



WELLNESS IN A PANDEMIC

K Kay Moody, DO MPH
FACEP

November 14, 2020

International Critical
Care and Emergency
Medicine Congress

NO CONFLICT OF INTEREST

:-)

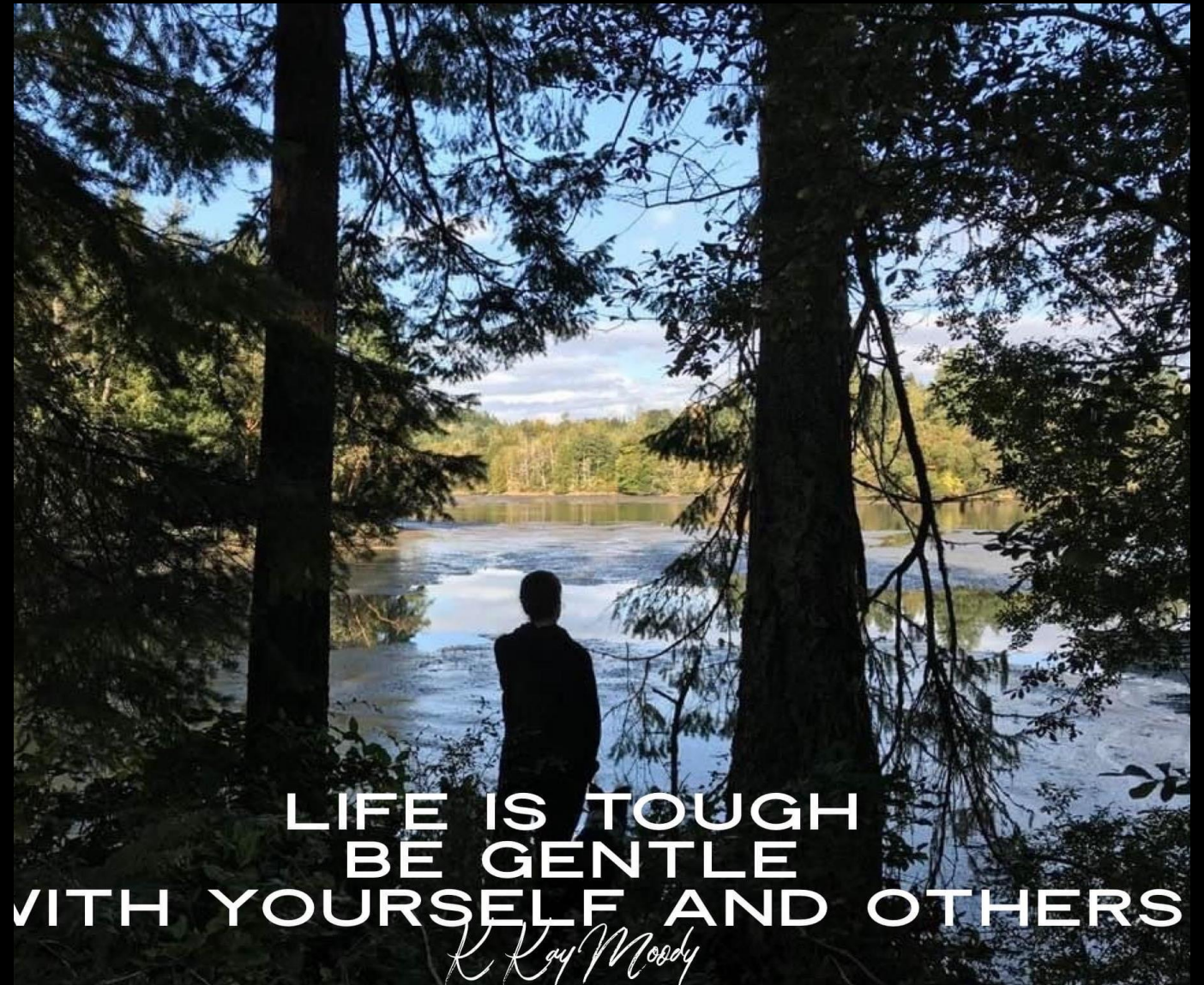


OBJECTIVES

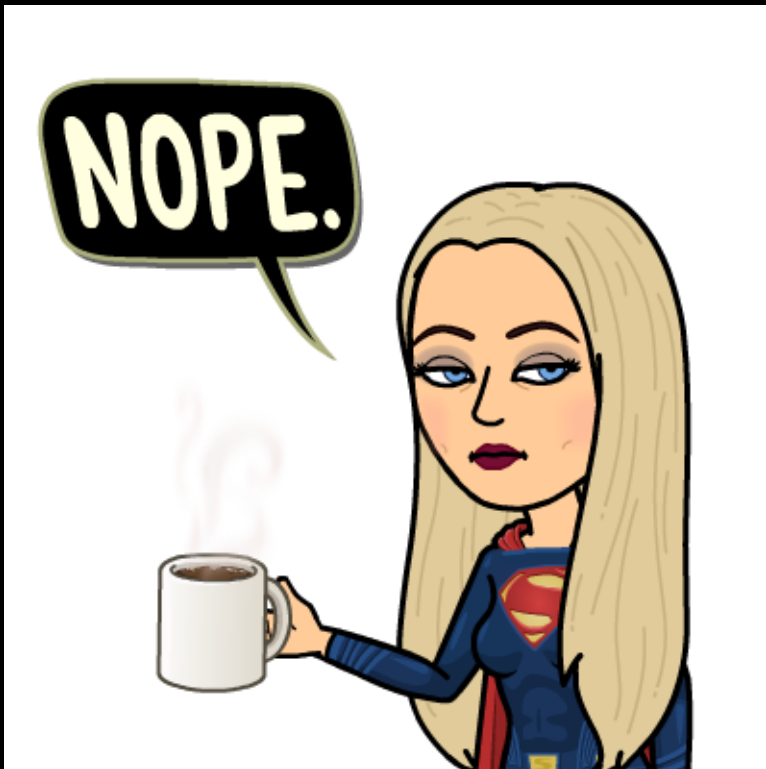
- Discuss 5 tools for wellness

→ STRONGER for
the 2nd wave

- BE the SAFETY NET
for ONE ANOTHER



DEFINITION OF BURNOUT

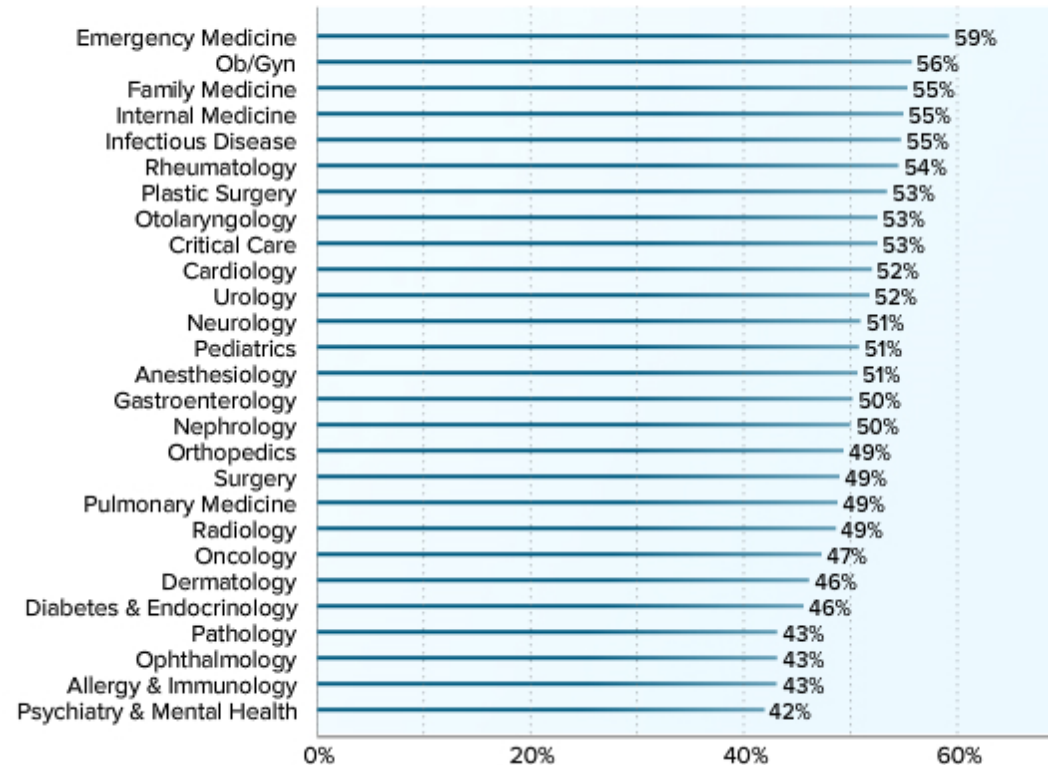


- “A state of
 - Emotional exhaustion,
 - depersonalization,
 - And decreased feelings of
 - personal
 - accomplishment”
-
- Burnout is code for “in a
 - toxic work environment”

WE ARE AT THE
TOP!! EM 59%

... and here we are AT the TOP
Killin' it!

Which Physicians Are Most Burned Out?



ALREADY STRESSED... AND THEN 2020

- Metrics NOT reality
- not in our control: labs, nursing, rads
- EMR
- Business running medicine
- Overcrowding and boarding
- Understaffing / lack of support
- Replacements
- COVID19





PARADOX MORAL INJURY

- More physical risk
- Decreased pay
- Breakdown in social structure
- Wedding, funerals
- Chronic grief w/o closure
- Separation from support – way to cope



ANTICIPATORY TRAUMATIC REACTION

- Sense of fearful waiting
- Terror about what the future may hold
- DIGITAL OVERLOAD

- PTSD
- Re-experiencing
- Avoiding reminders
- Self-blame or negative view of the world
- Heightened sense of threat (MOST common)

5 TOOLS FOR WELLNESS IN 2020



BE REBELLIOUSLY
HAPPY



SET
BOUNDARIES



PHYSICAL
HEALTH



GET OUTSIDE



BE
COURAGEOUS



#1 BE REBELLIOUSLY HAPPY

- No stranger to pain & struggle
- Give yourself PERMISSION
- Be creative – Arts in Medicine
- Pets
- Hobbies
- SILVER LINING OF THE PANDEMIC
- Embrace your true self in hibernation
- Allow a little silliness
- NOTICE the BEAUTY

IT'S 2020
CHOOSE HAPPINESS
ANYWAY

K. Kay Moody





MAKE NEW TRADITIONS





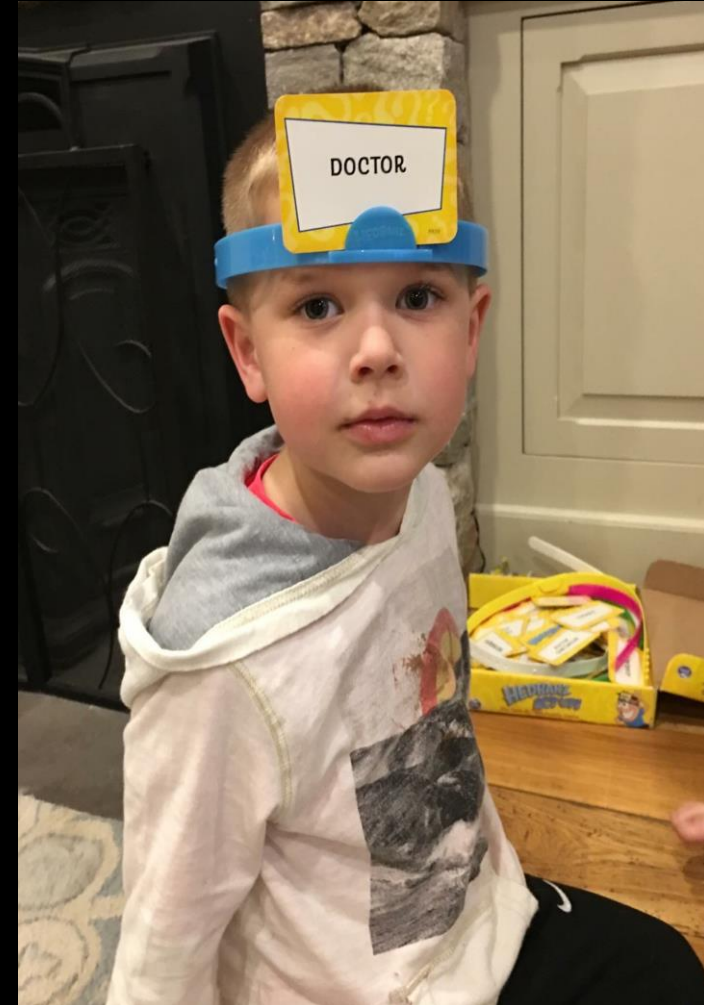
#2 SET BOUNDARIES

- Screen time
- Guilt & shame
- Take back medicine
- Off the hamster wheel
- Except differences

I NEVER REALIZED HOW
ANNOYING I COULD BE
UNTIL I CREATED A
MINIATURE VERSION OF
MYSELF AND STARTED
ARGUING WITH IT DAILY.



SPEND TIME W FAMILY





SOCIAL MEDIA SUPPORT:NOT HARM

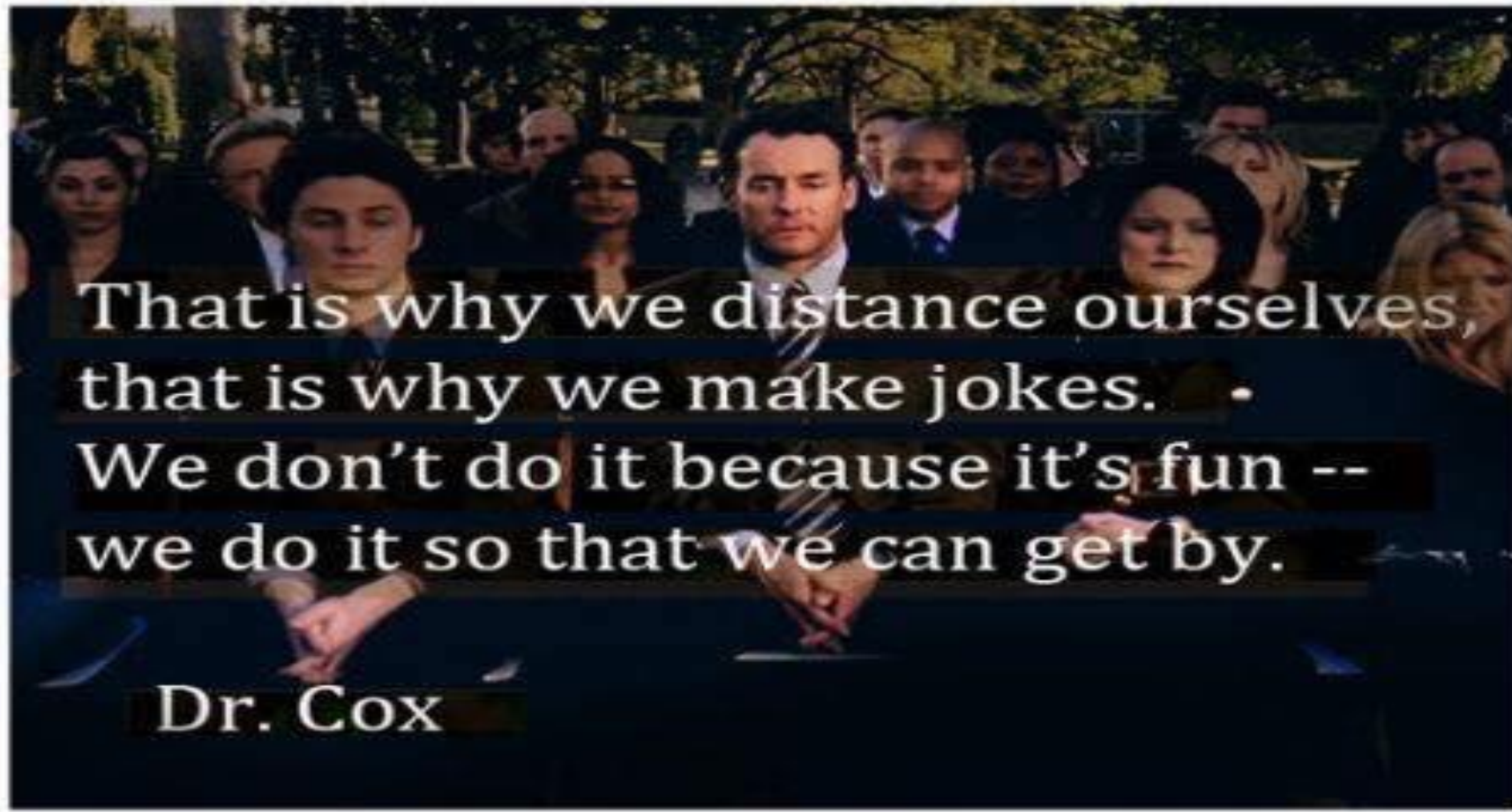
- Call out culture
- Pile-on
- Cancel Culture
- Doxxing

Pretty sure this is the bridge you take to get to 2021..





FEELING CONNECTED AND SUPPORTED



WHY DO WE CARE?

• SAFETY NET

- Cardiovascular disease
- Decreased concentration
- CONNECTIONS WITH PATIENTS

• Depression > Suicidal

- Ultimately: “BURNOUT” > AFFECTS PATIENT CARE

“The suicide rate among male physicians is **1.41 times** higher than the general male population. And among female physicians, the relative risk is even more pronounced — **2.27 times** greater than the general female population. Suicide is the second-leading cause of death in the 24–34 age range (Accidents are the first).”

**Physician and Medical Student
Depression and Suicide Prevention**
<https://afsp.org> › our-work › education



MASLOW'S HIERARCHY OF NEED

- Physiologic – food, sleep
- Safety – infxn, job security
- Love and belonging - isolation
- Esteem – ethical challenges
- Self actualization – tension with public health



CELEBRATE THE GOOD

- Post-traumatic growth

- Greater preparedness
- Adaptive coping
- Taking charge
- Viewing obstacles as positive challenges
- GROWTH





BE PRESENT WITH FAMILY





SUPPORT/MENTOR





#3 PHYSICAL HEALTH

- Exercise – make it fun and functional
- Nutrition –
- added Vitamin D, C, zinc, elderberry, NAC
- Sleep - boundaries

THAT LOOK YOU'VE GOT



**WHEN YOU SWITCH FROM NIGHT SHIFT TO
DAY SHIFT.....OR DAY SHIFT TO NIGHT SHIFT**

mematic.net



#4 GET OUTSIDE

Shinrin
Yoku

Forest
Bathing

“Forest
Rounding”



NATURE THERAPY

- Pets love & energy
- Wind in the trees
- Sound of Water over rocks
- Birds singing
- Smell of fresh cut grass or rain
- Beautiful landscape
- 1st sip of coffee





GET OUTSIDE!!





#5 BE COURAGEOUS & KIND

- Take back medicine
- Being kind takes courage
- Embrace our differences
- Be CREATIVE
- Make new Traditions (use technology) with patients
- Decrease chronic grief – 2ND WAVE
- Closure for docs

SUPPORT NOT DIVIDE
UNDERSTAND NOT LABEL
LISTEN NOT STEREOTYPE
HEAR NOT JUDGE
ENCOURAGE NOT CONDEMN
LOVE NOT HATE

R. Ray Moody





WE MUST STRENGTHEN OURSELVES
TO TAKE BACK MEDICINE





PHYSICIAN WELLNESS MOVEMENT

- Its about = PROFESSIONAL SATISFACTION
- AMA “70-80% Burnout due to work environment
- BALANCE:
 - Mindfulness
 - Social Support
 - Rest
 - Nutrition
 - Spirituality
 - Exercise
 - Finances



EM Docs enjoy a variety of outdoor activities.

Photos (top left to bottom right): Eric Klotz, Tom Quimby/Russ Johanson, Elizabeth Nicholson, Ryan Brass, Siri Daulaire, Mark Wright, Laurie DuBois Doty, Leela Sirotkin



5 TOOLS

Be rebelliously happy

Set boundaries

Physical health

Get outside

Be Courageous & Kind



HEAL THE HEALERS
PROTECT ONE ANOTHER
LISTEN AND VALIDATE



FB: EMDOCS

FB: Doc to Doc Rentals

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QUESTIONS?
CONTACT