

LIVED EXPERIENCE

Covid-19 Challenge and Impact

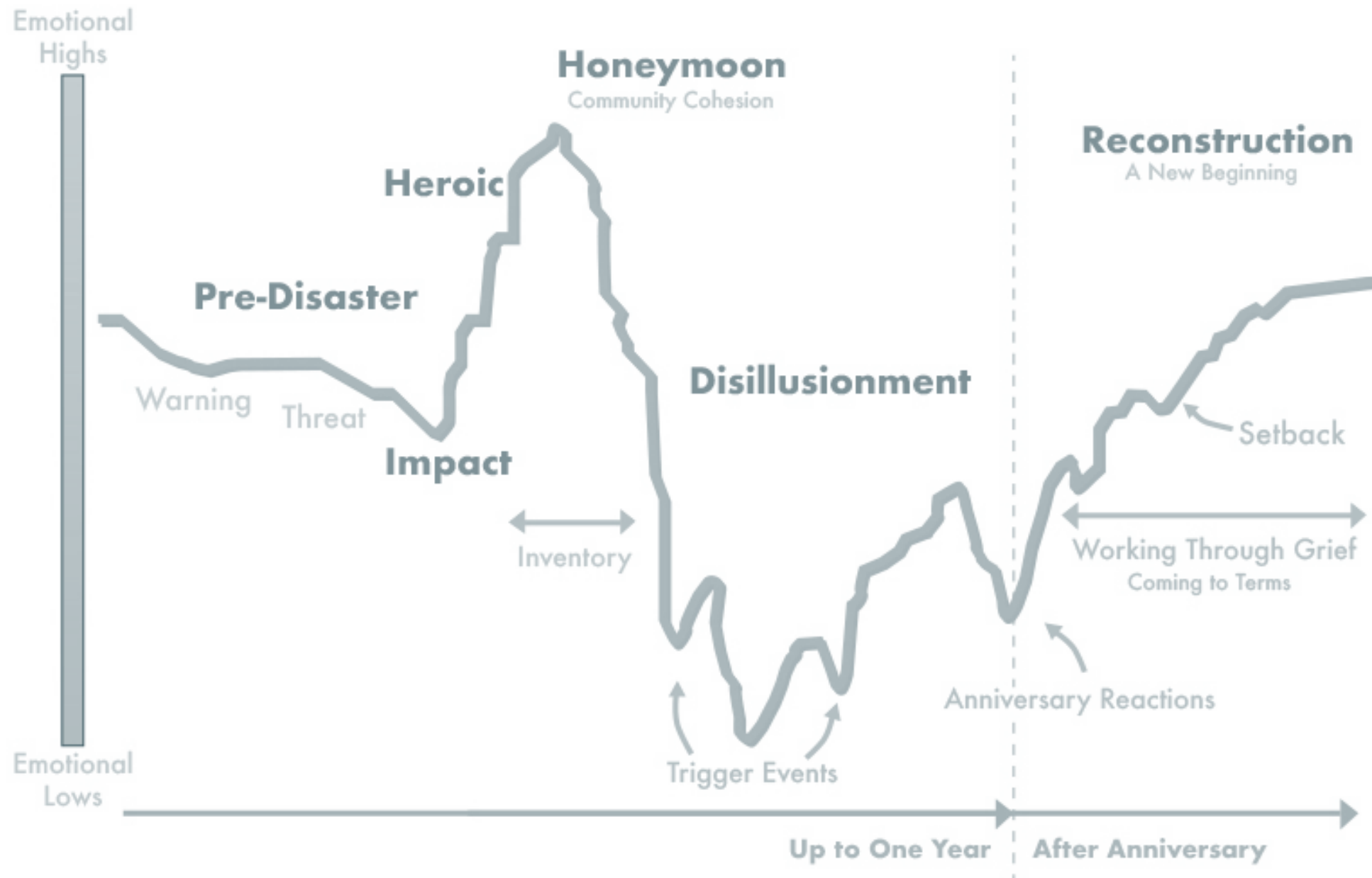
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What else can be said about COVID-19?

1. March 2020-June 2020 Doing everything “right”; Shutdown, remote work, hygiene, mask, distance; Empathy strong
2. July 2020-December 2020 Continue to do everything “right”; Ready for 2021
3. January 2021- Vaccines arrive along with worst surge in AL; Continue to do everything right; Fatigued but intact
4. April-May 2021- Guard down slightly; Still doing all mostly right; Frustrated with vaccination rates
5. June 2021- COVID positive with Delta variant; Spouse with Bilateral pneumonia; Empathy tested like never before



Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. [Training manual for mental health and human service workers in major disasters](#) (2nd ed., HHS Publication No. ADM 90-538). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.

Challenges for the team

Professional

- Change in delivery of care e.g. masks, distance, telehealth, etc.
- Limited visitation of family
- Disruption in educational experience for learners
- “Unknown disease” with facts and theories
- Rapid disease course in many

Personal

- Disruption in routines
- Family/Childcare challenges
- Isolation
- Concern for ones own health
- Lack of travel and other activities
- Blurring of work with personal time

Measures to reinforce resiliency and burnout

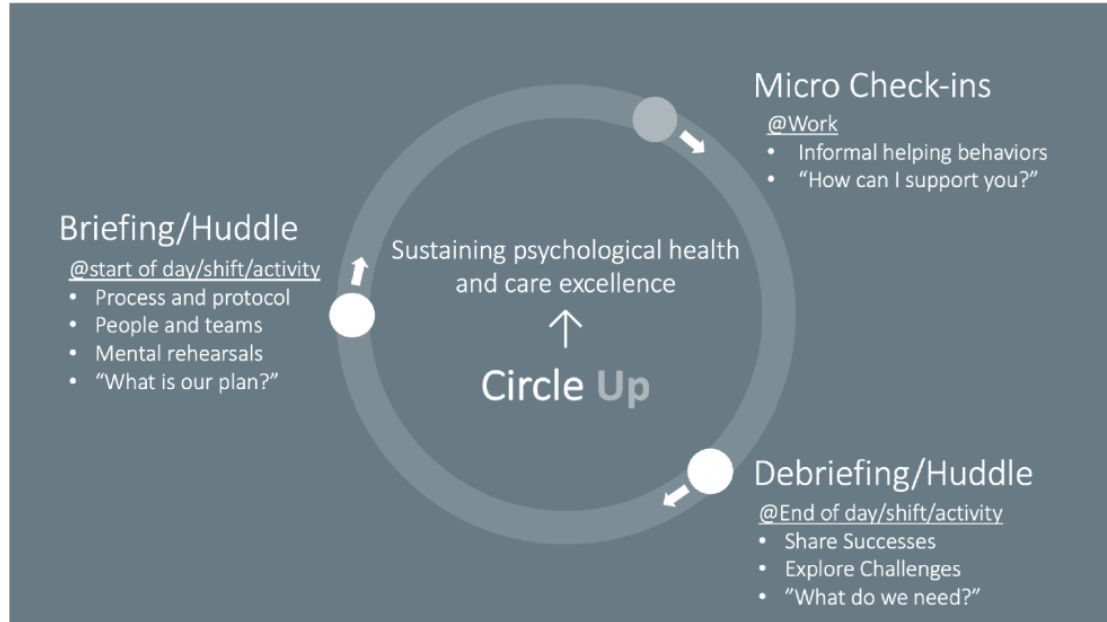
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- Multiple thoughts and ideas throughout last 18 months
- Measured Well Being Index every 3 months as one tool
- Understanding that the trajectory of the response followed much like a significant loss or grief response and everyone has their own journey
- Finally arrived at encouraging :

• **Flexibility.....Debrief.....and
Grace**

Circle Up

Circle Up Framework



Source: Rock et al, Center for Medical Simulation
NEJM Catalyst (catalyst.nejm.org) © Massachusetts Medical Society

- “Reactions to today?”
- “What helped your team work well together?”
- “How could our work be 1% better?”
- “How did the shift affect you personally?”
- Before we go home today, I want to make sure you are ok?

A Poem of Remembrance for 2020

Farewell, 2020

2020: You're coming to a close with
Contradiction
Disruption
One-dimensionality
Life-changing chaos
Prolonged paradox
Invigoration and frustration
Gratefulness and fearfulness

2020: You're coming to a close and
I still don't like yoga
I meditate to pop (Latin dance) music
I still hate podcasts and binge on Netflix
I show grace to myself in how I find resilience;
There's no one way that works for everybody
I don't tell others how to find it
I don't want others telling me

2020: You can't come to a close fast enough
You've left me not knowing how to feel or act
You've challenged the "can-do" side of me
You've got me questioning what I'll feel looking back
Will I be sad about what was taken away?
Or happy to have come through, healthy?

2021: For you, I've one intention--
Simply, stay well and sane