

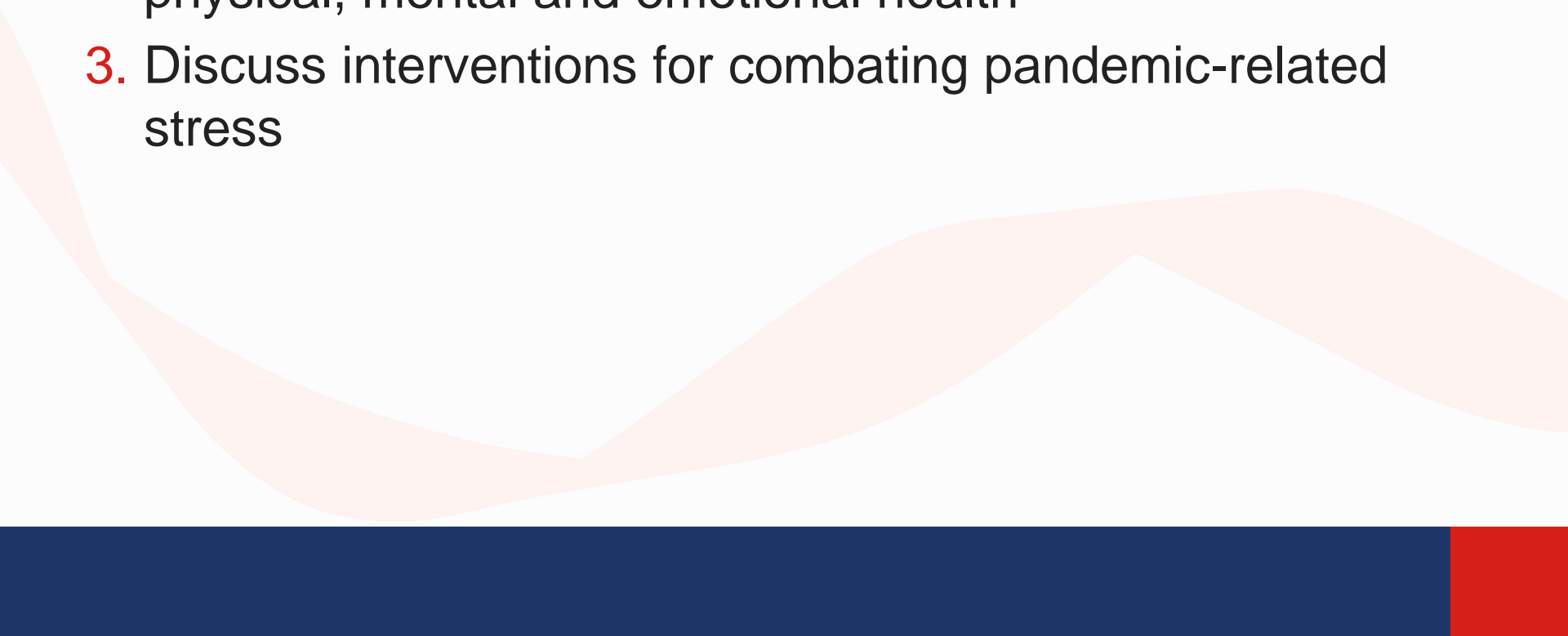


Mental Health Effects and Coping with COVID-19 Pandemic

Part 1

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SE AETC

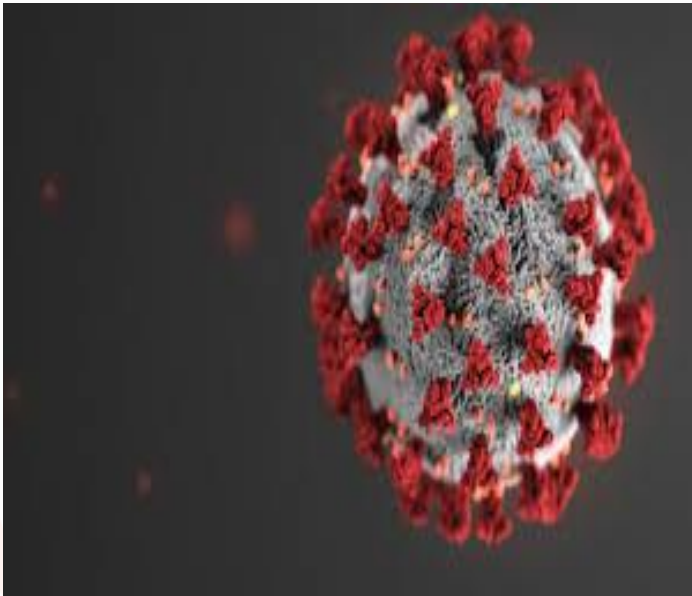
Learning objectives:

1. Identify stress-inducing factors related to COVID-19 pandemic
 2. Identify the effects of pandemic-related stress on physical, mental and emotional health
 3. Discuss interventions for combating pandemic-related stress
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OBJECTIVE 1:

Identify stress-inducing factors related to COVID-19 pandemic

COVID-19: *It's more than a physical problem...*



PANDEMIC

occurring over a wide geographic area and affecting an exceptionally high proportion of the population

(Pandemic. (n.d.). In *Merriam-Webster.com dictionary*. Retrieved from <https://www.merriam-webster.com/dictionary/pandemic>)



PANIC

a sudden overpowering fright;
acute, extreme anxiety

(Panic. (n.d.). In *Merriam-Webster.com dictionary*. Retrieved from <https://www.merriam-webster.com/dictionary/panic>)



PANDEMONIUM

a wild uproar; a chaotic situation

(Pandemonium). (n.d.). In *Merriam-Webster.com dictionary*. Retrieved from <https://www.merriam-webster.com/dictionary/pandemonium>)

STRESS BY DEFINITION:

“a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation”

Merriam-Webster Dictionary

STRESS BY TYPE:

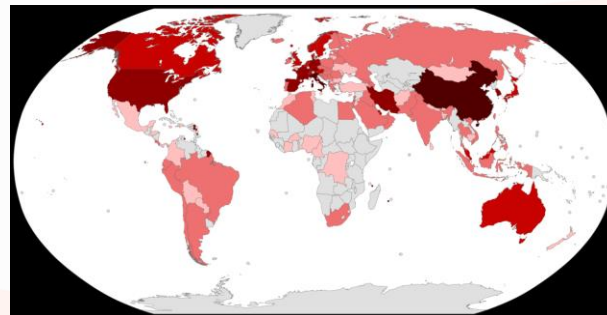
eustress

acute stress

chronic stress

COVID-19 Pandemic-Related Stress-Inducing Factors by Domains:

- Physical
- Mental
- Emotional
- Spiritual



COVID-19 Pandemic

Polling Question:

In which domain have you been experiencing the most COVID-19 stress?

Mental

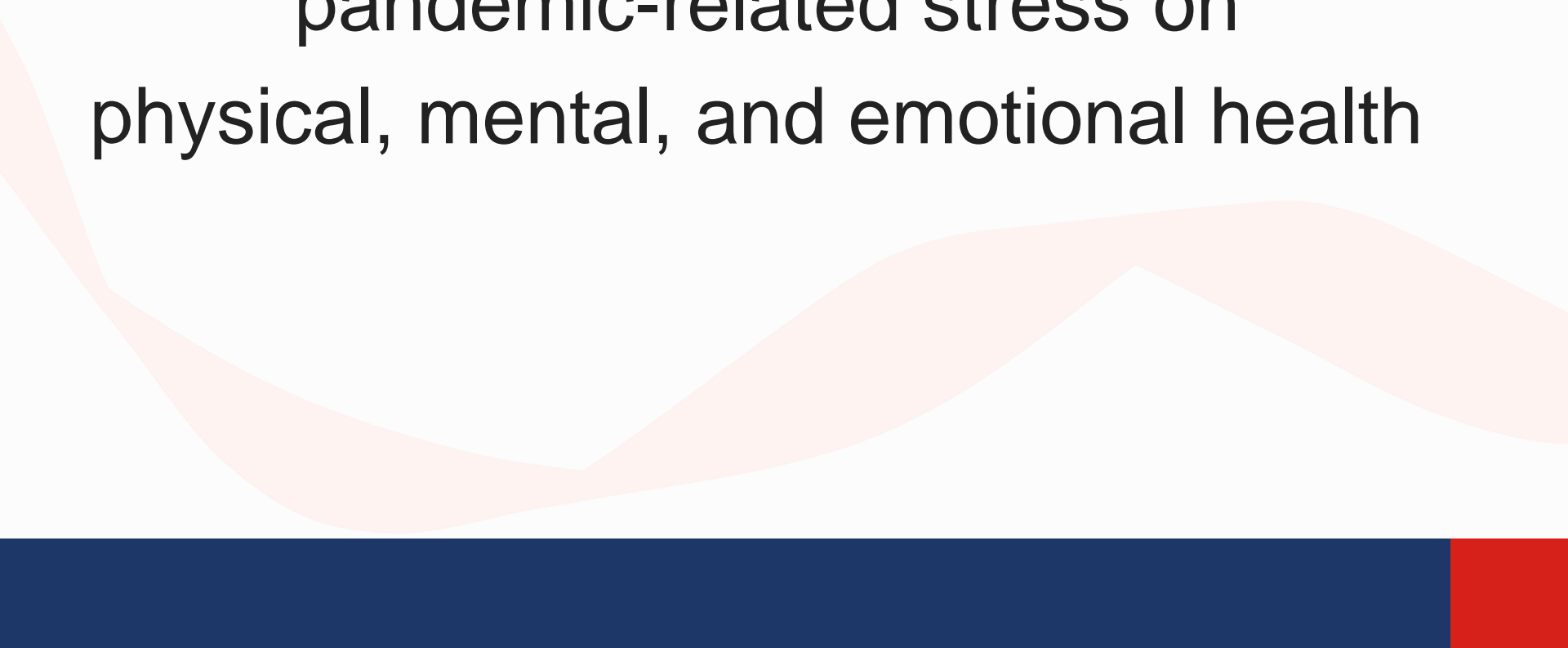
Spiritual

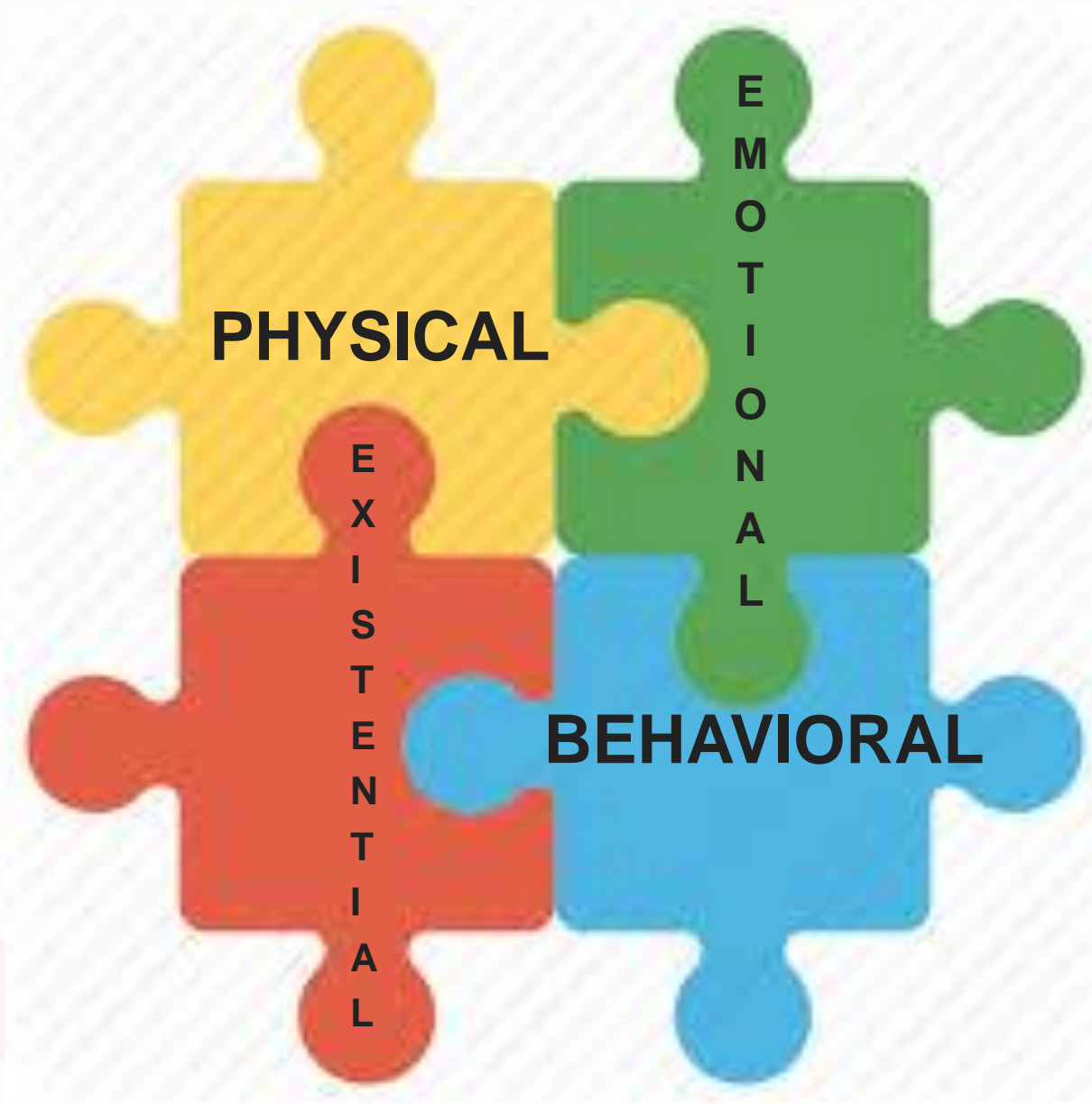
Physical

Emotional

OBJECTIVE 2:

Identify the effects of
pandemic-related stress on
physical, mental, and emotional health

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PHYSICAL

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BEHAVIORAL

OBJECTIVE 3:

Discuss interventions for
combating pandemic-related stress

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COMBATING PANDEMIC-RELATED STRESS: Polling Question

How have you been coping with *COVID-19* pandemic-related stress?

What are your adaptive strategies?



What are your maladaptive strategies?

Type into the chat box to share your responses.

COMBATING PANDEMIC-RELATED STRESS:

THINGS I CAN CONTROL
WHEN THE WORLD FEELS SCARY:
©BLESS+HEMESST

HOW MUCH MEDIA I INTAKE
IT'S OKAY TO TURN OFF YOUR TV + PHONE

HOW I RESPOND TO OTHERS FEARS
OVERREACHING OR UNDERREACHING EVERYONE IS VALID
+ WE NEED TO USE COMPASSION + UNDERSTANDING

HOW MUCH I WASH MY HANDS
THIS SHOULD BE OBVIOUS BUT I FEEL LIKE NEAR FORGETTING BASICS

HOW MUCH I'M THINKING OF MYSELF
VS. EVERYONE ELSE WE ALL NEED SOAP
+ TOILET PAPER

REMEMBERING TO BREATHE + MAKE THE MOST
INFORMED DECISIONS I CAN FOR ME + MY FAMILY

@NAMICommunicate

Q & A

Adamczyk, A. How to cope with financial stress and anxiety during the coronavirus pandemic. CNBC. (March 16 2020).

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SAMHSA. Tips for Survivors of a Disaster or Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life. Retrieved from <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Traumatic-Event-What-to-Expect-in-Your-Personal-Family-Work-and-Financial-Life/SMA13-4775> on March 27, 2020.

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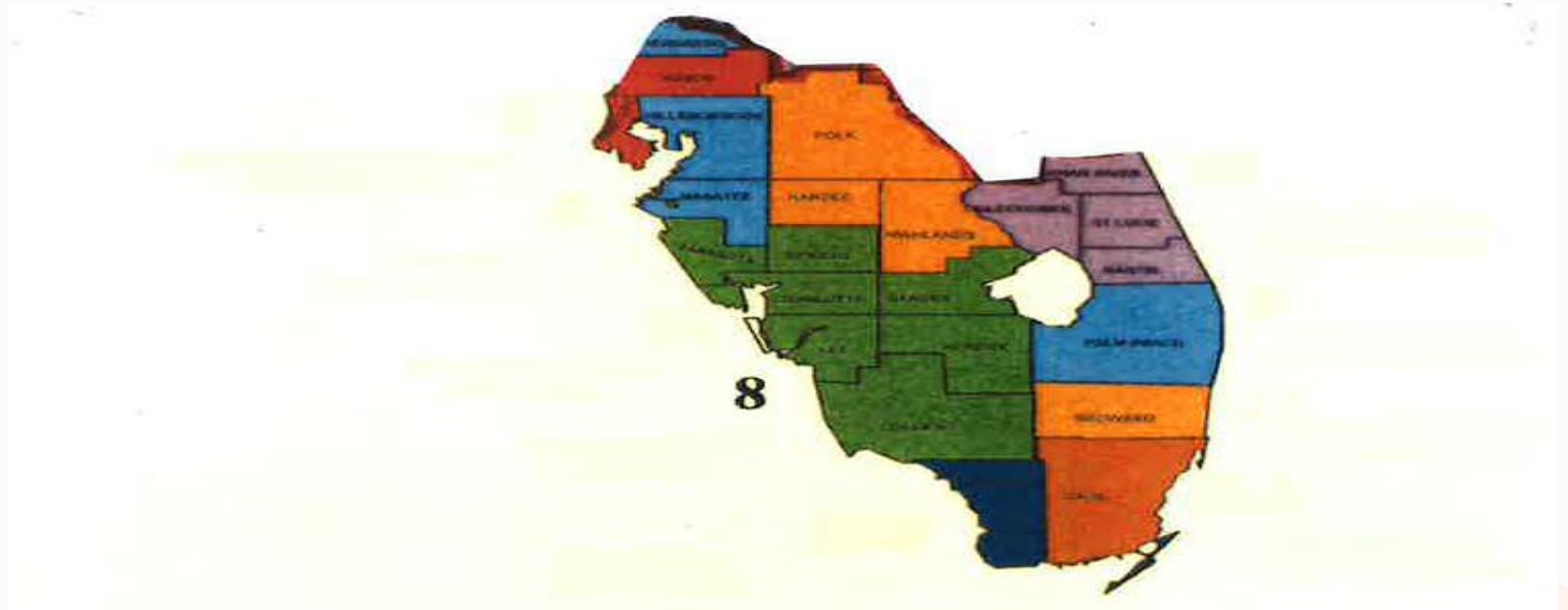
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The AIDS Education and Training Center (AETC) Program is the training arm of the Ryan White HIV/AIDS Program. The AETC Program is a national network of leading HIV experts who provide locally based, tailored education, clinical consultation and technical assistance to healthcare professionals and healthcare organizations to integrate high quality, comprehensive care for those living with or affected by HIV.

Florida Counties



The U.S. Department of Health and Human Services (DHHS) has released updated versions of its antiretroviral treatment guidelines for adults and adolescents, and for children with HIV. The new adult guidelines include revised recommendations for first-line antiretroviral therapy (ART) as well as management of treatment-experienced patients. The revised pediatric guidelines include a discussion of very early treatment for HIV-infected infants.

References

HHS Panel on Antiretroviral Guidelines for Adults and Adolescents.

[*Guidelines for the Use of Antiretroviral Agents in HIV-1-Infected Adults and Adolescents.*](#) Updated April 8, 2015.

DHHS Panel on Antiretroviral Therapy and Medical Management of HIV-Infected Children. [*Guidelines for the Use of Antiretroviral Agents in Pediatric HIV Infection.*](#) Updated March 5, 2015.

TRAINING OPPORTUNITIES

Preceptorships

An intensive clinical training program offered to healthcare providers in Florida who have an interest in learning more about the diagnosis and management of HIV/AIDS, opportunistic infections, and co-morbid conditions. Each preceptorship is structured to meet the unique needs of the individual participant based on his or her previous experience, geographic location, and time available. Experience 4 to 240 hours of clinical training at adult, pediatric, obstetric, and/or family practice clinics where care is provided to HIV-infected patients. All training provided is consistent with current guidelines from the Department of Health and Human Services or other nationally recognized guidelines when available.

Clinical Consultation

Individual and group clinical consultations are offered. Individual clinical case consultation is provided on the diagnosis, prevention, and treatment of HIV/AIDS and related conditions. These consultations take place by telephone, email or face-to-face meetings. Group clinical consultation with case-based discussions include information on pharmacology, clinical antiretroviral therapy updates, drug-drug interactions, and antiretroviral resistance.

FOR MORE INFORMATION, PLEASE
VISIT:

<http://hivaidsinstitute.med.miami.edu/partners/se-aetc>

National HIV/AIDS Clinicians' Consultation Center UCSF – San Francisco General Hospital

Warmline

National HIV/AIDS Telephone Consultation Service
Consultation on all aspects of HIV testing and clinical care
Monday - Friday
9 am – 8 pm EST
Voicemail 24 hours a day, 7 days a week

PEPline

National Clinicians' Post-Exposure Prophylaxis Hotline
Recommendations on managing occupational exposures to HIV and hepatitis B & C
9 am - 2 am EST, 7 days a week

Perinatal HIV Hotline

National Perinatal HIV Consultation & Referral Service
Advice on testing and care of HIV-infected pregnant women and their infants
Referral to HIV specialists and regional resources
24 hours a day, 7 days a week

HRSA AIDS ETC Program & Community Based Programs, HIV/AIDS Bureau
& Centers for Disease Control and Prevention (CDC)
www.nccc.ucsf.edu

Need Additional Information?

Contact the South FL SE AIDS Education and Training Center

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