

Special notice in light of COVID 19

We are aware that these are unprecedented times when many NHS staff, including doctors, face unusual and complex challenges in their working lives. This might lead to a variety of worrying feelings including distress, a sense of helplessness, guilt, and feelings of being unprepared, unprotected or out of control over the events they are facing.

These feelings might lead to a sense of being overwhelmed or traumatised by the work, either by one event or a cumulative impact. Our usual ways of coping are likely to be challenged by such situations and those who have experienced previous loss and trauma may find that these feelings become reactivated, making things more difficult.

Anxiety, including ruminations about witnessed events, difficulties sleeping, or nightmares, are a normal reaction to these kinds of extreme events. For the majority of people, this will settle with time and not require expert intervention.

Self-care including adequate sleep, good diet, mindfulness practice, exercise, avoiding drugs and alcohol, maintaining personal and work relationships, and using all the available social support systems are vital to help us manage and replenish our resources. The BMA Wellbeing Support Services offer a range of services and information which you can access to help with this. You can find more information here: www.bma.org.uk/yourwellbeing

Small numbers of frontline workers, including medics, may develop more serious and lasting symptoms and may need additional help to tackle them in a confidential and safe therapeutic space, such as DocHealth.

We are currently offering Skype sessions and are in the process of applying for a grant to support those who are likely to struggle with the long-term difficulties following working on the frontline of the COVID 19 crisis.

With best wishes,
The DocHealth Clinical Team.