



PSYCHOLOGICAL WELL-BEING OF MEDICAL STUDENTS AND HEALTH-CARE WORKERS IN COVID-19 PANDEMIC

SHARING EXPERIENCE FROM DR CIPTO MANGUNKUSUMO
NATIONAL GENERAL HOSPITAL – MAIN TEACHING HOSPITAL
OF FACULTY OF MEDICINE UNIVERSITAS INDONESIA

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Content Synopsis

- ❑ COVID-19 Pandemic
- ❑ the Definition of well-being
- ❑ Medical Student Group and the Pandemic
- ❑ Health-Care Workers during the Pandemic
- ❑ Sharing Experience from Dr Cipto Mangunkusumo National General Hospital (Main Teaching Hospital of FMUI)
- ❑ Conclusion

COVID-19

A detailed scanning electron micrograph (SEM) of a coronavirus particle. The particle is roughly spherical with a textured surface and is covered in numerous spike proteins that protrude from its surface. The spikes are arranged in a somewhat regular pattern, giving the particle a crown-like appearance. The background is dark and out of focus, highlighting the intricate structure of the virus.

COVID-19

spread very rapidly all over China and several other countries since December 2019, causing an outbreak of acute infectious pneumonia

IMPACT

Risk of death from infection and also unbearable psychological pressure
→ well-being?

HIGH RISK GROUPS

Woman, Elderly, **Health-care workers**,
Students, Children, etc

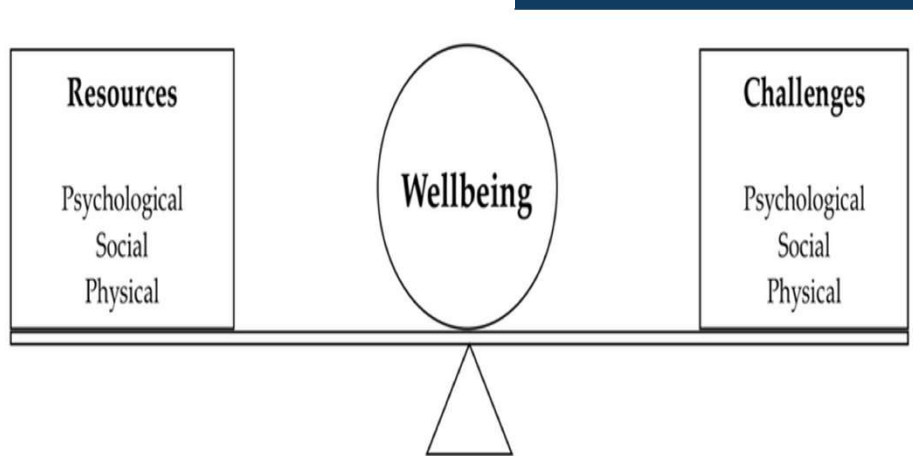
Well-being

THE BALANCE POINT BETWEEN AN INDIVIDUAL'S RESOURCE POOL AND THE CHALLENGES FACED

- ❑ A Dynamic movement → Each time an individual meets a challenge, the system of challenges and resources comes into a state of imbalance → the individual is forced to adapt his or her resources to meet this particular challenge

Psychological Well-being

- ❑ The ability to practice stress management technique, be resilient, and generate emotions that lead to good feelings



Dodge R, Daly A, Huyton J, Sanders L. The challenge of defining wellbeing. *International Journal of Wellbeing*. 2012;2(3):222-235.



WELL-BEING MEANS DEVELOPING AS A PERSON,
BEING FULFILLED, AND MAKING A
CONTRIBUTION TO THE COMMUNITY

Well-being is more than just
happiness, as well as feeling
satisfied and happy

SHAH AND MARKS, 2004



Medical Students

REPRESENT A HIGHLY EDUCATED POPULATION UNDER SIGNIFICANT PRESSURES

STRESSORS

Time pressure, financial debt, the need to learn a large amount of new information in a relatively short period of time, and the knowledge that at the end of their training they will be directly responsible for the health and welfare of others.

VULNARABLE TO SUCH MENTAL DISORDER

Obsessive–compulsive symptoms, attentional problems, anxiety symptoms, depressive symptoms, and perceived performance in medical school.

Changes in Medical Student Education

IN THE TIME OF COVID-19 PANDEMIC

PRE-CLERKSHIP

- ❑ Entire pre-clerkship curriculum changed into online formats
- ❑ Small-group formats convene online in virtual team settings, and clinical skills sessions may occur online or, in some cases, may be deferred

CLERKSHIP

- ❑ Remove students from the clerkship environment
- ❑ Challenge: provide authentic patient experiences for medical students as a key component of medical education under these circumstances

Impact for Medical Students

DURING COVID-19 PANDEMIC

REPLACEMENT CLASSES TO ONLINE

Creates a loss of collaborative experiences that has the potential to be a significant detriment to education.

CANCELLATION OF CLERKSHIPS

Clerkships are necessary for both skill acquisition as well as for relationship building.

CHANGES OF PLANS OF CAREER DEVELOPMENTS

Loss the opportunity for personal development through conference presentations → important for residency application or completion of residency requirement



PREVALENCE

30%

medical students were
distressed psychologically

21.2% affected by Depression

24.9% affected by Anxiety

Health-care Workers (HCWs)

DURING THE COVID-19 PANDEMIC

HCWs are vulnerable to both high risk of infection and mental health problems.

They suffer from burnout and later psychological stress reactions including anxiety, depression, hostility, and somatization.



Factors that Affect HCWs' Mental Health

DURING COVID-19 PANDEMIC

INDIVIDUAL FACTORS

Female gender, younger age, religion, education level, having children, maladaptive coping strategy

WORK-RELATED FACTORS

Job stress, heavy workload, isolation and exposure to the patients itself, no clear job description or specific task, shortage of protective gear and lack of systematic regulation

SOCIAL FACTORS

Perceiving stigma and social rejection from public, experience contact avoidance such as being excluded from social meetings

Psychological Intervention

PEER SUPPORT SYSTEM

Between colleagues
Without mental health professional



PSYCHOEDUCATION

Online or smartphone-based psychoeducation that provide information about the outbreak itself and mental wellness



PHARMACOTHERAPY

Antidepressant, Anxiolytics, based on symptoms



PSYCHOTHERAPY

Supportive Psychotherapy, Cognitive Behavioural Therapy, Mindfulness-Based Therapy



WHAT INTERVENTION HAS BEEN IMPLEMENTED?
DR CIPTO MANGUNKUSUMO NATIONAL GENERAL HOSPITAL
(FMUI's MAIN TEACHING HOSPITAL)



**NEED ASSESSMENT
SURVEY**



**SCREENING
(SRQ-29)**



**PSYCHOLOGICAL
INTERVENTION**

NEED ASSESMENT SURVEY

MARCH 22ND – APRIL 17TH



AIM

Find the needs and problems experienced by health care worker during the time of pandemic



TREATMENT

Counseling through videocall or voicecall



REFERRAL

Counselor gives the client a referral to mental health clinic if needed

RESULTS (393 respondents):

HCWS' CONCERNS AND NEEDS

CONCERNS:

- Fear of contracting the COVID19 virus and transmitting to family members
- Concern about health and well-being – regulation to seek medical help if needed
- Afraid of inadequate protective equipment
- Worried to be stigmatized from society
- Managing mental health symptoms (insomnia, anxiety, etc)

NEEDS:

- Access to mental health services (42.2%) – face to face or online
- Adequate information and examination (physical and psychological)

SCREENING

APRIL 24TH – MAY 4TH

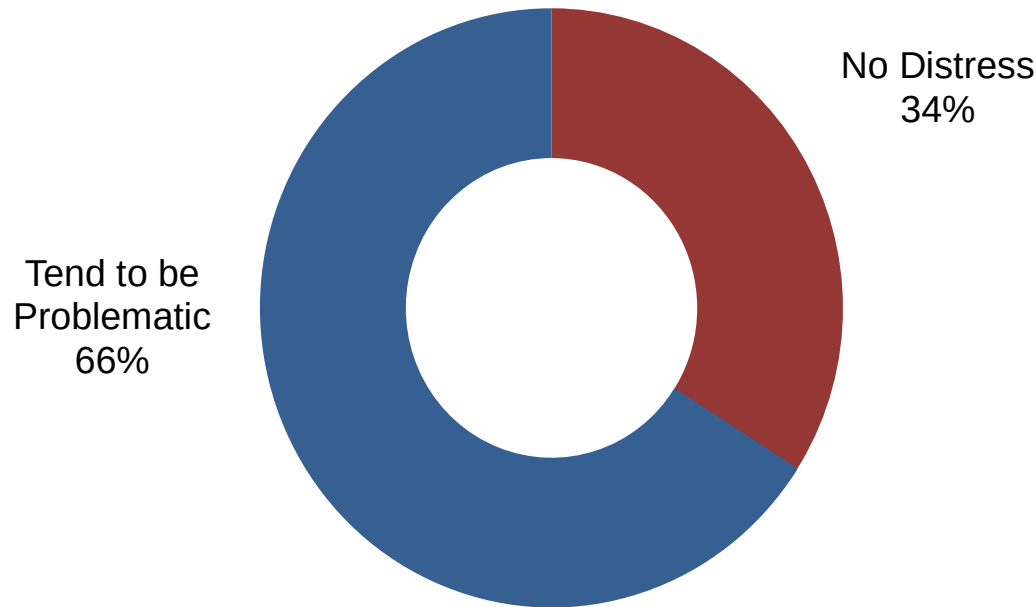
USING SRQ-29
QUESTIONNAIRE

Find those who need psychological
intervention

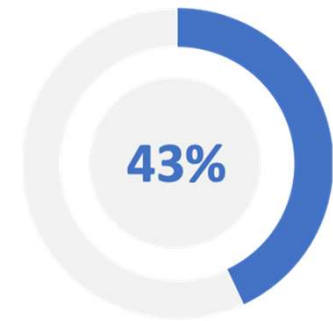
Participants:
Consists of 56 participants of health
care workers in Red Zones Area



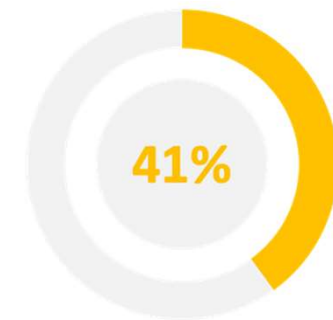
Results



56 PARTICIPANTS



Depression - Anxiety Symptoms



PTSD Symptoms



1 Participant with suicidal ideation

PSYCHOTHERAPY INTERVENTION INDIVIDUAL & GROUP THERAPY (ONLINE)

SUPPORTIVE PSYCHOTHERAPY

Empathize the feelings of anxiety, worry and anger and help them to overcome it; Reassure and support what they have been trying to do; Provide a safe situation for clients to tell stories

MANAGE NEGATIVE THOUGHTS AND FEELINGS

TRAIN ADAPTATION SKILLS

Limit the access of information and social media regarding COVID-19; Make a physical symptoms journal; Plan activities with family; Socialize through video calls

RELAXATION EXERCISE

Regulate breathing; Relax muscles; Imagine a comfortable and quiet place; Mention personal sentences that are positive

Most of the respondents prefer getting an individual therapy rather than group therapy

CONCLUSION

- ❑ Medical students and HCWs are considered to be one of the most vulnerable groups to get physical or psychological impacts in COVID19 pandemic, which would give impact on their psychological well-being
- ❑ Psychological intervention is beneficial for maintaining psychological well-being of medical students and HCWs in this pandemic, consist of peer-support, psychoeducation, psychotherapy, and psychopharmacology (base on needs)
- ❑ Online-based intervention such as online psychoeducation or psychotherapy could be done for this current situation to maintain mental health and prevent virus transmission



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Thank You

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