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.

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**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.
   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.
   b. [Advice for Sustaining Staff Wellbeing in Critical Care During and Beyond COVID-19](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7123280/)
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.