

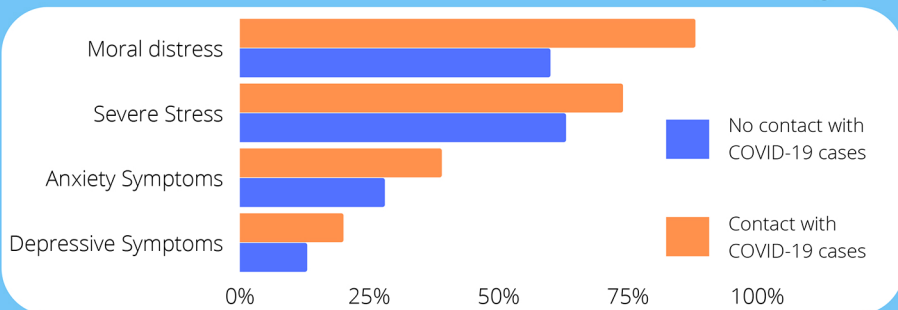
COVID-19 Reports Effects on Healthcare Workers' Mental Health

Moral Distress During the Pandemic



In the early phases of the pandemic, healthcare workers have been increasingly exposed to morally challenging situations. This created high levels of moral distress and led to more severe stress, anxiety, and depression symptoms. Higher moral resilience, which refers to the capacity to sustain one's integrity in response to moral adversity, can decrease these symptoms.

Healthcare worker's Exposure to COVID-19

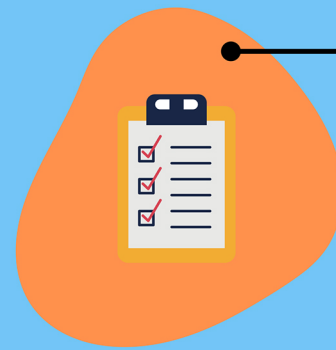


Moral Resilience



Moral resilience, the capacity to sustain one's integrity in response to moral adversity, was found to lower the impacts of morally distressing events on moral distress, with downstream protective effects for mental health.

Risk Factors Associated with Lower Moral Resilience



- Female
- Young age
- Having a self-reported current diagnosis of a mental disorder
- Sleeping less
- Lower support from employer and colleagues

What Now?

Strategies to address the moral dimension of clinical care are needed. Enhancing moral resilience may help restore moral agency and autonomy when facing potentially morally distressing events.

Strategies to Help Healthcare Workers



Practice self-regulatory skills like mindfulness and taking care of yourself



Increasing integrity by being true to your values and embracing interconnection

Reduce frequency and intensity of exposure at the systemic level

Strengthening institutional structures to respond to ethical concerns

Implement tools to better cope with shiftwork and partial sleep deprivation



Peer-to-peer support led by facilitators trained in ethical practice and bring interventions like the Mindful, Ethical, Practice and Resilience Academy



Spilg, E. G., et al. (2022). The new frontline: exploring the links between moral distress, moral resilience and mental health in healthcare workers during the COVID-19 pandemic. BMC Psychiatry, 22(1).

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