

NOSM COVID-19 Weekly Clinical Rounds

COVID-19 and Mental Health Impact

April 24, 2020

MODERATOR:

- Jack Haggarty MD, FRCPC (Section Chair, Psychiatry)

PRESENTERS:

- Diane Whitney MD, FRCPC, BCETS (Program Director, Psychiatry Residency)
- Stacey Roles RN, MScN (Psychotherapist, Lecturer NOSM)

DESCRIPTION

Health care providers play an important role in addressing the anxiety and uncertainty that our patients, their families, other health care providers and the general public experience during the COVID-19 pandemic. The impact and management of social isolation and distancing will be discussed along with lessons learned from other geographic sites with significant COVID-19 morbidity. Techniques to support the mental wellbeing of health care workers on the front lines will be recommended.

LEARNING OBJECTIVES

1. Examine the impact of social isolation and distancing, staying home and possible quarantine on the mental health of patients and our selves.
2. Highlight the scientific literature on the impact of the COVID-19 pandemic on the mental health of health care providers.
3. Identify techniques to support the mental health of the health care workforce during COVID-19.

PRESENTATION AND SESSION DOCUMENTS:

- [View Full Presentation](#)
- [PowerPoint Speaker Slides](#)