Resiliency of Healthcare Workers During the SARS-COV-2 Pandemic

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RESILIENCY OF HEALTHCARE WORKERS DURING THE SARS-COV-2 PANDEMIC

Robert Fishwick
M.S. in Health Care Management
[Summer 2021]
**SITUATION**

- COVID-19 caused world wide health crisis
- Overwhelming burden of illness and mortality
- Placing healthcare professionals in an impossible situation
- Front line health workers experienced mental and physical ailments
- Challenging the resilience of frontline health workers
BACKGROUND

- Rapid and disruptive change requires conviction, confidence, and courage for immediate and long-term sustainability.

- The deleterious effects of stress lead to mental health problems such as depression and anxiety, which, consequently may affect work, family and other social relationships.

- ‘Resilience’ Ability to cope with the negative effects of stress and avoid mental health problems and their wider effects.

- Various interventions support resilience and mental well-being in frontline healthcare professionals.
Aim Of The Project

- 30 Respiratory Therapists, 300 bed community hospital epicenter of COVID-19 pandemic in the State of New Hampshire
- Emailed survey 30 staff, 24 views, 23 responses. 95.5% completion rate
- Identify issues linking amplified emotional stress, and physical responses
- Perception of leadership/organizational support during the pandemic
- Tools participants found helpful for self care/maintaining resilience
- Organizational/Leadership processes to support health worker resilience
<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>%</th>
<th>No</th>
<th>%</th>
<th>Unsure</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Given the unknowns and serious nature of the COVID-19 virus, did you experience hopelessness?</td>
<td>13</td>
<td>56.5%</td>
<td>8</td>
<td>36.5%</td>
<td>2</td>
<td>8.7%</td>
</tr>
<tr>
<td>During the COVID-19 pandemic my department leadership team conveyed a supportive environment?</td>
<td>13</td>
<td>65.6%</td>
<td>3</td>
<td>13.0%</td>
<td>7</td>
<td>30.40%</td>
</tr>
<tr>
<td>I felt free to express my feelings about the pandemic in an open and non-judgmental environment?</td>
<td>16</td>
<td>69.6%</td>
<td>1</td>
<td>5%</td>
<td>4</td>
<td>20%</td>
</tr>
<tr>
<td>During the COVID-19 pandemic I struggled for restful sleep.</td>
<td>12</td>
<td>60%</td>
<td>8</td>
<td>40%</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>During the pandemic I experienced increased sadness and depression.</td>
<td>12</td>
<td>60%</td>
<td>7</td>
<td>35%</td>
<td>1</td>
<td>5%</td>
</tr>
<tr>
<td>My personal/family life was affected by the pandemic and resulted in increased stress and anxiety at work?</td>
<td>16</td>
<td>69.6%</td>
<td>6</td>
<td>26.10%</td>
<td>1</td>
<td>4.3%</td>
</tr>
<tr>
<td>The organization provided tools and resources to help me stay resilient during the pandemic response?</td>
<td>9</td>
<td>34.86%</td>
<td>9</td>
<td>39.10%</td>
<td>6</td>
<td>26.10%</td>
</tr>
</tbody>
</table>

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Thinking about resilience as a healthcare worker during the COVID-19 pandemic, I participated in the following to manage the increased levels of stress. Select all the apply

<table>
<thead>
<tr>
<th>Answer</th>
<th>Responses</th>
<th>% of subjects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slept more than usual</td>
<td>8</td>
<td>34.8%</td>
</tr>
<tr>
<td>Watched tv/read books</td>
<td>9</td>
<td>39.10%</td>
</tr>
<tr>
<td>Exercised more</td>
<td>10</td>
<td>52.52%</td>
</tr>
<tr>
<td>Spent with family</td>
<td>7</td>
<td>33.00%</td>
</tr>
<tr>
<td>I did nothing different</td>
<td>2</td>
<td>10.0%</td>
</tr>
</tbody>
</table>
**Recommendations**

- **Organizations/Leadership:** Communication, psychosocial support and treatment, adjusting tasks and responsibilities, adjusting work patterns, and team building.

- **Zen Den:** Space to go to relax, connect with present moment, combat physical effects of mental health issues or find peace amongst chaos.

- **Essentials Oils, Electric Candles, Soft Lighting, Journal and Massage Chair.**
Zen Den

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References


Questions?