

COVID-19: Practical Advice and Support from Internists on the Front Lines

Description: Eileen Barrett, MD, MPH, SFHM, FACP, and Elisabeth Poorman, MD, share lessons learned and best practices from both the inpatient and outpatient front lines of the COVID-19 global pandemic. They explore the need to both acknowledge and address physician anxiety and fear of exposure to the coronavirus, as well as provide tips for how physicians can support one another while protecting their own wellbeing.

We all must remember to do the following:

1. Take care of our patients
2. Take care of our colleagues
3. Take care of ourselves

How?

1. Provide helpful resources to people when they need them.
 - a. [COVID-19: An ACP Physician's Guide and Resources](#)
 - b. *The Curbsiders Internal Medicine Podcast*. "[#200 COVID-19 with Paul Sax MD](#)". March 22, 2020.
 - c. *UpToDate.com*. Coronavirus disease 2019 (COVID-19), Kenneth McIntosh. [uptodate.com/contents/coronavirus-disease-2019-covid-19](https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19)
 - d. Poon, L.L.M., Peiris, M. Emergence of a novel human coronavirus threatening human health. *Nat Med* **26**, 317–319 (2020). <https://doi.org/10.1038/s41591-020-0796-5>
 - e. What's happening now?
 - i. Solid reporting: [NPR](#), [BBC](#), [Helen Branswell](#), [Charles Ornstein](#)
 - ii. Current conversation: [#Medtwitter](#), [#Covid4MDs](#), [The New York Times](#)
2. Show you colleagues that you care about them and receive support when it is offered to you
3. Express concern for everyone's safety and prioritize this.
 - a. Parsa-Parsi RW. The Revised Declaration of Geneva: A Modern-Day Physician's Pledge. *JAMA*. 2017;318(20):1971–1972. [doi:10.1001/jama.2017.16230](https://doi.org/10.1001/jama.2017.16230)
 - b. [Advice for Sustaining Staff Wellbeing in Critical Care During and Beyond COVID-19](#)
4. Communicate in a consistent, concise, authentic, and timely way.
5. Lead with empathy by assuming best intentions.
6. It's OK to show your vulnerability and insecurity; the goal is not to be a hero but to be a healthy, flexible team member with clear boundaries.