

Mental Health and Psychological Considerations During COVID-19 Outbreak

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World Health Organization (WHO)

- Public Health Emergency of International Concern
- Characterized as a pandemic
- Time of crisis is generating stress in the population: anxiety, depression, phobia, PTSD.....

World Health Organization (WHO)

- Unprecedented measures to slow and interrupt transmission.
- Buying us time and reducing pressure on our health system.
- Consequences of mental health and psychological well being very important.
- 5 to 15 % infection to health care workers.

Health care workers

- Keeping all staff protected from chronic stress and poor mental Health is very vital.
- Will have better capacity to fulfill their roles.
- We should focus on long term measures rather than short time crisis responses.

Health care workers: strategies

- Ensure good quality communication and accurate information updates are provided to all staff.
- Rotate workers from higher stress to lower stress functions.
- Partner inexperienced workers with their more experience colleagues.

Take care of yourself

- Feeling under pressure is a likely experience
- No means a reflection that you cannot do your job or that you are weak.
- Mental health and psychological wellbeing during this time is as important as managing your physical health.

Take care of yourself

- Ensure sufficient rest and respite during work or between shifts
- Eat sufficient and healthy food, engage in physical activity,
- Stay in contact with family and friends.
- Avoid using unhelpful coping strategies such as tobacco, alcohol or other drugs.

Take care of yourself at this time.

- using strategies that have worked for you in the past to manage times of stress can benefit you now.
- You are most likely to know how to de-stress and you should not be hesitant in keeping yourself psychologically well.
- **This is not a sprint; it's a marathon.**

Take care of yourself at this time.

- May experience avoidance by their family or community due to stigma or fear
- staying connected with your loved ones through digital methods is one way
- Turn to your colleagues, HOD, your manager or other trusted persons for social support- your colleagues may be having similar experiences .

Care for people who are affected with COVID 19

- Be empathetic to all those who are affected
- People who are affected by Covid-19 have not done anything wrong
- they deserve our support, compassion and kindness.

Care for people who are affected with COVID-19

- Use understandable ways to share messages with people with intellectual, cognitive and psychosocial disabilities.
- know how to link them with available resources
- The stigma associated with mental health problems may cause reluctance to seek support for both COVID-19 and mental health conditions.

Care for people who are affected with COVID 19

- Older adults ,especially in isolation and those with cognitive decline /dementia ,may become more anxious, angry, stressed, agitated and withdrawn.
- Provide practical and emotional support through health professionals

Care for people who are affected with COVID 19

- Manage urgent mental health and neurological complaints (e.g. delirium, psychosis, severe anxiety or depression) within emergency .
- Ensure availability of essential psychotropic medications

What is Mental Health First Aid?

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis.

The first aid is given until appropriate professional help is received or until the crisis is resolved.

The Five Basic Steps

Assess risk of suicide or harm

Listen non-judgmentally

Give reassurance and information

Encourage the person to get appropriate professional help

Encourage self-help strategies

Take care of yourself

- Stick to what has worked for you in past.
- relaxation techniques (like breathing exercises, muscle relaxation, mindfulness meditation) can all be very helpful.
- acknowledge upsetting thoughts when they occur and discuss them with people around.
- Try to stay positive.

Leave no one behind...

- to display empathy, solidarity, emotional intelligence
- Ultimately there is only one solution: act with kindness, act with love, but with physical distancing

Questions to be asked

MENTAL HEALTH PROBLEMS - SRQ

Part of the NTD-related morbidity and disability assessment and monitoring toolkit.



NEGLECTED TROPICAL DISEASE NETWORK

A global coalition for local government, organizations working together on NTDs



MENTAL HEALTH PROBLEMS – Self reported questionnaire (SRQ)

Time at the start of the interview: _____ Patient identifier: _____

If you think the question applies to you and you had the problem described in the *last 30 days* to answer "Yes".

Item	Question	YES	NO	
1.	Do you often have headaches?	Yes (1)	No (0)	
2.	Is your appetite poor?	Yes (1)	No (0)	
3.	Do you sleep badly?	Yes (1)	No (0)	
4.	Do your hands shake?	Yes (1)	No (0)	
5.	Are you easily frightened?	Yes (1)	No (0)	
6.	Do you feel nervous, tense or worried?	Yes (1)	No (0)	
7.	Is your digestion poor?	Yes (1)	No (0)	
8.	Do you have trouble thinking clearly?	Yes (1)	No (0)	
9.	Do you feel unhappy?	Yes (1)	No (0)	
10.	Do you cry more than usual?	Yes (1)	No (0)	
11.	Do you find it difficult to enjoy your daily activities?	Yes (1)	No (0)	
12.	Do you find it difficult to make decisions?	Yes (1)	No (0)	
13.	Is your daily work suffering?	Yes (1)	No (0)	
14.	Are you unable to play a useful part in life?	Yes (1)	No (0)	
15.	Have you lost interest in things?	Yes (1)	No (0)	
16.	Do you feel that you are a worthless person?	Yes (1)	No (0)	
17.	Has the thought of ending your life been on your mind?	Yes (1)	No (0)	
18.	Do you feel tired all the time?	Yes (1)	No (0)	
19.	Do you have uncomfortable feelings in your stomach?	Yes (1)	No (0)	
20.	Are you easily tired?	Yes (1)	No (0)	
	Total:			

Time at the end of the interview: _____

Thank you