



CAEP | ACMU

Wellness in the time of COVID-19

Dr. Rodrick Lim – Chairperson CAEP Wellness Committee

3/25/2020

Statement on Physician Health and Wellness during the COVID- 19 Pandemic

- *Protect the health and safety of Emergency Department staff*

- *Optimize Emergency Department human resources*

- *Ensure access to counselling and emotional support during the pandemic and in its aftermath*

- *Develop a single centralized, authoritative source for the dissemination of information*



Physician & Staff Wellness

- From this point forward, now is the time to check yourself, each other, and your family for their wellbeing
- Create structures to connect virtually
- Physical distancing, not social distancing

Access help:



- CAEP list of Provincial Resources

direct link: <https://caep.ca/wp-content/uploads/2020/03/Provincial-Wellness-Links-and-Resources.pdf>

Web help:



- From CMA: Article about how to talk to your kids

https://boldly.joulecma.ca/home/how-to-talk-to-your-kids-about-covid-19?utm_source=member-comm-240320&utm_medium=email&utm_campaign=covid19&utm_content=boldy-talking-to-kids-en

- Western Department of Psychiatry

https://www.schulich.uwo.ca/psychiatry/coping_with_covid_19.html

Peer Support Dr. Mamta Gautam: Zoom call 4-5 pm EST:



- “As a psychiatrist who treats physician colleagues, I feel there is little I can do to help in the front lines. I am starting a free daily Zoom call to offer mutual peer support to colleagues as we deal with COVID19.
 - Please feel free to drop in, as often as you want, for as long as you want. No commitment.
 - This is not therapy or psychiatric care, just peer support.
 - While I cannot guarantee confidentiality, I will do my best to ensure privacy.
- Please email me or DM me for the link and password, and do not share with others. Feel free to invite others, but ask them to email me for information. mgautam@rogers.com for link and password



Peer Support Residents: Zoom call 4-5 pm EST:

- Supported by OMA/Ontario psychiatric society
- Dr Sukhera/Mammoliti

-This is not therapy or psychiatric care, just peer support.

-While I cannot guarantee confidentiality, I will do my best to ensure privacy.

- Contact jsukhera@uwo.ca
- Three sessions planned 9-10am. March 25, April 1, April 8



- Share with us and each other local successes, regional offers of help, useful resources