

Staff understanding

And understanding staff

Powerlessness

- Lack of vaccine
- Lack of specific treatments
- Lack of ability to predict the future
- Lack of precedent

Fearfulness

- Fear for our patients
- Fear of our patients
- Fear for our families/friends

Moral injury

- Psychological distress resulting from actions or lack of actions which violate one's moral or ethical code
 - Can lead to development of psychological injury - depression, PTSD
 - Can lead to psychological growth and more resilience – bolstering of self-esteem

Support

- Most important determinant of whether someone has a poor outcome or experiences growth is support before, during and after a challenging situation
- Usual means of support
- Ways to create new ways

Impact

- Living through a pandemic will leave us all marked
- Crisis brings out goodness and badness
- The ability to depend on one another is our greatest strength