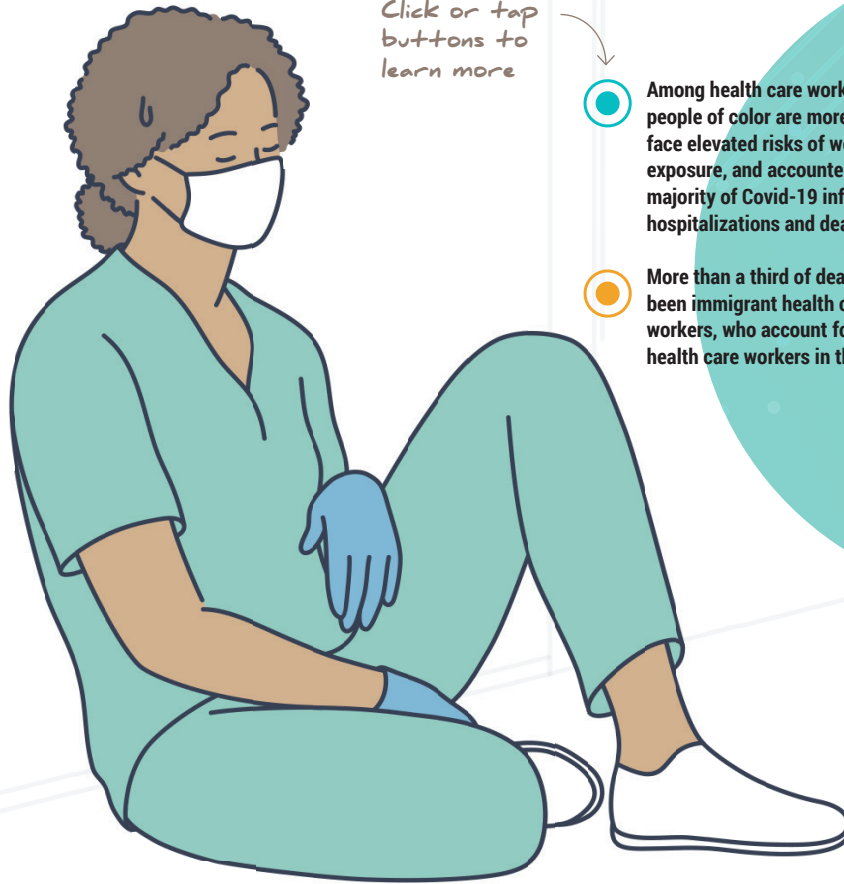


Health Caregivers and the Covid-19 Pandemic

The ongoing Covid-19 pandemic has taken a toll on health care professionals and family caregivers, who have continued to provide treatment and support while balancing their own personal risk of infection and fear of transmission to family members.



Click or tap buttons to learn more



Among health care workers, people of color are more likely to face elevated risks of workplace exposure, and accounted for a majority of Covid-19 infections, hospitalizations and deaths



More than a third of deaths have been immigrant health care workers, who account for 20% of health care workers in the U.S.



Click or tap button above text to learn more



This is a **compounding mental health crisis** as health care professionals have always experienced chronic stress and trauma as a part of their daily work life.



Because of pandemic protocols, families could not be at loved ones' bedsides even in end-of-life situations, so health care professionals such as doctors and nurses provided primary emotional support and acted as liaisons.



Burnout Rate

Burnout among health care professionals is a serious concern, with a prevalence rate above 50% for U.S. physicians and similarly high rates for U.S. nurses and other health care professionals.



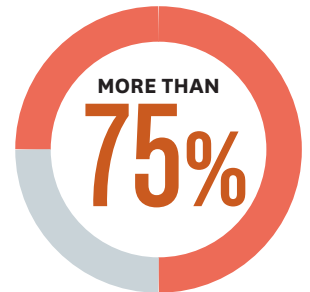
Essential workers and unpaid adult caregivers reported having experienced disproportionately worse mental health outcomes, increased substance use, and elevated suicidal ideation, according to a June 2020 CDC survey.

Health Caregivers and the Covid-19 Pandemic



Trauma impacts health care professionals at high rates, particularly in emergency medicine. The pandemic carried with it increased risk factors.

Family Caregivers



More than 75% of all caregivers are women, spending as much as 50% more time providing care compared to men.

How Surges in Caseloads Affected Health Care Workers

During a surge, health care providers had to make life-or-death decisions for patients due to shortages of essential equipment like ventilators. After the surge leveled off, many began to feel overwhelmed with anger, exhaustion, and grief. They experienced symptoms such as insomnia, anxiety and depression, as well as signs of post-traumatic stress disorder.



A meta-analysis of suicide deaths found physicians to be at greater risk; these rates are significantly increased for female doctors. A longitudinal analysis of suicide data showed an increased risk of suicide for both male and female nurses compared to the general population.

Click or tap buttons to learn more

Support for Health Professionals and Caregivers

As we move into the next phase of the pandemic, we can't forget the sacrifices made by health caregivers and ignore their ongoing challenges.



- They deserve accessible and affordable mental health care
- Confidential mental health care and support should be available to all health care professionals who need it, without fear of professional repercussion
- Employers could better support their caregiving employees by providing flexible schedules and paid family leave
- It can be challenging for health caregivers to seek help for themselves, so removing the stigma and other barriers around mental health is essential

Mental Health Resources



The National Alliance on Mental Illness (NAMI) has compiled a list of resources for health care professionals



Daughterhood is a community of people supporting each other in caring for aging parents, other family members and friends

■ Family caregivers include both paid and unpaid caregivers, many of whom provide critical aid to a person at an increased risk for severe illness from COVID-19

■ One in six U.S. employees are unpaid caregivers at an average of 20 hours per week



■ In a study done between April-May 2020, family caregivers reported increased responsibilities, and resulting adverse mental and physical health outcomes. These included higher levels of anxiety, depression, fatigue and sleep disturbance. They also had less social participation, lower financial well-being, and increased food insecurity due to the pandemic

