**TABLES**

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| HYPERLINK |
| The British Psychological Society (guide for leaders and managers)  [https://www.bps.org.uk/sites/www.bps.org.uk/files/News/News%20-%20Files/Psychological%20needs%20of%20healthcare%20staff.pdf](https://www.bps.org.uk/sites/www.bps.org.uk/files/News/News%2525252520-%2525252520Files/Psychological%2525252520needs%2525252520of%2525252520healthcare%2525252520staff.pdf) |
| ORCHA COVID-19 Health App Formulary  <https://covid19.orcha.co.uk/> |
| The Academy of Medical Royal Colleges (self-care tips and resources)  <https://www.aomrc.org.uk/covid-19-mentalwellbeing/>  [https://www.aomrc.org.uk/covid-19-mentalwellbeing/#1465857781244-0a5bb4ed-a2d0](https://www.aomrc.org.uk/covid-19-mentalwellbeing/%252525231465857781244-0a5bb4ed-a2d0) |
| Patient Health Questionnaire - 9 (PHQ-9)  <https://patient.info/doctor/patient-health-questionnaire-phq-9> |
| Generalised Anxiety Disorder - 7 (GAD-7)  <https://patient.info/doctor/generalised-anxiety-disorder-assessment-gad-7> |
| Impact of Events Scale - Revised (IES-R)  [https://www.cpft.nhs.uk/PDF/Miscellaneous/PTSD%20top%20tips%20for%20GPs.pdf](https://www.cpft.nhs.uk/PDF/Miscellaneous/PTSD%2520top%2520tips%2520for%2520GPs.pdf) |
| Zung’s self-assessment scales  <http://www.mentalhealthministries.net/resources/flyers/zung_scale/zung_scale.pdf>  <http://www.mentalhealthprofessionalsinc.com/Forms/Zung_Self-Rating_Anxiety_Scale.pdf> |
| FACE COVID  <https://www.baps.org.uk/content/uploads/2020/03/FACE-COVID-by-Russ-Harris-pdf-pdf.pdf> |
| Royal College of Psychiatrists (telemedicine consultation)  <https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians/digital-covid-19-guidance-for-clinicians> |

Table 1 : Hyperlink to websites on self-care tips and resources

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| **Factors affecting mental health and wellbeing during COVID-19 pandemic** |
| High viral load in upper aerodigestive tract posing high risk during exposure  Issues with personal protective equipment (PPE)  Stress of having to work outside usual practice environment  Subconscious fear of contracting illness  Grief for loss of a known person/ loved one  Increased responsibility and leadership role  Workload of balancing clinical and management tasks  Fear of infection transmission to family members  Decreased freedom of movement  Less availability of businesses for leisure pursuits and sustenance |

Table 2 : Factors affecting mental health and wellbeing during COVID-19 pandemic

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| **Personal positive measures (refer Table 1 for links)** |
| Pause, take a step back and reflect  Retreat into a private space for a moment  Gather your thoughts  Speak to a close entrusted friend  Write / record your feelings and thoughts  Ensure adequate water intake  Eat a balanced meal  Get enough sleep  Get regular exercise  Practice Mindfulness  Set realistic goals  Pray as per faith/ belief  Crying is a natural coping mechanism of the human body  Engage in an activity that makes you happy for a short period  (eg yoga, meditation, dancing, listening to music)  Keep updated on the current guidelines and evidence published  Do not be overwhelmed by feed from social media / news reportage  Contact psychology support services at institution if further support is required |
| **At the workplace be mindful to :** |
| Have a checklist and workplan for the day  Use PPE as per guidelines  Follow institutional guidelines and recommendations  Know your fellow colleagues on duty for the day  Be aware of the issues that need your attention |

Table 3 : Positive measures that can be adopted as an individual

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| **Measures that may be implemented by institutions** |
| Institution-based peer support programmes  Shift rota system  Psychological online courses  Psychological assistance hotline team  Stress relieving leisure activities  Provide a comfortable place for rest and destress  Provide the necessary PPE supply and training  Develop detailed COVID-related guidance and recommendations  Virtual staff café  Schwartz rounds  Psychology consultation and counselling services via telemedicine |

Table 4 : Role of institutions to support staff mental health and wellbeing