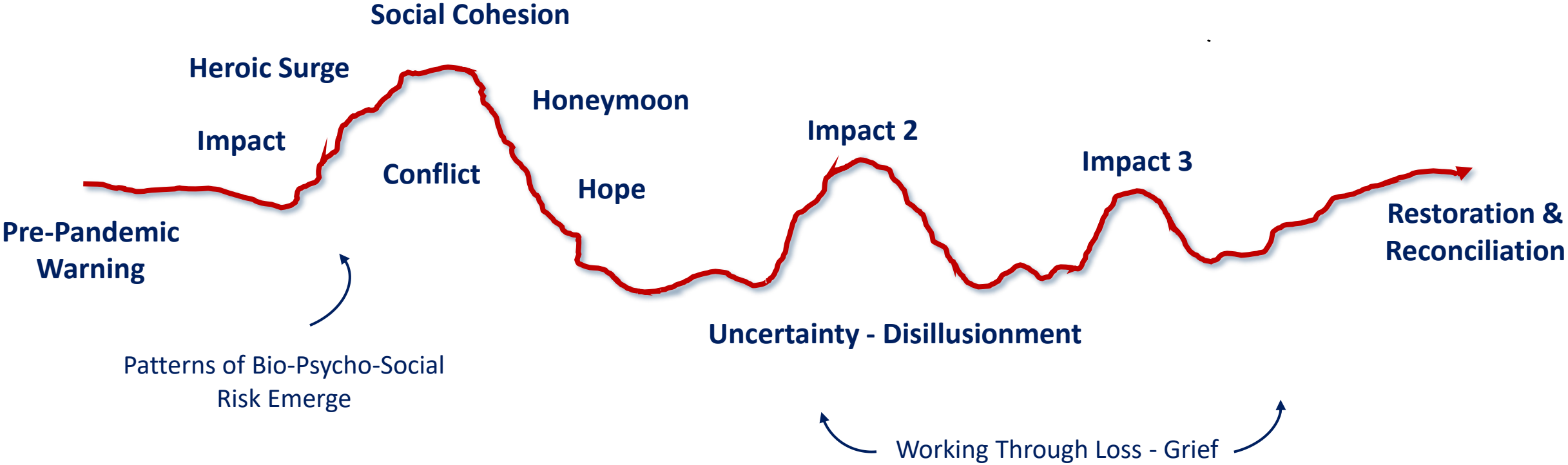
Agenda

TIME	ITEM	SPEAKER
8:00 <i>(5 min)</i>	Welcome and remarks	Dr. Samantha Hill
8:05 <i>(5 min)</i>	Opening Remarks	Allan O'Dette Dr. Joy Albuquerque
8:10 <i>(5 min)</i>	Introduction of Panelists	Dr. Joy Albuquerque
8:15 <i>(40 min)</i>	Member Questions	Dr. Jane Charters Dr. Melyn Leszcz Dr. Bob Maunder
8:55 <i>(5 min)</i>	Closing remarks	Dr. Joy Albuquerque Dr. Samantha Hill



Kintsugi - “a golden repair”

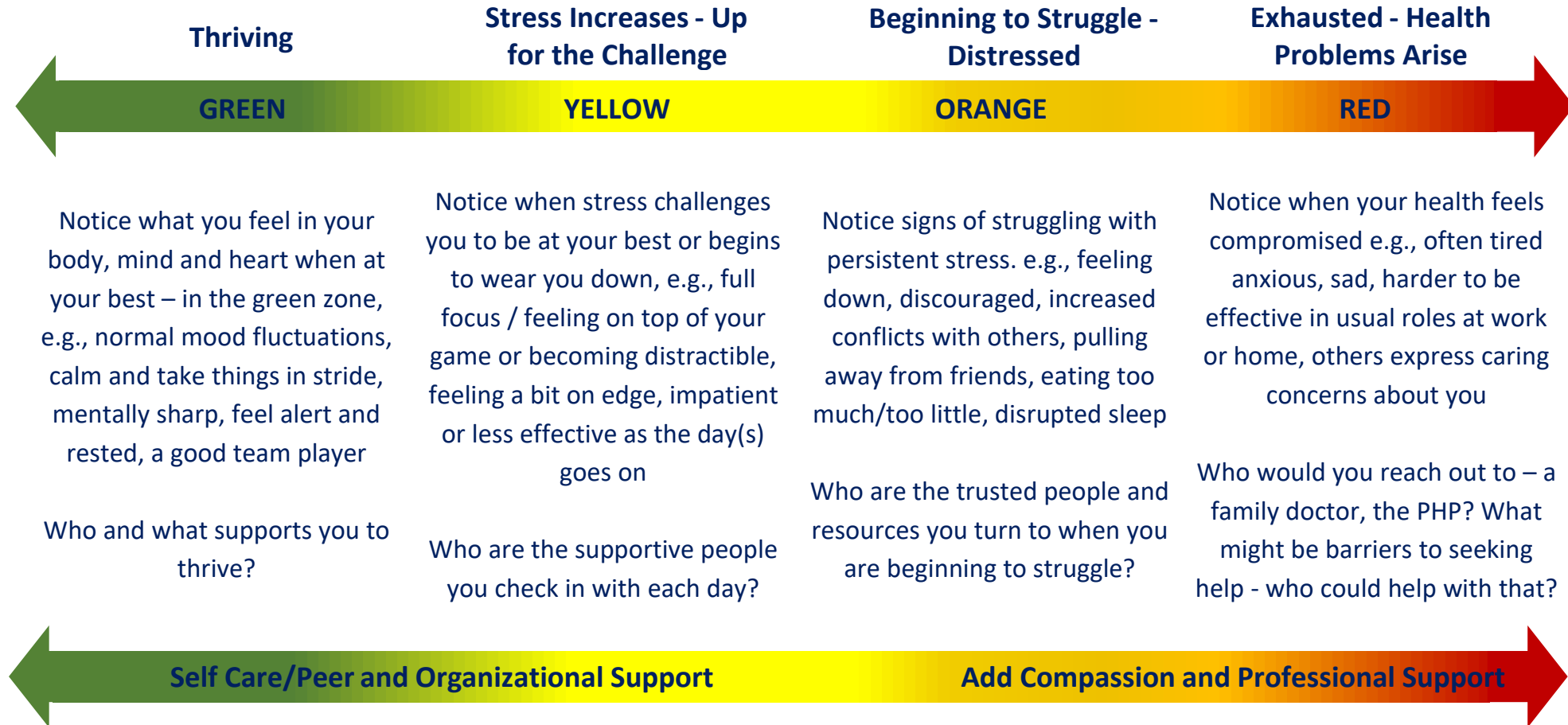
Example of a Pandemic Road to Recovery



Pacing Yourself in a Pandemic: Knowing When to Slow Down

Awareness of your day-to-day stress and well-being is the first step towards healthy action.

Ask yourself, where am I on *the continuum of stress and well-being* – what is my colour?



Next Steps: Create A Buddy System



Buddy System

1. Pairs or trios formally identify themselves as a “buddy system.”
2. Establish the platform you are going to use to connect with each other (e.g. text, WhatsApp, email, phone, zoom etc.).
3. Set up a regular time to check in with each other, e.g. make it a habit, to check in
4. Check in by asking each other questions followed by empathically listen to their story:
 - How you are managing the basics e.g. sleeping, eating? Are you taking time to relax, recharge and exercise? How is your family? Highlights at home or work – any low spots or concerns?
5. Support each other by sharing coping tips and resources

Resources

Physician Health Program

E: php@oma.org Ph:1-800-851-6606 W: <http://php.oma.org>

Virtual Drop in and Chat Groups

More information on the OMA members COVID page

Short Term Counselling and Support Options (no fees)

CAMH Mental Health and COVID page: <http://www.camh.ca/covid19hcw>

Psychologists - <https://cpa.ca/corona-virus/psychservices>

Digital CBT: <https://www.mindbeacon.com/>

Resources noted by panelists

Dr Melyn Leszcz recommended

Hartzband, P. and Groopman, J. Burnout, Interrupted. New England Journal of Medicine, accessed: May 1, 2020

<https://www.nejm.org/doi/full/10.1056/NEJMp2003149>

Drs. Maunder and Hunter's Three steps to coping with anything including COVID

<https://www.youtube.com/watch?v=ipO3AuqbZq8>

