

Mental Health Status of and Support for Health Care Workers during the COVID-19 Pandemic

For HCWs
health care leaders
peers, families, and friends

- ❖ Health care workers (HCWs) are the frontlines responding to the COVID-19 pandemic.
- ❖ HCWs often **work in highly challenging environment** throughout the COVID-19 pandemic and **exposing to unprecedented psychological pressure**.
- ❖ So as the frontline **HCWs, health care leaders, peers, families, and friends**, it is critical to learn what mental health problems the HCWs may encounter, and how to take steps to maintain the good mental health of HCWs.

Mental health problems reported by HCWs in COVID-19

- ❖ Depression
- ❖ Stress
- ❖ Sleep disturbances
- ❖ Insomnia
- ❖ Distress
- ❖ Fear
- ❖ Burn-out
- ❖ Suicidal ideation
- ❖ Changes in appetite
- ❖ Loneliness
- ❖ Powerless
- ❖ Disconnected

Vulnerable groups among frontline HCWs during the COVID-19 pandemic

- Nurses
- Females HCWs
- HCWs directly taking care COVID-19 patients
- HCWs lacking PPE

Dr Tedros Adhanom Ghebreyesus, the WHO Director-General, said “ The COVID-19 pandemic has reminded all of us of the vital role health workers play to relieve suffering and save lives. **No country, hospital or clinic can keep its patients safe unless it keeps its health workers safe.**”

- ❖ As addressed by WHO, **protecting HCWs is the key to ensuring that the health care system remains sustainable** during this pandemic.
- ❖ **The health, safety, and ability of HCWs to provide quality medical services are influenced by their mental health status. So, taking actions to manage the mental health of HCWs is urgent.**

