## Key Strategies for Promoting Resilience & Preventing Burnout

## During the Pandemic and Beyond

## References

De Brier N, Stroobants S, Vandekerckhove P, De Buck E. (2020). Factors affecting mental health of health care workers during coronavirus disease outbreaks (SARS, MERS & COVID-19): A rapid systematic review. *PLoS One*, *15*(12):e0244052. doi: 10.1371/journal.pone.0244052. PMID: 33320910; PMCID: PMC7737991.

Kunzler, Angela M, Helmreich, Isabella, Chmitorz, Andrea, Konig, Jochem, Binder, Harald, Wessa, Michele, et al. (2020). Psychological interventions to foster resilience in healthcare professionals. *Cochrane Database of Systematic Reviews*, 7:CD012527. doi: 10.1002/14651858.CD012527.pub2. PMID: 32627860.

Magi, E., Siegel, Z. & Pike, M. (2020). The mental health of frontline health care providers during pandemics: a rapid review of the literature. *Psychiatric Services*, *71*(12); 1260-1269. doi: 10.1176/appi.ps.202000274. Epub

National Academy of Medicine (2017). Strategies to support the health and well-being of clinicians during the COVID-19 Outbreak. *Action Collaborative on Clinician Well-Being and Resilience*. https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-strategies-during-covid-19/

Pfefferbaum, B. & North, C.S. (2020). Mental health and the COVID-19 pandemic, *NEJM* 383, 510-512. DOI: 10.1056/NEJMp2008017

Pollock A, Campbell P, Cheyne J, et al. (2020). Interventions to support the resilience and mental health of frontline health and social care professionals during and after a disease outbreak, epidemic or pandemic: a mixed methods systematic review. *Cochrane Database Syst Rev.* 2020;11:CD013779, doi:10.1002/14651858.CD013779

Preti E, Di Mattei V, Perego G, Ferrari F, Mazzetti M, Taranto P, Di Pierro R, Madeddu F, Calati R. (2020). The psychological impact of epidemic and pandemic outbreaks on healthcare workers: rapid review of the evidence. *Curr Psychiatry Rep*, *22*(8), 43. doi: 10.1007/s11920-020-01166-z. PMID: 32651717; PMCID: PMC7350408.

Roycroft M, Wilkes D, Fleming S, Pattani S, Olsson-Brown A. (2020). Preventing psychological injury during the covid-19 pandemic. *BMJ*, m1702. doi: 10.1136/bmj.m1702. PMID: 32366504.

Stamm, H.E. & Stamm, B.H. (2012). *The Professional Quality of Life Measure*. https://progol.org/Home Page.php