

ACPA RECOMMENDED RESOURCES FOR PATIENT, FAMILY AND PROVIDER SELF-CARE DURING THE COVID-19 PANDEMIC

In response to the national and institutional call for the cessation of non-essential clinic visits in the wake of the COVID-19 pandemic, multi state “shelter in place” orders, and the member questions regarding the multidisciplinary care of children with facial differences, an ACPA working group was convened to address interventions around patient, family and provider mental health and self care, This group developed the following resource statement. The information contained in this document is subject to change due to the fluid environment. This guidance here is intended to complement, rather than replace, existing advice and should be considered “expert opinion.”

We recognize that COVID-19 transmission is primarily through droplet spread and therefore teams that perform evaluations in the head and neck are at high risk for infection. Although many procedures performed by teams are important and somewhat time sensitive, given the national health care crisis there will be delays. These delays can greatly impact the emotional wellbeing of our families, patients and providers. We are concerned about the health and safety of our patients; and also the health and safety of members, trainees, and hospital teams.

While encouraging every provider to consider the individual circumstances and best interests of their unique patients, the ACPA has issued the following resource list:

For Patients and Caregivers:

The following links provide strategies to talk to children about COVID-19 and the current shelter in place orders:

1. CDC guidelines on talking with children:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

2. CDC guidelines on how to help children cope with emergencies:

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

3. The Child Mind Institute has several resources available to parents, including daily Facebook chats, remote evaluations, on-air media experts:

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

4. The “Six S’s”:

https://www.newyorklife.com/newsroom/csr-caregiving-during-covid19-supporting-children?cmpid=osm_nr_cc_li_na_na_na_na_na_na_na_32620

5. Resources for families, including understanding news coverage:

<https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic>

6. Tips for Kids: A Kid’s Guide to Coronavirus: Answers questions posted by kids:

<https://www.nytimes.com/2020/03/27/podcasts/the-daily/kids-coronavirus.html>

7. This parenting resource answers kids’ questions:

<https://www.vox.com/2020/3/20/21186739/coronavirus-kids-parents-covid-19-pandemicparenting>

8. Sesame Street offers tips on coping with the “For-Now” Normal:

<https://autism.sesamestreet.org/coping-with-covid/>

9. The American Psychological Association has developed COVID-19 resources intended for parents of children with disabilities:

<https://www.apa.org/research/action/children-disabilities-covid-19.html>

10. Children's author, Kim St. Lawrence, has a great YouTube Story about a Bear and Social Distancing:

https://www.youtube.com/watch?v=DA_SsZFYw0w

11. Preparing kids to see masks when out in the community: KidsHealth: Helping Kids Get Used to Seeing Masks:

<https://kidshealth.org/en/parents/coronavirus-masks.html>

12. Teenagers and Coronavirus: article with resources:

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

<https://teenshealth.org/en/teens/coronavirus-calm.html>

For Medical Professionals

The following links are targeted towards medical professionals across disciplines:

1. This brief video developed by Montefiore Medical Center for health care professionals illustrating impact of COVID-19 on stress responses and anxiety, with recommendations for coping:

<https://vimeo.com/398138843/b4dc58fcf5>

2. From the Schwartz Center for Compassionate Healthcare this a webinar focuses on managing healthcare workers' stress:

<https://ahcpsychologists.org/wp-content/uploads/2020/03/SchwartzCenterWebinar.pdf>

3. The Stress First Aid model is a self-care and peer support model originally developed for those in high-risk occupations and includes seven actions that help to identify and address early signs of stress reactions in yourself and others in an ongoing way:

https://www.frames.gov/sites/default/files/frames-documents/nafriSFA.1_Stress_First_Aid_Overview_NCPTSD.pdf

4. AMA provides tips on address physician stress:

<https://www.ama-assn.org/delivering-care/public-health/6-ways-address-physician-stress-during-covid-19-pandemic>

5. Toolkits for Healthcare Professions: Toolkit for Emotional Coping for Healthcare Staff: for individuals or healthcare teams to learn coping and resilience building skills. Secondary Traumatic Stress for Healthcare Professionals: for individuals or healthcare teams to learn about secondary traumatic stress and how to address it.

<https://healthcaretoolbox.org/tools-and-resources/covid19.html>

6. OHSU and UMass are offering a free webinar series for health care professionals addressing the unique pressures, fears, and demands (both personal and professional) placed on clinicians during the COVID-19 pandemic as well as strategies to cope and persevere:

<https://www.crowdcast.io/caringforclinicians>

7. The Wellness Society has developed a free coronavirus anxiety workbook. Click on the link to access it for free:

<https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>

8. Tips for medical professional self-care: Harvard Medical School: 6 Self-Care Tips for a Pandemic:

<https://www.health.harvard.edu/blog/6-self-care-steps-for-a-pandemic-always-important-now-essential-2020041619563>

9. Article on Pandemics and Children:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4504394/>

Self-Care for Patients, Families and Medical Professionals:

The following links provide strategies for self-care aimed at providers, patients and caregivers:

1. Smithsonian is doing 30 minute free mindfulness zoom calls- Mondays, Tuesdays, Thursdays, and Fridays:
<http://events.si.edu/143846016/WorkshopMeditationandMindfulness>

2. List of mostly free virtual concerts to enjoy:
<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-duringthe-coronavirus-shutdown>

3. Russ Harris' 5 minute video on how to cope effectively:
<https://www.youtube.com/watch?v=BmvNCdpHUYM>

4. Online relaxation program:
https://ggia.berkeley.edu/practice/mindful_breathing?_ga=2.177807200.411716853.1586815723-1726758791.1586815723

5. GoNoodle provides movements and mindfulness videos target for children:
<https://www.gonoodle.com/>

6. Dartmouth offers free mindfulness nad relaxation downloads:
<https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>

7. Help at the grocery store to help follow nutrition guidelines:
[COVID-19 Grocery List Printable](#)

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