



## Physician well-being in a time of COVID-19

We have entered a phase where we need to work differently and face new pressures. It is important that whilst we do this, we look after ourselves and our colleagues and consider the psychological support that we each need to continue to look after our patients at this time.

Links here are open-access resources developed for supporting well-being among healthcare providers, including some specifically developed for support during the COVID-19 pandemic. They have been deliberately designed to be implemented quickly and require few resources.

### Zambia Anaesthesia Development Program (ZADP)

ZADP has developed a number of resources concerning wellbeing and psychological support for Zambian and UK partners.

- [ZADP COVID-19 Psychological considerations](#)
- [Infographic: Supporting Anaesthesia Providers in your department during COVID-19](#)

### Academy of Medical Royal Colleges, UK

- [COVID-19 - Mental health & well-being for healthcare professionals](#) - This website has information about well-being including self-care tips and links to wellbeing resources.

### Intensive Care Society (ICS) Wellbeing Resource Library

- [Intensive Care Society: Well-being Resource Library](#) - ICS has developed a number of psychological support posters regarding self-care, well-being, and improving the workplace.

### British Medical Association (BMA) Mental Wellbeing Charter

- [BMA Well-being Charter](#) - BMA has guidance for developing an environment for well-being support within a department or healthcare setting.

### Sleep in the time of COVID-19

- [Sleep In The Time of COVID-19](#) - Many people will experience a disruption in their sleep during this time. This resource, developed by a Consultant in Sleep Medicine, discusses why sleep may be disrupted, good and poor sleep habits, and strategies to help deal with poor sleep.

Part of the WFSA series:



Updated – 04/05/2020

Curated by:



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## COVID-19

Guidance for anaesthesia  
and perioperative care providers



Updated – 04/05/2020