



Effects of COVID-19: Medscape Survey Data

- 8 Countries, >75,000 physicians
- 25% planning to retire earlier
- 12% planning a career change away from medicine
- 31-63% reported income drop
- Burnout intensified in majority
- Eating is coping mechanism of choice
- Increased loneliness
- Lack of workplace activities to help with grief

Mental Health Effects of COVID-19 on

Healthcare Workers in China: Lai J et al. JAMA Netw Open 2020

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- Survey of 1257 healthcare workers (39% physicians; 61% nurses) from 34 hospitals
- Overall, 42% were directly caring for patients with COVID-19.
- High rates of depression (50%), anxiety (45%), insomnia (34%), and distress (72%)
- Symptoms were higher in nurses, women, people caring for COVID-19 patients, and those in Wuhan (symptoms were lowest outside Hubei). Of these higher-risk groups, 10% to 20% scored in the moderate or severe range.



Burnout in Nurses : *Holist Nurs Pract* 2020;34(5):274–28

- National job satisfaction survey of >3300 nurses, 55% reported negative effects of job on their health
- 18-41% reported symptoms of depression (2-4 times the rate of general public)
- Estimated 1 out of 10 (of the 9.3 million practicing nurses worldwide) has an untreated substance use disorder
- >20% of nurses binge drink
- Prevalence of compassion fatigue is up to 85%