



Healthcare Heroes

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SOUTHWEST NEBRASKA PUBLIC HEALTH DEPARTMENT



Southwest Nebraska
Public Health Department



Mental Health Among HCWs

- Socio-demographic Variables
- Adequate Training
- Supportive Interventions



Statistics

COVID-19 Impact on Nebraska Businesses

Industries that report the largest negative impacts from COVID-19



97.19%



94.68%



94.4%



93.35%

Respondents' top concerns

Financial Impact on Operations

44.1%

Duration of Outbreak/Quarantine Efforts

41.5%

Decreasing Consumer Spending

33.3%

Going out of Business

16.3%

Workplace Safety

14.7%



“We cannot care for others if
we do not care for
ourselves.”



Self Care



A hand holding a pill bottle against a blue background. The hand is white and is holding a clear plastic pill bottle. The background is a blurred blue image of a hand holding a pill bottle.

Working with Irritable Individuals

- Healthcare and Long-term care workers often have to deal with behavioral challenges.
- Increase in emotional disturbances since the pandemic.
- There are techniques for building trust and rapport.



Look for the Signs

- Emotional Signs
- Being an Active Listener
- Familiarity with Plan of Care
 - Received Care
 - Progress
 - Recovery



Empathy for Others

- Mindfulness & Self-compassion
- Compassion Cultivation Training (CCT)
- Mental Health Resilience

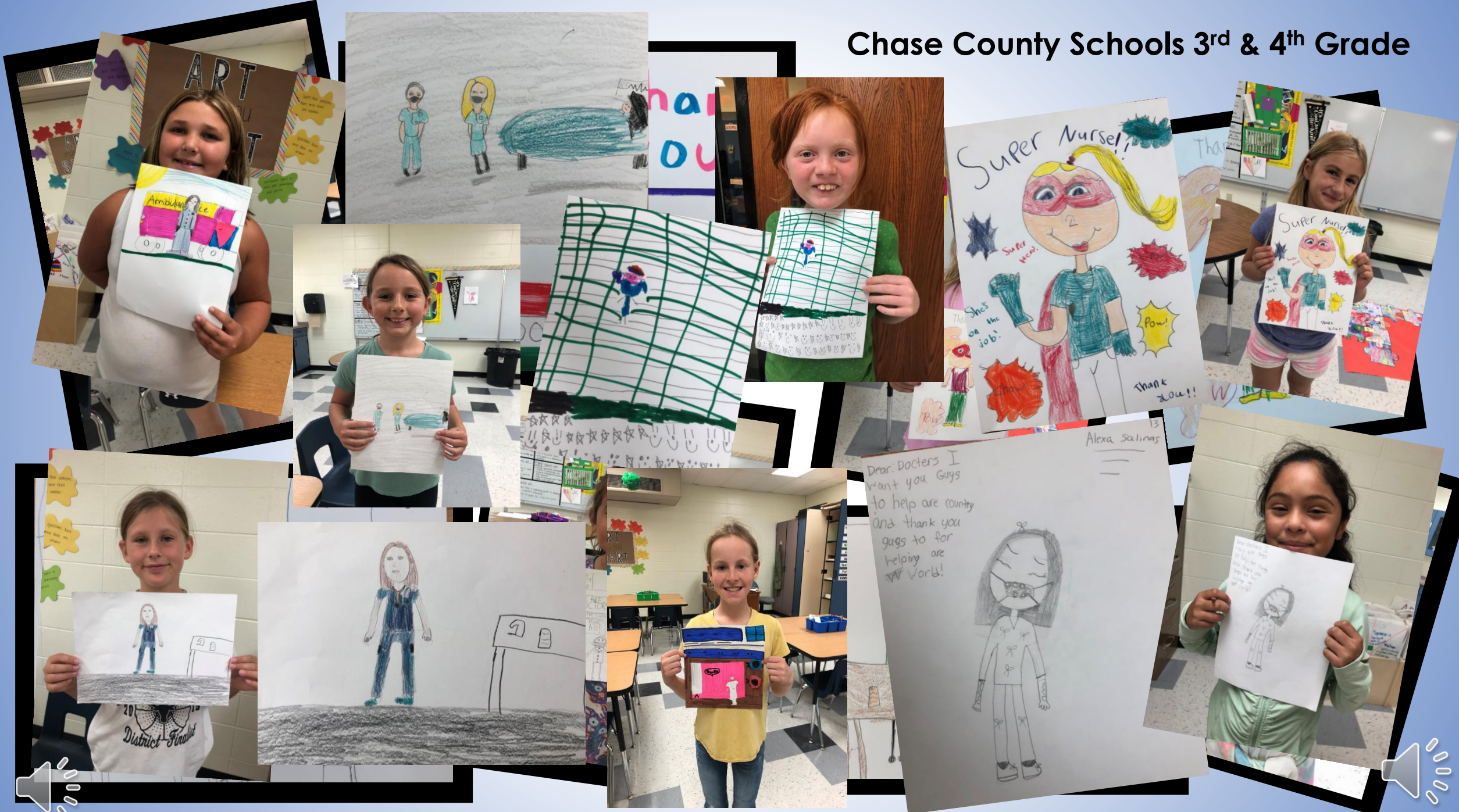


Managing Grief

- Recognize the Challenges
- Emotional Reactions
- Impact on Self
- Recovery
- Burnout
- Coping Skills



Chase County Schools 3rd & 4th Grade



Resources

Amy Louise Finlay-jones. (2017) [Compassion in Clinical Practice: Current Applications and New Directions](#). *Clinical Psychologist* 21:2, pages 59-61.

José Ramón Yela, M^a ángeles Gómez-martínez, Antonio Crego, Laura Jiménez. (2020) [Effects of the Mindful Self-Compassion programme on clinical and health psychology trainees' well-being: A pilot study](#). *Clinical Psychologist* 24:1, pages 41-54.

Josie Schafer, T. G. (2020, May). Nebraska Business Response Survey Report. Retrieved from COVID-19 Impact on Nebraska Businesses: <https://opportunity.nebraska.gov/wp-content/uploads/2020/05/COVID-19-Nebraska-Business-Survey-Report-single-pages.pdf>

n.a. (2020, April 30). *Losing Patients to COVID-19 and Managing Grief* . Retrieved from Cleveland Clinic:<https://consultqd.clevelandclinic.org/losing-patients-to-covid-19-and-managing-grief/>

Neal Nghia Nguyen, William Garnett, Noelle Balsamo, Michael Brady. (2021) [Compassion Science: Embracing and Cultivating Compassionate Minds in Early Childhood Classrooms](#). *The Educational Forum* 85:3, pages 269-282.

Vizheh, M., Qorbani, M., Arzaghi, S.M. et al. The mental health of healthcare workers in the COVID-19 pandemic: A systematic review. *J Diabetes Metab Disord* **19**, 1967–1978 (2020). <https://doi.org/10.1007/s40200-020-00643-9>

