



COVID THROUGH THE EYES OF HEALTHCARE WORKERS

REAL STORIES OF REAL MEDICAL STAFF

THE MIND BODY PROJECT

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INTRODUCTION

Burnout is a serious issue for healthcare workers in America. Enhanced challenges in recent years have included navigating Electronic Health Records (EHRs), loss of autonomy, enhanced protocols, increased administrative demands, and increased need to provide data for quality assessment [1]. Nurses and physicians experience a variety of complications that continuously enhance the rigor of their job.

ABOUT US

We began our journey into trauma-sensitive healing by running wellness retreats and mindfulness programs in the US and China. As we learned more about why people become stressed and develop patterns that lead to personal burn-out, it became clear that many physical and mental challenges stem from trauma. So...we began working with top researchers and teachers to bring life-changing trauma-sensitive programs to leaders on the front lines of medicine and education.

Managing this balancing act amidst a global pandemic has made the life of a healthcare worker increasingly emotionally exhausting. This presents a serious challenge to healthcare institutions, as care takers are seeing less incentive to enter into these roles. According to a report by the Association of American Medical Colleges, the United States will face a shortage of between 54,100 and 139,000 physicians by 2033 [2]. With these rising trends, it's more important now than ever to equip our frontline workers with tools to support compassionate care.

THE PROJECT

Since September 2020, The Mind Body Project (TMBP) has been conducting zoom interviews with frontline medical staff to understand their challenges, needs, and the reality of working in hospitals during COVID. We have spoken with CNOs, Nurses, PAs, Doctors, and Administrators at all experience levels. In this report, we integrate their stories and share insights on how they are staying resilient. We also will share tools we're deploying to create a community-inspired approach to managing stress, working through trauma, and strengthening our frontline.

FEATURES

01

FRONTLINE OUTLOOK

Snapshot of wellness among hospital staff

02

TESTIMONIALS

What healthcare workers are saying

03

INTEGRATING WELLNESS

What The Mind Body Project is doing to help





HEALTHCARE FRONTLINE OUTLOOK

22

MEDICAL STAFF

We interviewed 22 physicians, nurses, and healthcare administrators from hospitals and medical centers across the United States.

71%

HIGH CASELOAD

71% of healthcare staff said that an influx of patients, additional trainings and responsibilities were a key challenge towards maintaining their physical and emotional wellbeing.

85%

WORKPLACE WELLBEING

85% of healthcare staff noticed significant changes in workplace wellness since COVID happened, including burnout, resignations and higher work demands.

57%

LACK WELLNESS PROGRAMS

57% of healthcare staff reported that their institution does not have a significant program in place to support wellness amongst hospital staff.

29%

BURNOUT AWARENESS

Only 29% of healthcare staff responded that they are able to monitor and recognize the signs of burnout amongst coworkers



WHAT ARE HEALTHCARE WORKERS SAYING?

"Wellness is very intertwined with the job of a healthcare worker, but it is difficult to maintain when there is such negative stigma for them to seek help."

**GENERAL SURGEON &
CRITICAL CARE DOCTOR,
ANNE ARUNDEL MEDICAL
CENTER**

"It really bugs me when doctors don't listen. When you know something's not right and the doctors brush you off. It shouldn't have taken three doctors and five days to have complete results."

**REGISTERED NURSE,
BALTIMORE WASHINGTON
MEDICAL CENTER**

"There are high volumes of people coming into these clinics, and anyone with the slightest symptoms needs to be tested. Despite all this, clinicians are not getting paid for their time off work. People were showing up to work sick because they wanted pay."

**PHYSICIAN ASSISTANT,
OLYMPIC MEDICAL
SYSTEM**

"As a medical resident,
When I am stressed,
I want to cry,
So that I can be relieved."

**MEDICAL RESIDENT,
VIRTUA HEALTH SYSTEM**

"As a registered nurse,
When I am overwhelmed,
I want to relax/take a moment,
So that I can calm down."

**REGISTERED NURSE,
BAYFRONT HEALTH**



CURRENT HOSPITAL
RESOURCES FOR
FRONTLINE
HEALTHCARE
WORKERS

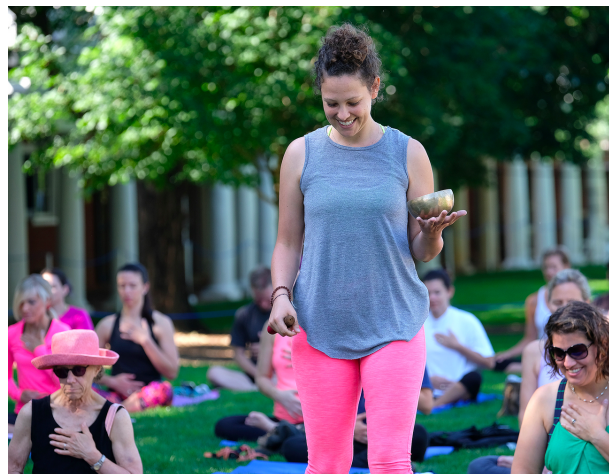
- **Employee Assistance Program (EAP)**
- **Wellness Library** — Virginia Commonwealth University
- **The Resilience in Stressful Events (RISE) Program** — Baltimore Washington Medical Center
- **Staff Mindfulness Training** -- Anne Arundel Luminis Medical Center
- **CareBridge** — Virtua Health System
- **ZenDen** — Olympic Medical System

SELF-CARE FOR CARETAKERS

Nurses, doctors and clinicians participate first-hand in science backed breathing, mindset and movement techniques to find personal calm and clarity to take into their stressful jobs.

Through The Mind Body Project's "**Self-Care for Care Takers**" program, we present best practice research in mindfulness, wellbeing and compassionate care initiatives from major medical systems throughout the United States. Sometimes we use light-hearted tools for laughter and play, sometimes we dig deeper to relieve deeply held emotions. We work closely with existing mindfulness and wellness teams at hospitals to enhance their own teaching and facilitation skills.

We also host hands-on workshops to teach trauma-sensitive skills that care takers can bring into real-life work situations. Presently, we are collaborating with administrators to roll out larger initiatives with medical staff.





REFERENCES

- [1] Emanuel, Ezekiel J. Which Country Has the World's Best Health Care? New York, Public affairs, 2020.
- [2] Boyle, Patrick. "U.S. Physician Shortage Growing." AAMC, 26 June 2020, www.aamc.org/news-insights/us-physician-shortage-growing.

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