



HEALTHTRUST[®]
UNIVERSITY CONFERENCE

July 26, 2022

The Impact of the COVID-19 Pandemic on Mental Health

Austin Mondloch, PharmD & Matthew Sherman, PharmD, MBA

| Disclosures

- The presenters have no real or perceived conflicts of interest related to this presentation

Note: This program may contain the mention of suppliers, brands, products, services or drugs presented in a case study or comparative format using evidence-based research. Such examples are intended for educational and informational purposes and should not be perceived as an endorsement of any particular supplier, brand, product, service or drug.

| Learning Objectives

At the end of this session, participants should be able to:

1. Recall the common mental health disorders associated with the COVID-19 pandemic
2. Recognize the resulting effects of the COVID-19 pandemic on mental health
3. Identify strategies for coping with stress and anxiety



Recognizing Mental Health Disorders and Effects of the Pandemic

Austin Mondloch, PharmD

Clinical Pharmacist in Drug Information

Aegis Sciences Corporation/Belmont

*Kate S. Cook (Claussen), PharmD, CAHIMS, BCMAS, Preceptor
Director of Clinical Information for Pharmacy Services, HealthTrust*

The background of the slide is a blue-tinted photograph. On the left side, there is a close-up of an IV drip chamber with a clear plastic bag and a tube. The rest of the image is a blurred hallway with a series of rectangular light fixtures on the ceiling, creating a sense of depth and a clinical atmosphere.

Common Mental Health Disorders Associated with the COVID-19 Pandemic

Background

- The Coronavirus Disease 2019 (COVID-19) pandemic has had a major effect on our lives.
- The general population has been facing unprecedented challenges that can be stressful, overwhelming and cause strong emotions in adults and children.
- Public health actions have become necessary to reduce the spread of COVID-19, such as social distancing, although this can also make anyone feel isolated and lead to increased stress and anxiety.
- Healthcare professionals have not been immune to these effects, although in the end, we have an obligation to address this aspect of the pandemic with our colleagues.

Mental Health Disorders & Conditions

Suicide is the 12th leading cause of death in the U.S. (2020)

Suicide

In 2020, depression affected 8.4% of U.S. adults and 17% of U.S. adolescents

Depression

Anxiety disorders are the most common mental illness in the U.S., affecting 19% of adults and 32% of adolescents

Anxiety

Exhaustion/fatigue

PTSD

Eating disorders



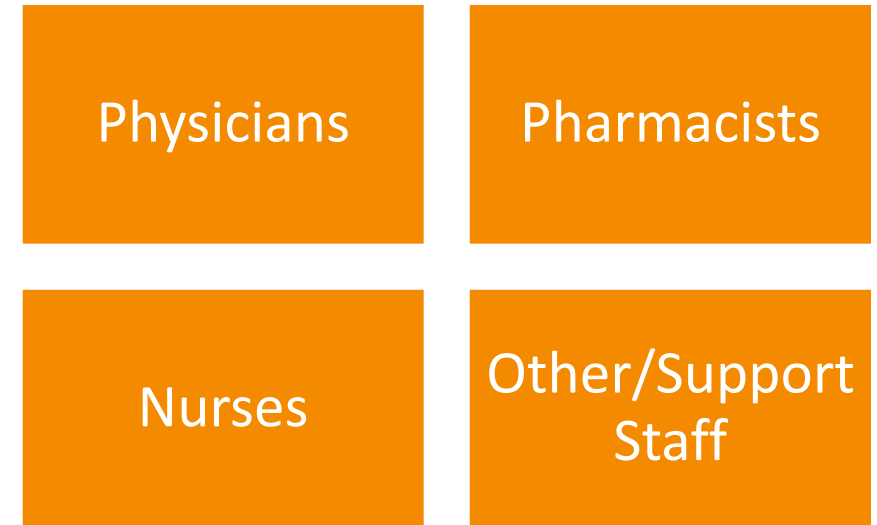
Source: American Psychiatric Association, 2013. DSM-V, doi-org.db29.lincweb.org/10.1176/ appi.books.9780890425596.dsm02; National Institute of Mental Health: <https://www.nimh.nih.gov/health/statistics/major-depression>; <https://www.nimh.nih.gov/health/statistics/suicide>; American Association of Anxiety and Depression: <https://adaa.org/understanding-anxiety/facts-statistics>

Burnout

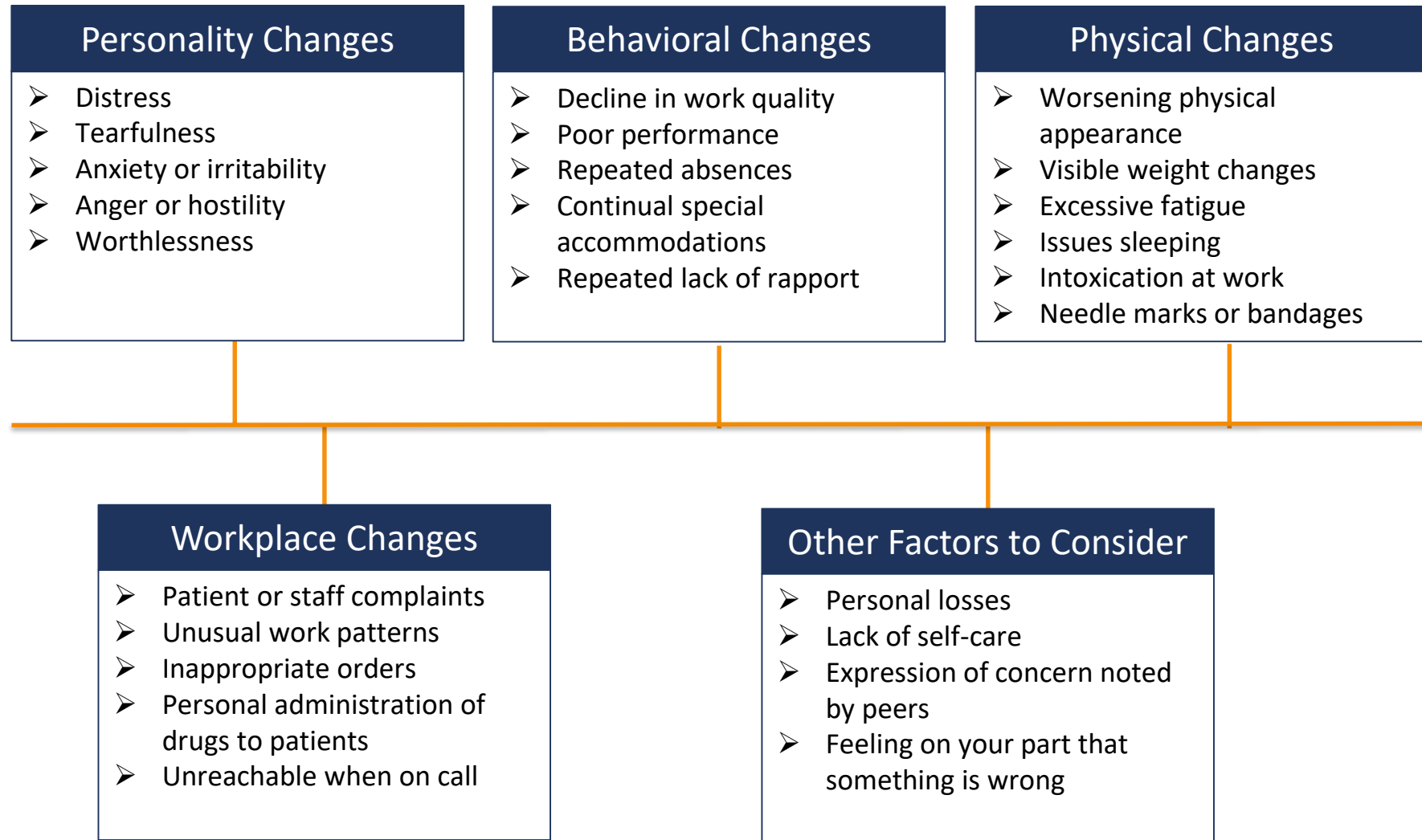
Characteristics & Risk Factors



Who is affected?



Potential Signs of Burnout & Distress



Assessment Question: #1 of 3

Which of the following are mental health disorders/conditions associated with the COVID-19 pandemic? (Select all that apply)

- a. Fatigue
- b. Anxiety
- c. Depression
- d. PTSD

Audience Poll Question: #1 of 3

Which of the following are mental health disorders/conditions associated with the COVID-19 pandemic? (Select all that apply)

- a. Fatigue**
- b. Anxiety**
- c. Depression**
- d. PTSD**

Effects of the COVID-19 Pandemic on Mental Health

Rates of Anxiety/Depression/Stress in the General Public

Prevalence of Mental Health Issues During COVID-19

- Systematic review/meta-analysis conducted in U.S. adults (N=21,362)
- Compared rates of mental distress from 2018 to the rates captured in April 2020
- Three-fold higher rate of distress in 2020 compared to 2018

All participants	Moderate or serious distress	RR (95% CI)
NHIS 2018	22.0% (4275, 15,158)	3.20 (3.08, 3.33)
Luc.id 2020	70.4% (1431, 601)	

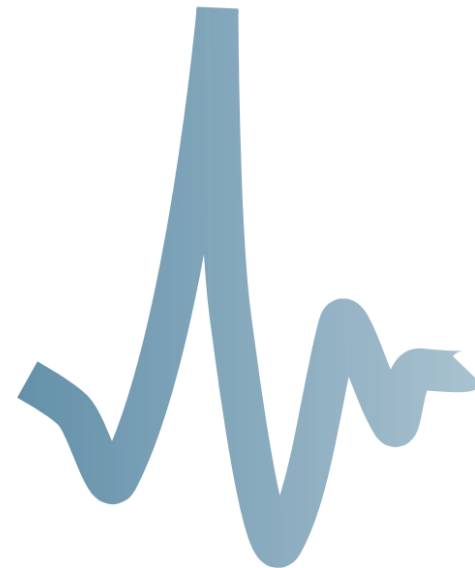
Household Pulse Survey

U.S. Census Bureau & National Center for Health Statistics

- 20-minute online survey to assess social and economic impacts of COVID-19 on U.S. households
- Data collection started 4/23/2020 and is now in Phase 3.5 (as of 6/13/2022)
- Data collection will end on 8/8/2022

- Asked questions related to demographics, employment, food insecurities, housing, education and **health**

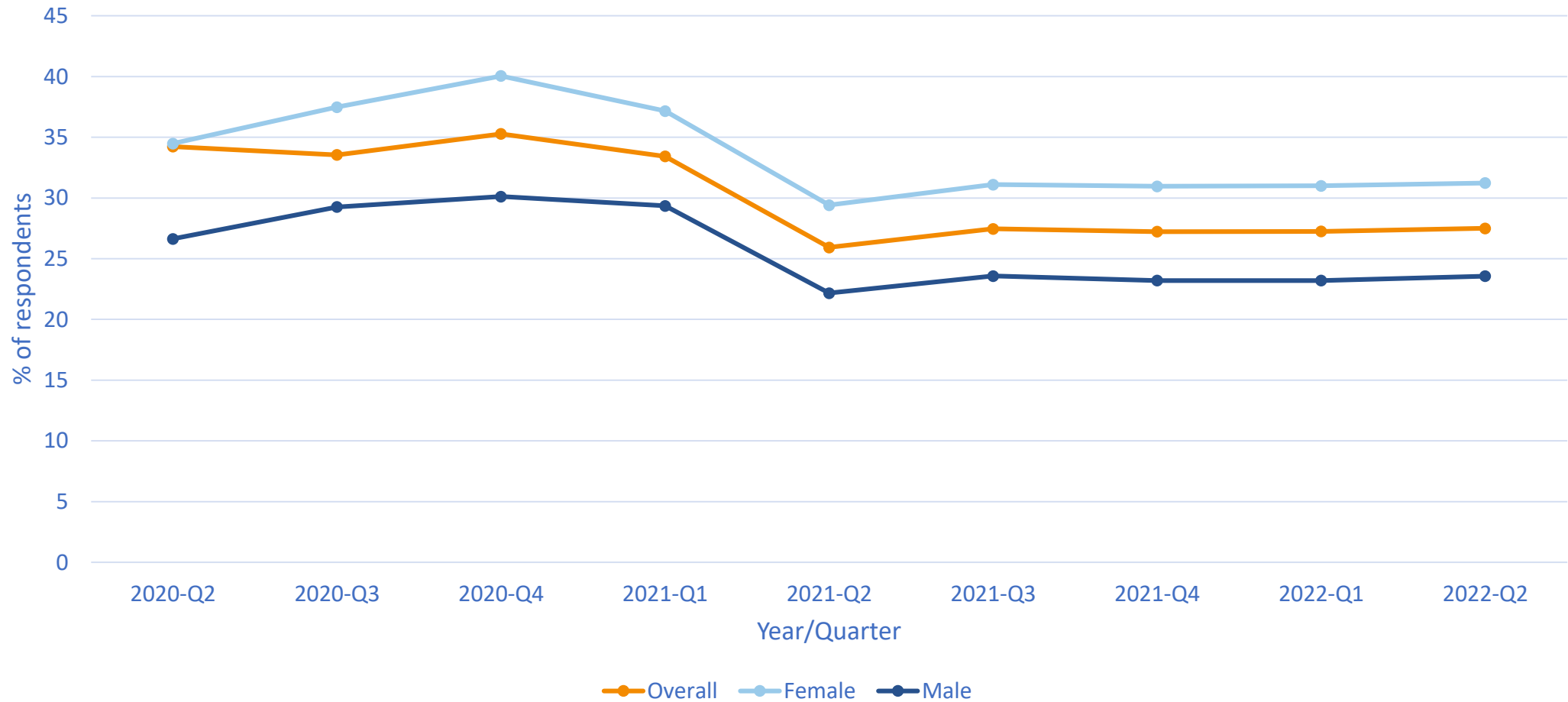
- Health questions:
 - Symptoms of anxiety within the last 2 weeks
 - Symptoms of depression within the last 2 weeks



Household Pulse Survey

U.S. Census Bureau & National Center for Health Statistics

U.S. Adults Reporting Symptoms of Anxiety in the Last 2 Weeks

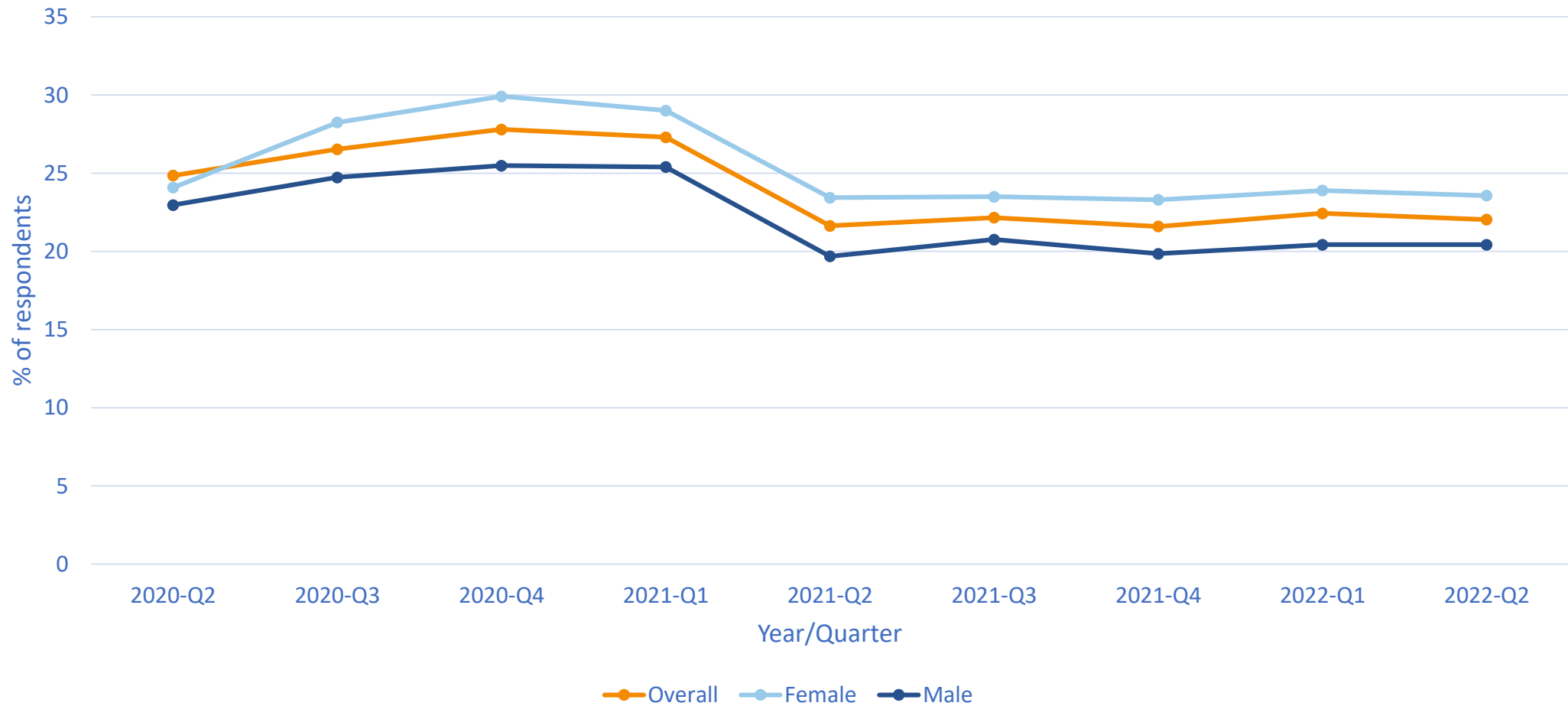


Source: CDC: <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

Household Pulse Survey

U.S. Census Bureau & National Center for Health Statistics

U.S. Adults Reporting Symptoms of Depression in the Last 2 Weeks



Stress in America 2020

American Psychological Association

- Online poll on behalf of the American Psychological Association
- Given to U.S. adults from 8/4/2020 - 8/26/2020 (N=3,409)

Polling Statement	Reponses
COVID-19 is a significant source of stress in their life	78%
Experienced increased stress over the course of COVID-19	67%
Negative effect of stress on their physical and emotional well-being of increased stress	49%
Mental health is worse than it was this time last year	19%
Agreed with the statement “This is the lowest point in our nation’s history that I can remember”	71% (up from 56% in 2019)

Rates of Anxiety/Burnout in Healthcare Workers

Effect of COVID-19 on Anxiety & Depression in Healthcare Workers

- Systematic review across 35 countries between 2019 and 2020 (N=169,157)
 - Examples of countries included: China, Iran, Jordan, U.S., South Korea, etc.
- Assessed the mental health of healthcare workers during the COVID-19 pandemic

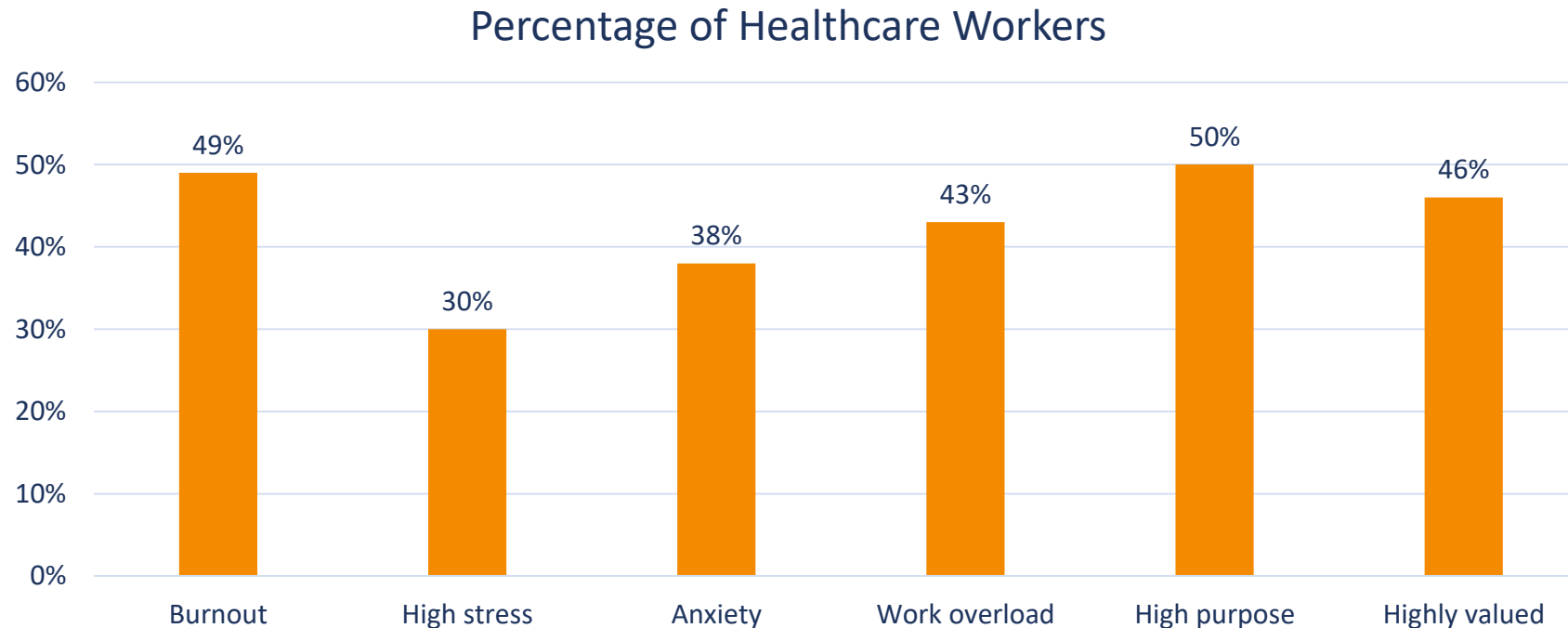
	Anxiety	Depression
All healthcare workers	22—33%	18—36%
Nurses	23—27%	28%
Physicians	17—20%	40%

- The pandemic has lead to increased stressors, such as increased work hours and risk of exposure to the virus

Effect of COVID-19 on Anxiety & Depression in Healthcare Workers

Prevalence and Correlates of Stress & Burnout – AMA National Cross-Sectional Survey Study

- Survey of U.S. healthcare workers from 5/28/2020 – 10/1/2020 (N=20,947)
 - 45% clinicians, 12% allied health professionals, 23% administrative, 1% non-clinical
- 10-item work-life survey assessing stress, anxiety/depression associated with COVID-19, work overload, and burnout



Coping With COVID

American Medical Association

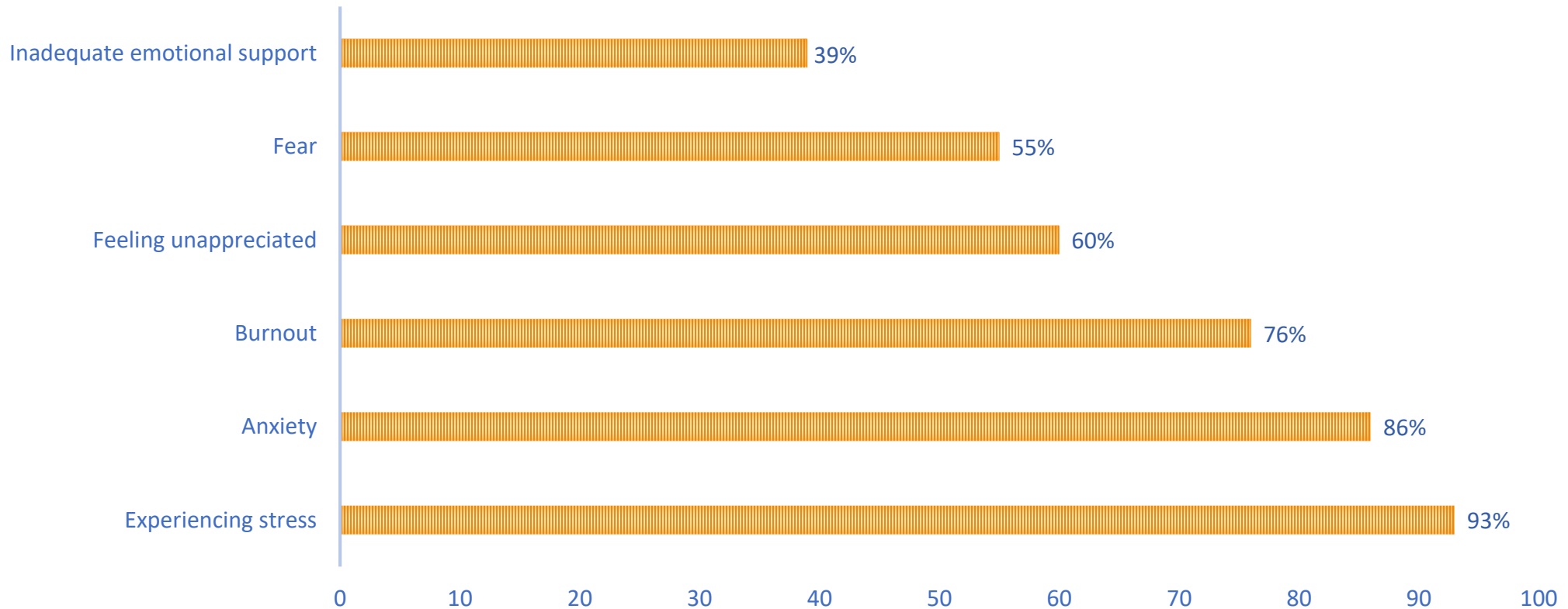
- Survey of U.S. healthcare workers from 5/28/2020 – 10/1/2020 (N=20,947)
 - 45% clinicians, 12% allied health professionals, 23% administrative, 1% non-clinical
- 10-item work-life survey assessing stress, anxiety/depression associated with COVID-19, work overload, and burnout

	High Stress	Anxiety	Work Overload	Burnout
Clinicians	30%	36%	41%	52%
Nurses	30%	42%	45%	54%
Physicians	30%	25%	37%	48%
Allied health professionals	31%	44%	48%	53%
Administrative	30%	39%	45%	46%
Non-clinical	30%	40%	41%	40%

Mental Health of Healthcare Workers in COVID-19

Mental Health America

- Online survey of U.S. healthcare workers from 6/1/2020 – 9/1/2020 (N=1,119)
 - 32% clinicians, 42% allied health professionals, 7% support staff, 19% other



Physician Burnout & Depression Report 2020 & 2022

Medscape

- 10-minute online survey of U.S. physicians comparing rates of burnout from 6/25/2019 – 9/19/2019 (n=15,181) to 6/29/2021 – 9/26/2021 (n=13,069)
- Burnout: 42% in 2020 vs/ 47% in 2022

Contributors to Burnout	2020	2022
Too many bureaucratic tasks	55%	60%
Spending too many hours at work	33%	34%
Lack of respect from colleagues	32%	39%
Increasing computerization of tasks	30%	38%
Insufficient compensation/pay	29%	28%
Lack of autonomy	24%	32%
Stress from COVID-19	N/A	22%
Strategies to Cope with Burnout	2020	2022
Isolate myself from others	45%	45%
Exercise	45%	48%
Talk with family/friends	42%	41%
Sleep	40%	41%
Eat junk food	33%	35%
Play or listen to music	32%	35%

Physician Burnout & Depression Report 2022

Medscape

- 21% depression in 2022 survey
 - Only 53% said that this interaction did not affect patient relationships

Methods to Alleviate Burnout at Work	%
Meditation/stress-reducing techniques	29%
Reduced my work hours	29%
Changed work settings	19%
Workflow/staff changes to ease workload	17%
Spoke with administration about productivity pressure	16%
Reasons Physicians Have Not Sought Help	%
I can deal with this without help from a professional	49%
Don't want to risk a disclosure to the medical board	43%
Concerned about it being on my insurance record	32%
Concerned the medical profession will shun me	22%
I don't trust mental health professionals	11%

Pharmacist Burnout During COVID-19 Before Vaccine

Wisconsin Department of Health and Professional Services

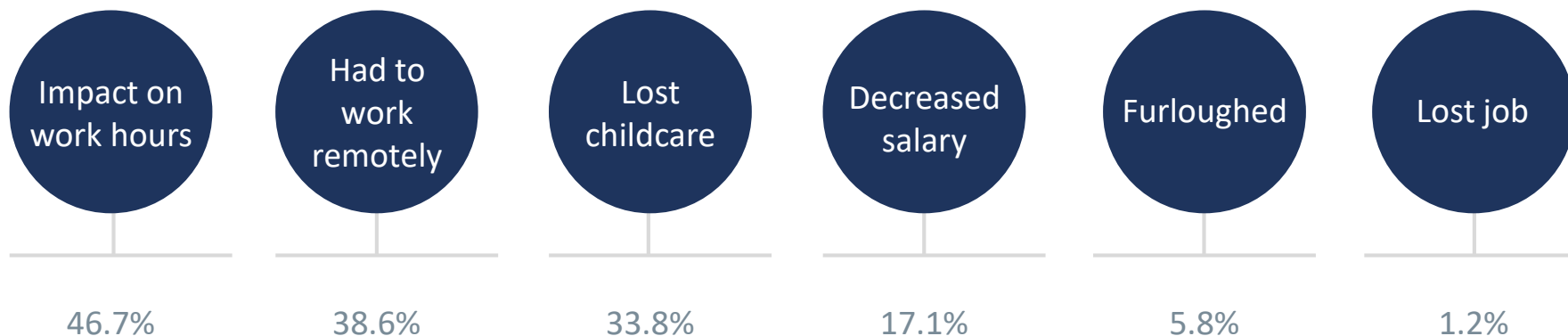
- Survey of Wisconsin pharmacists from 8/25/2020 – 9/22/2020 (n=439)
- 27-question survey assessing stress and emotional health associated with COVID-19
 - No statistical difference between hospital (42%) and community practice (41%) settings (P<0.77)

	Depression	Anxiety	Burnout	
			Physical Exhaustion	Emotional Exhaustion
All pharmacists	25%	41%	45%	53%
Community	25%	40%	43%	56%
Hospital	24%	42%	47%	51%

Pharmacist Burnout

Michigan Medicine/University of Michigan College of Pharmacy

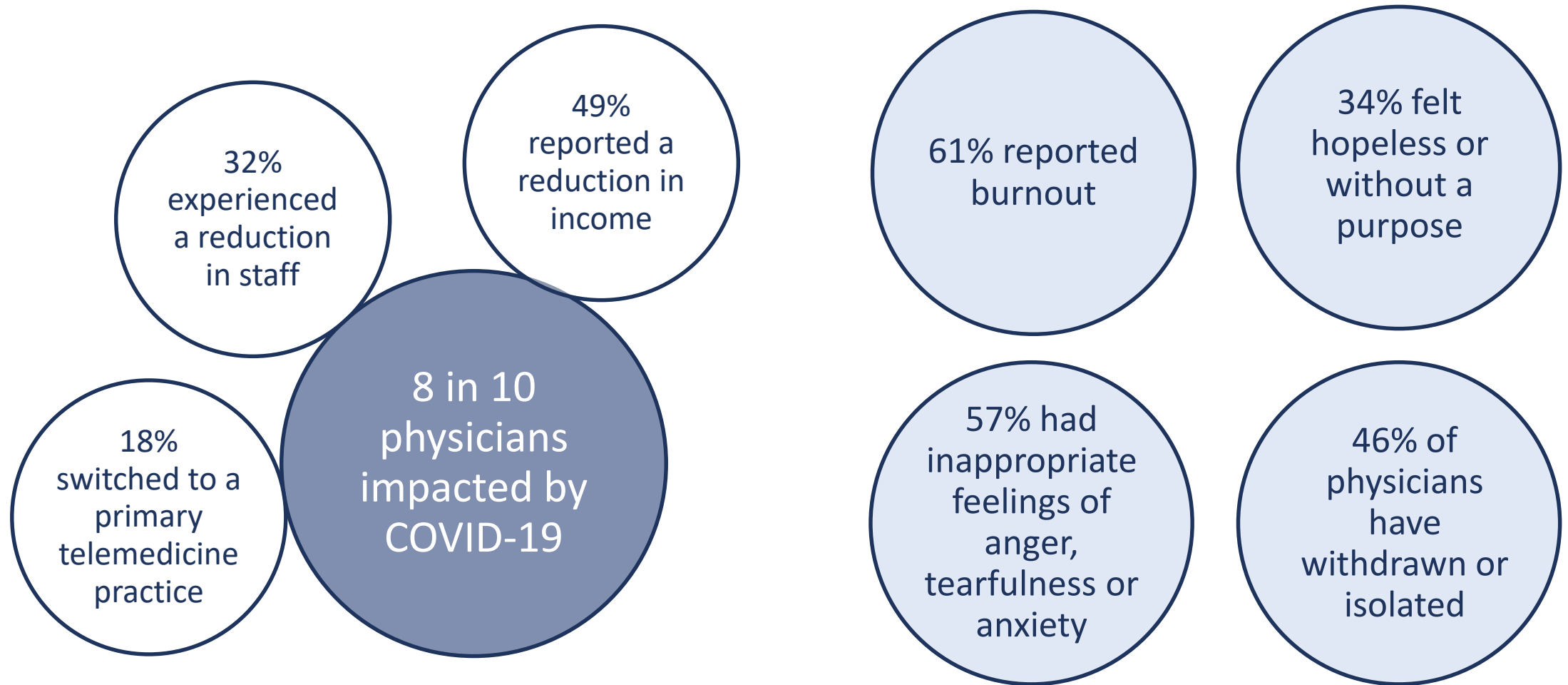
- Survey of U.S. health-system pharmacists from 4/21/2020 – 5/20/2020 (n=484)
- 62-question survey assessing views on COVID-19 and burnout
- 47% reported current burnout, and 81% had a history of burnout
 - Of those with current burnout, 40% indicated burnout due to COVID-19
 - As for duration of burnout, 81% reported burnout of >12 months
- Estimated perceived burnout at respondent's institution was reported at 43%



Physician Burnout & Depression Report 2021

Physicians Foundation

10-minute online survey of U.S. physicians from 6/26/2021 – 6/9/2021 (n=2,054)



Assessment Question : #2 of 3

The COVID-19 pandemic has not been a contributor to the increased incidence of healthcare provider burnout.

- a. True
- b. False

Assessment Question: #2 of 3

The COVID-19 pandemic has not been a contributor to the increased incidence of healthcare provider burnout.

a. True

b. False



Strategies for Mental Health Improvement

Matthew Sherman, PharmD, MBA

Clinical Management Fellow in Drug Information

HealthTrust/Belmont University

*Kate S. Cook (Claussen), PharmD, CAHIMS, BCMAS, Preceptor
Director of Clinical Information for Pharmacy Services, HealthTrust*



Strategies for Coping With Stress & Anxiety

Processing Stress

Activity

1. Close your eyes and think of something you are experiencing now at work that is really challenging and causing you stress.
2. Now, place your hand over your heart and take 3 deep slow breaths.
3. Open your eyes and shake your body a bit.
4. Look around you and find someone you don't already know.
5. Shake hands/fist bump, introduce yourself and say where you are from.
6. Tell each other a short pun or "dad joke" or something funny.
7. Thank your new friend for their time and return your attention to the front.

Processing Stress

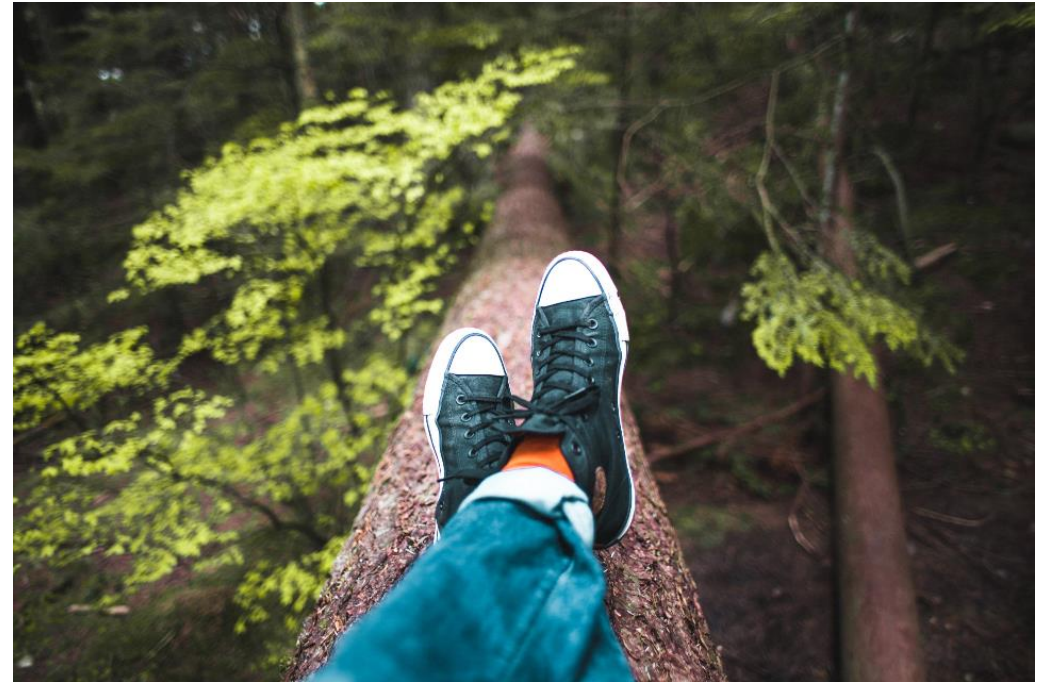
How do you feel?

- How do you feel now compared to when you were thinking about that stressful thing? Better?
 - You just practiced 6 of the 7 methods of processing stress
 - Breathing, physical movement/exercise, social connection, affection, laughing, creative expression
 - The last one is crying... Hopefully, you didn't practice that one.



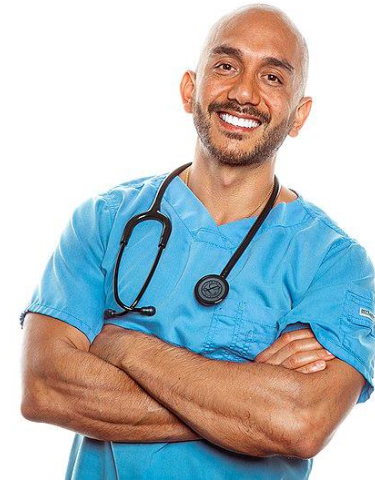
Recommended Strategies to Combat/Prevent Stress

- Take breaks from new stories, including social media
- Take care of your body
 - Get moving to lessen anxiety/stress/sadness
 - Eat healthy foods and get enough sleep
 - Self-check-ins
- Make time to unwind
 - Yoga, music, gardening, new hobbies
- Connect with family, friends, community groups
- Respect differences
- Honor your service



| Recommended Strategies to Combat/Prevent Burnout

- Adequate sleep
- Physical activity
- Incorporating mindfulness and psychological care
- Improving coping and resiliency skills
- Implementing strategies for work life integration
- Staff should engage in open dialogue about the potential causes of burnout
- Use realistic expectations
- Practice reframing
- Receive advice from a well-being consultant



Helping Others With Anxiety/Stress

Mental Health Crises

How do I best approach someone suspected of being distressed?

- Start the conversation
- Be sure to address, acknowledge, encourage and offer help
 - *“Seeking help for your own problems can help improve the care you give to your patients.”*
 - *“In many states, voluntarily going to a physician health program will be confidential and won’t impact your ability to practice.”*
 - *“I know things may seem impossible now, but things will improve.”*
 - *“You are not alone. How can I help?”*
- If you are concerned about suicide, ask directly:
 - *“Have you ever considered harming yourself?”*



Starting the Conversation

Preparing for the Conversation

Finding the Right Time

Choosing the Right Language

Listening, Actively

Navigating Resistance

| 5 Ways to Restore Depleted Healthcare Workers



Which of the following are recommended coping strategies for stress, anxiety and depression?

- a. Eating a lot of chocolate truffles
- b. Practicing mindfulness
- c. Drinking alcohol
- d. Constant crying

Assessment Question: #3 of 3

Which of the following are recommended coping strategies for stress, anxiety and depression?

- a. Eating a lot of chocolate truffles
- b. Practicing mindfulness**
- c. Drinking alcohol
- d. Constant crying

Conclusion

New normal

- We have seen an increase in stress, loss and uncertainty since the beginning of the COVID-19 pandemic.
- Since the pandemic, individuals may be more open to express their mental health concerns, as well as taking those next steps to finding help.
- Healthcare workers have never been immune to anxiety, depression and burnout. The COVID-19 pandemic has allowed further discussion and awareness on this topic.
- There are many resources available that identify strategies for coping with anxiety, stress and burnout.
- As healthcare workers, we may find it hard to ask for help, although, it is never too late to look.



Mental Health/Well-Being Resources

Substance Abuse and Mental Health Services Administration	--	https://www.samhsa.gov/resource/dbhis/covid-19-pandemic-response-resources
Centers for Disease Control and Prevention	--	https://www.cdc.gov/mentalhealth/stress-coping/healthcare-workers-first-responders/index.html
American Pharmacists Association	--	https://www.pharmacist.com/About/Newsroom/the-pharmacists-guide-to-recognizing-and-preventing-burnout
American Hospital Association	--	https://www.aha.org/behavioralhealth/covid-19-stress-and-coping-resources
American Medical Association	--	https://www.ama-assn.org/practice-management/physician-health
National Academy of Medicine	--	https://nam.edu/compendium-of-key-resources-for-improving-clinician-well-being/
American Psychiatric Association	--	https://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout/well-being-resources
National Suicide Prevention Lifeline	1-800-273-TALK (8255)	https://suicidepreventionlifeline.org
Crisis Text Line	Text HOME to 741741	https://www.crisistextline.org/
Crisis center locator	N/A	https://suicidepreventionlifeline.org/our-crisis-centers/
Substance Abuse and Mental Health Services Administration mental health care provider locator	1-800-662-HELP (4357) 1-800-487-4889 (TDD)	http://store.samhsa.gov/mhlocator
American Psychological Association psychologist locator	N/A	http://locator.apa.org/
The American Foundation for Suicide Prevention – For Health Care Professionals	N/A	https://afsp.org/healthcare-professional-burnout-depression-and-suicide-prevention
SAMHSA 988 Suicide & Crisis Lifeline	Call or text 988	Chat 988lifeline.org
#BeThe1To	--	BeThe1To.com

Resources

- Bakken & Winn. Journal of the American Pharmacists Association. 2021;61:e71-77. doi:10.1016/j.japh.2021.04.009
- American Psychiatric Association, 2013. DSM-V, doi-org.db29.linccweb.org/10.1176/ appi.books.9780890425596.dsm02
- National Institute of Mental Health: <https://www.nimh.nih.gov/health/statistics/major-depression>; <https://www.nimh.nih.gov/health/statistics/suicide>
- American Association of Anxiety and Depression: <https://adaa.org/understanding-anxiety/facts-statistics>
- Medscape: <https://www.medscape.com/slideshow/2022-lifestyle-burnout-6014664>
- Physician Health Services, Inc.: https://www.massmed.org/Physician_Health_Services/Helping_Yourself_and_Others/Signs_of_Concern/
- Twenge JM & Joiner TE. *J Clin Psychol*. 2020;76(12):2170-2182. doi:10.1002/jclp.23064
- CDC: <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>
- American Psychological Association: <https://www.apa.org/news/press/releases/stress/2020/sia-mental-health-crisis.pdf>
- Fernandez et al. *BMJ Open*. 2021;11(9):e054528. doi:10.1136/bmjopen-2021-054528
- Mental Health America: <https://mhanational.org/mental-health-healthcare-workers-covid-19>
- Medscape: <https://www.medscape.com/slideshow/2020-lifestyle-burnout-6012460>
- Medscape: <https://www.medscape.com/slideshow/2022-physician-suicide-report-6014970?faf=1#3>
- Prasad et al. *EClinical Medicine*. 2021;35:100879. doi:10.1016/j.eclinm.2021.100879
- Medscape: https://www.medscape.com/slideshow/2020-lifestyle-burnout-6012460?nlid=133518_821&src=WNL_mdplsnews_200117_mscpedit_peds&uac=104221BJ&spon=9&implID=2247793&faf=1#9
- Medscape: <https://www.medscape.com/slideshow/2022-lifestyle-burnout-6014664>
- Jones et al. *American Journal of Health-System Pharmacists*. 2021:zxab051. doi:10.1093/ajhp/zxab051
- Nagoski & Nagoski. *Burnout: The Secret to Unlocking the Stress Cycle*. 2019.
- CDC: <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>; APhA: <https://www.pharmacist.com/About/Newsroom/the-pharmacists-guide-to-recognizing-and-preventing-burnout>
- American Pharmacists Association: <https://www.pharmacist.com/About/Newsroom/the-pharmacists-guide-to-recognizing-and-preventing-burnout>
- American Medical Association: <https://www.massmed.org/Practice-Support/Physician-Wellness/AMA-Sample-Script-for-Approaching-a-Distressed-Worker/>
- Physicians Foundation: <https://www.massmed.org/Practice-Support/Physician-Wellness/Physicians-Foundation-Guide-to-Conversation/>
- Harvard Business Review: <https://hbr.org/2022/02/5-ways-to-restore-depleted-health-care-workers>
- American Medical Association: <https://www.massmed.org/Practice-Support/Physician-Wellness/AMA-Sample-Script-for-Approaching-a-Distressed-Worker/>
- American Medical Association: <https://www.massmed.org/Practice-Support/Physician-Wellness/AMA-Suicide-Prevention-and-Support-Organizations/>

Thank you

Austin Mondloch, PharmD

austin.mondloch@belmont.edu

Matthew Sherman, PharmD, MBA

matthew.sherman@healthtrustpg.com