

The Impact of the COVID-19 Pandemic on Mental Well-Being of Emergency Department Healthcare Workers in the U.S

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Objective

To understand the impact of the pandemic and HCW's mental well-being, 32 participants were recruited and answered questions related to their work and lifestyle changes after the pandemic in addition to their preference for possible interventions.

Background

- The pandemic is likely to increase stress level in HCWs which could result in errors and lack of empathy in patient care [1]
- Kelvin Young and et al. published study showing that 5 % of 1,399 healthcare worker participants showed raised risk of committing suicide [2]

Methods

Eligibility Criteria

- Emergency Department (ED) Healthcare Worker
- Must have worked in the ED before and after January 2020

Study Design

- 17 multiple choice question Google Forms survey
- Questions based off of the Perceived Stress Scale and Patient-Reported Outcomes Measurement Information System (PROMIS) Scale

Data Collection

- Responses collected from April 26 - May 5, 2021
- 32 total responses
- Participants were recruited through:



Reddit



Facebook

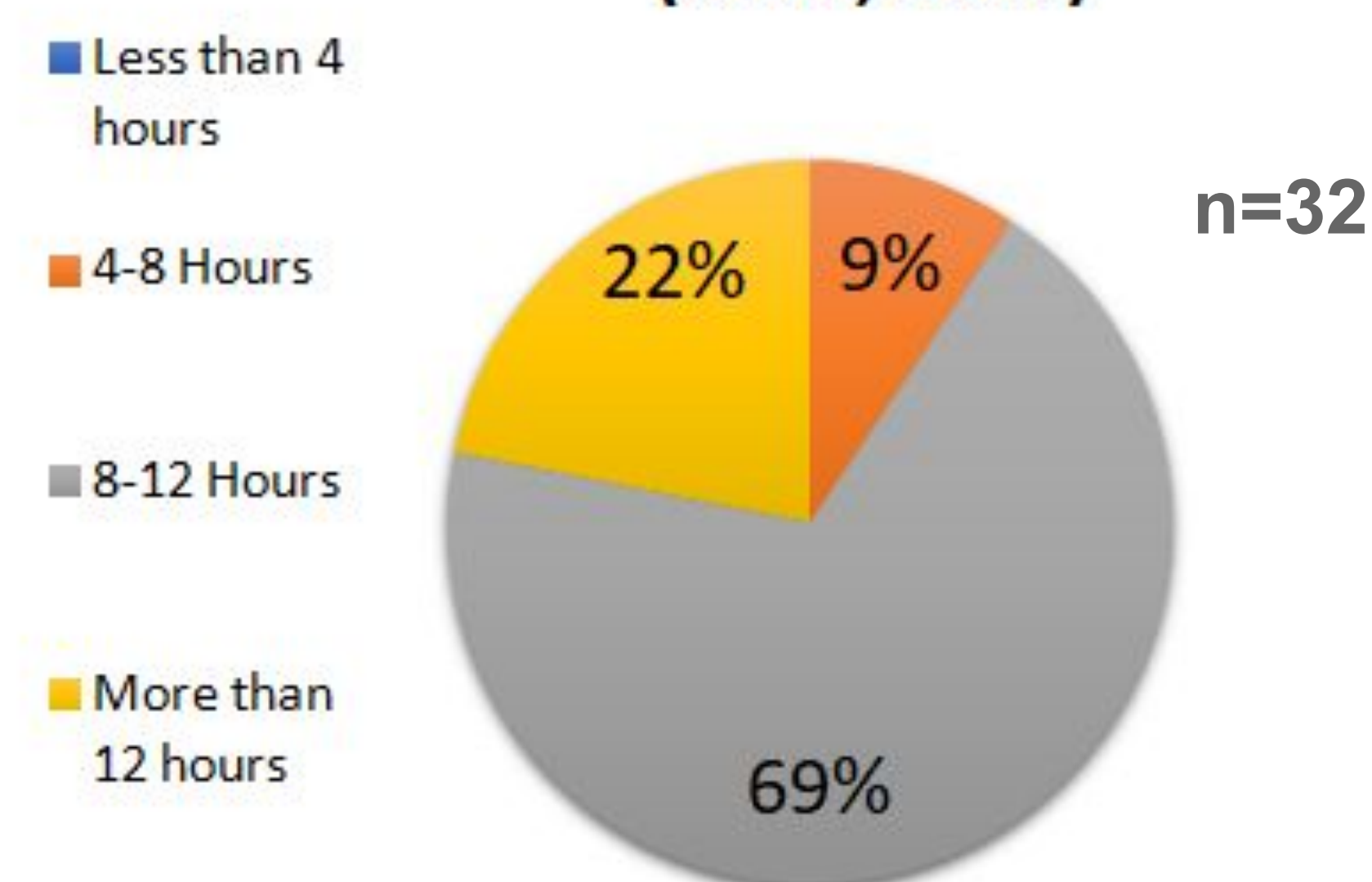


Email

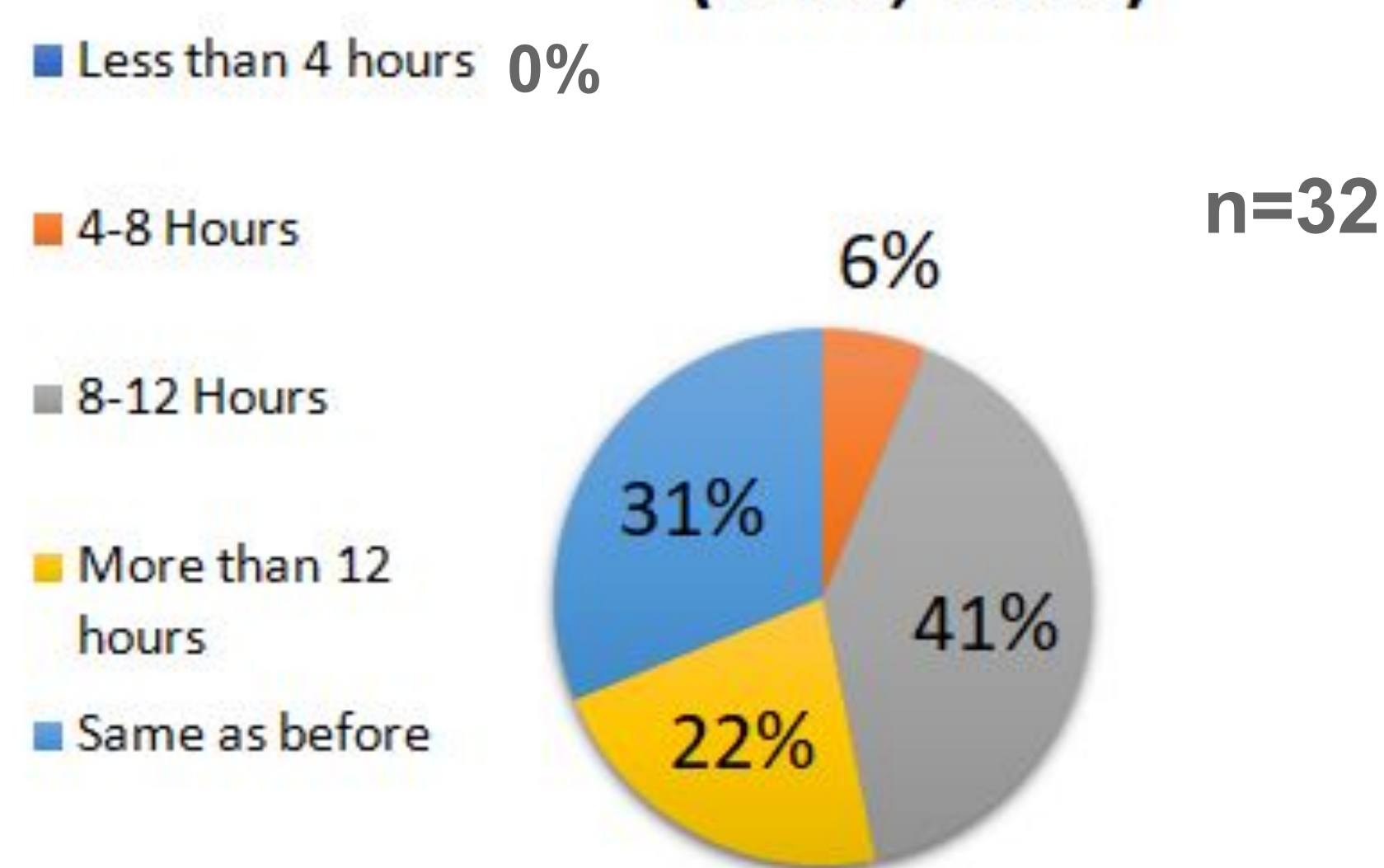
- Analysis
 - Used Microsoft Excel to visualize data and calculate percentages related to participant sleep quality, appetite, and interest in possible interventions

Results

Work Hours Before the Pandemic (Jan 1, 2020)

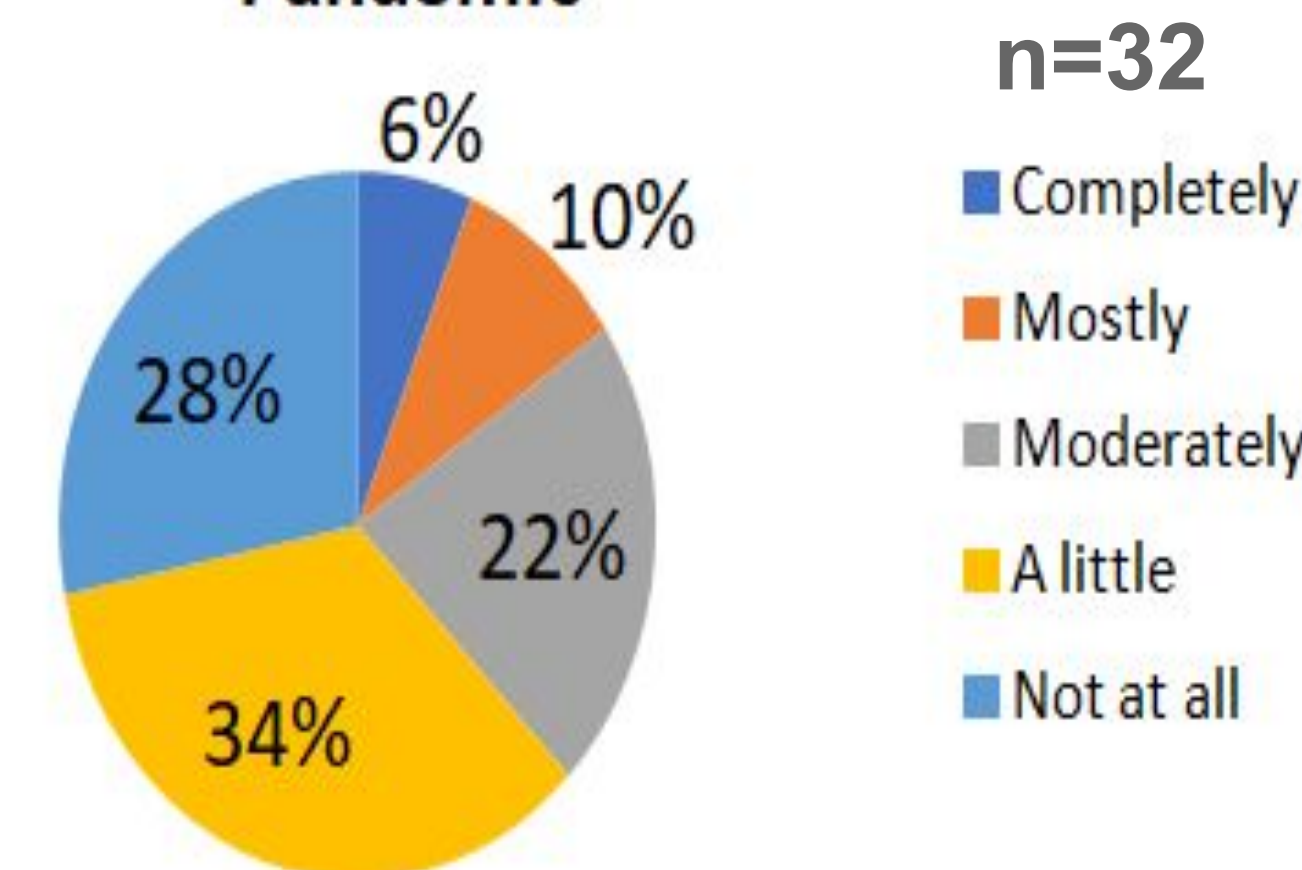


Work Hours After the Pandemic (Jan 1, 2020)



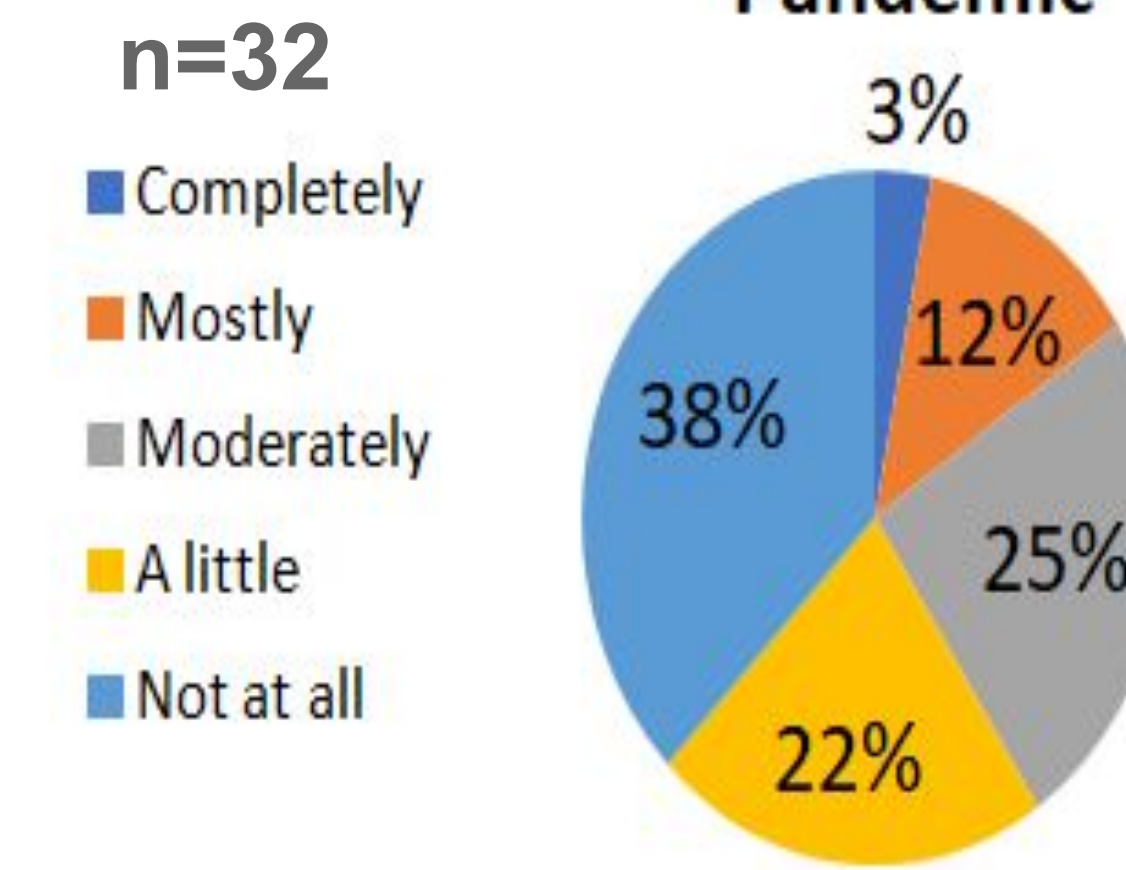
- While findings did not show significant increase in work hours per day, the majority of the participants reported 8 -12 and greater than 12 work hours per day.

Sleep Quality Change After the Pandemic

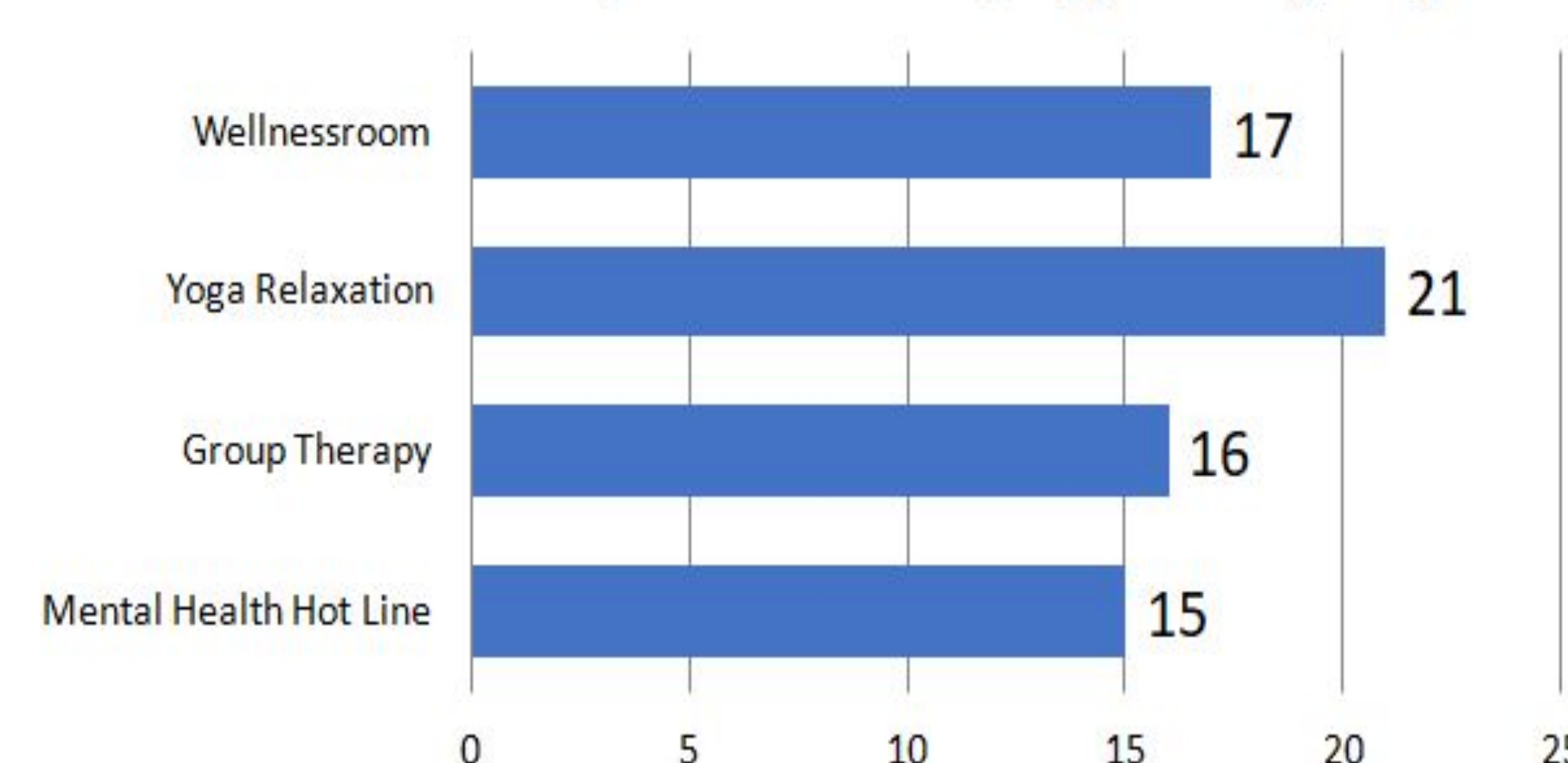


- Greater than 70% of the participants (n=32) reported changes in their appetite and sleeping patterns.

Appetite Change After the Pandemic



Number of Participants with Strong Opposition (n=32)



- The intervention choices provided in the study produced strong negative responses from 17, 21, 16, and 15 participants

Conclusion

- Strong relationship between COVID-19 pandemic and ED HCWs' work and lifestyle changes
- A lack of interest in wellness interventions
- Focus on interpersonal interventions; Social support from family and friends is the effective psychological coping mechanism [3]
- CDC recommends more opportunities to engage in self-care [4]
- **Policy Implications:**
 - Preventing those on duty before getting exhausted and affecting the quality of healthcare delivery, ensuring that the entire team maintains the same understanding of information and protocols, establishing the break time for HCWs and having more staff

References

- [1] Shreffler, J., Petrey, J., & Huecker, M. (2020). The Impact of COVID-19 on Healthcare Worker Wellness: A Scoping Review. *The western journal of emergency medicine*, 21(5), 1059–1066. <https://doi.org/10.5811/westjem.2020.7.48684>
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- [3] Alnazly E, Khraisat OM, Al-Bashairh AM, Bryant CL (2021) Anxiety, depression, stress, fear and social support during COVID-19 pandemic among Jordanian healthcare workers. *PLoS ONE* 16(3): e0247679. <https://doi.org/10.1371/journal.pone.0247679>
- [4] "Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic." Centers for Disease Control and Prevention, CDC, 16 Dec. 2020, www.cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html.

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