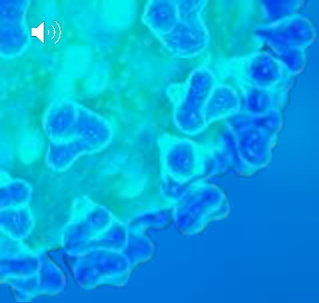


COVID-19

And its effects on healthcare workers...



Why is this important?

The John Hopkins Coronavirus Resource Center stated, as of December 1st, Coronavirus had affected 191 countries, with approximately 63.6 million confirmed cases and 1.4 million deaths globally (“COVID-19 Map”, 2020).

Facing this difficult circumstance, healthcare workers are on the front line directly involved in the diagnosis, treatment, and care of patients are at risk of developing psychological distress and other mental health symptoms.

This research aims to assess and raise awareness of the mental health impact of the COVID-19 pandemic on healthcare workers in Washington State.

Global Updates



COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)



Global Cases

63,650,135

Cases by

Country/Region/Sovereignty

13,672,217 US
9,462,809 India
6,335,878 Brazil
2,302,062 Russia
2,275,052 France
1,656,444 Spain
1,647,223 United Kingdom
1,620,901 Italy
1,424,533 Argentina
1,324,792 Colombia

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Last Updated at (M/D/YYYY)

12/1/2020, 2:26 PM



Cumulative Cases

Active Cases

Incidence Rate

Case-Fatality Ratio

Testing Rate



Esri, FAO, NOAA

Global Deaths

1,476,396

270,003 deaths
US

173,120 deaths
Brazil

137,621 deaths
India

105,940 deaths
Mexico

59,148 deaths
United Kingdom

Global Deaths

US State Level

Deaths, Recovered

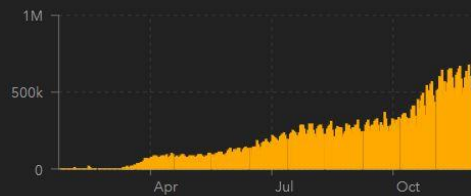
34,618 deaths, **85,556**
recovered
New York US

21,946 deaths, **962,639**
recovered
Texas US

19,223 deaths, **recovered**
California US

18,679 deaths, **recovered**
Florida US

US Deaths, Recov...



Daily Cases

Current Numbers



COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)



Global Cases

158,560,815

Cases by

Country/Region/Sovereignty

32,739,130 US

22,662,575 India

15,209,990 Brazil

5,841,586 France

5,044,936 Turkey

4,832,959 Russia

4,452,935 United Kingdom

4,116,287 Italy

3,581,392 Spain

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Cumulative Cases

Incidence Rate

Case-Fatality Ratio

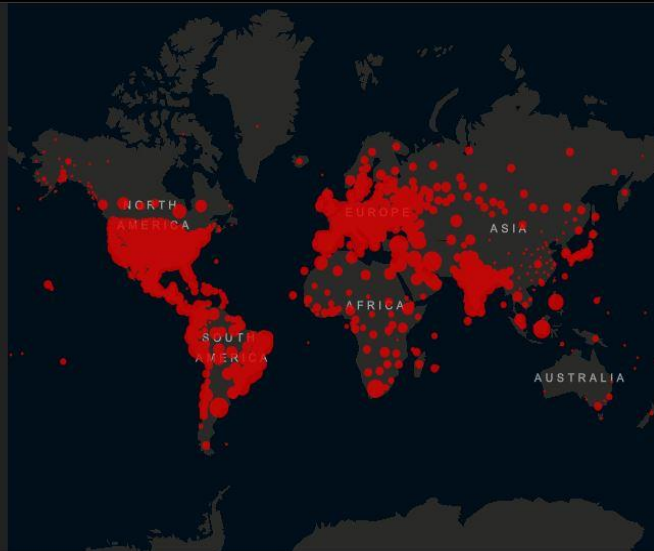
Testing Rate

192

countries/regions

Lancet Inf Dis Article: [Here](#). Mobile Version: [Here](#). Data sources: [Full list](#). Downloadable database: [GitHub](#), [Feature Layer](#).

Lead by JHU CSSE. Technical Support: [Esri Living Atlas team](#) and [JHU APL](#). Financial Support:



Esri, FAO, NOAA

Global Deaths

3,297,815

582,099 deaths
US

423,229 deaths
Brazil

246,116 deaths
India

218,985 deaths
Mexico

127,869 deaths
UK

Global Deaths

Total Test Results in US

444,920,177

61,827,671 tests
California US

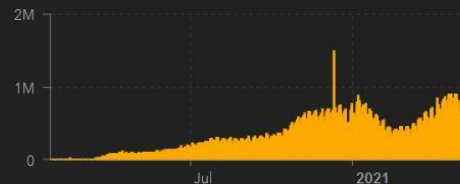
52,829,566 tests
New York US

23,565,813 tests
Texas US

23,347,731 tests
Illinois US

23,186,742 tests
Florida US

US Test Results



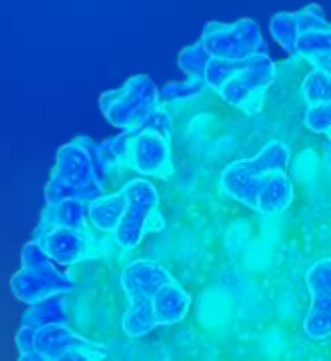
Daily Cases

Research Question

How has the COVID-19 pandemic affected mental health among the healthcare workers in Washington State?

Hypothesis

Over the last six months of the COVID-19 pandemic, psychological problems have been pervasive among healthcare workers.



A microscopic image showing a cluster of cells, likely from a tissue sample, with a greenish-yellow hue. The cells are irregular in shape and have visible nuclei.

Study Protocol

Population: Healthcare workers via convenient sampling technique

- University of Washington Hospital
- Seattle Children's Hospital

Size: 50 Responses

Method: Cross-Sectional Survey encompassing:

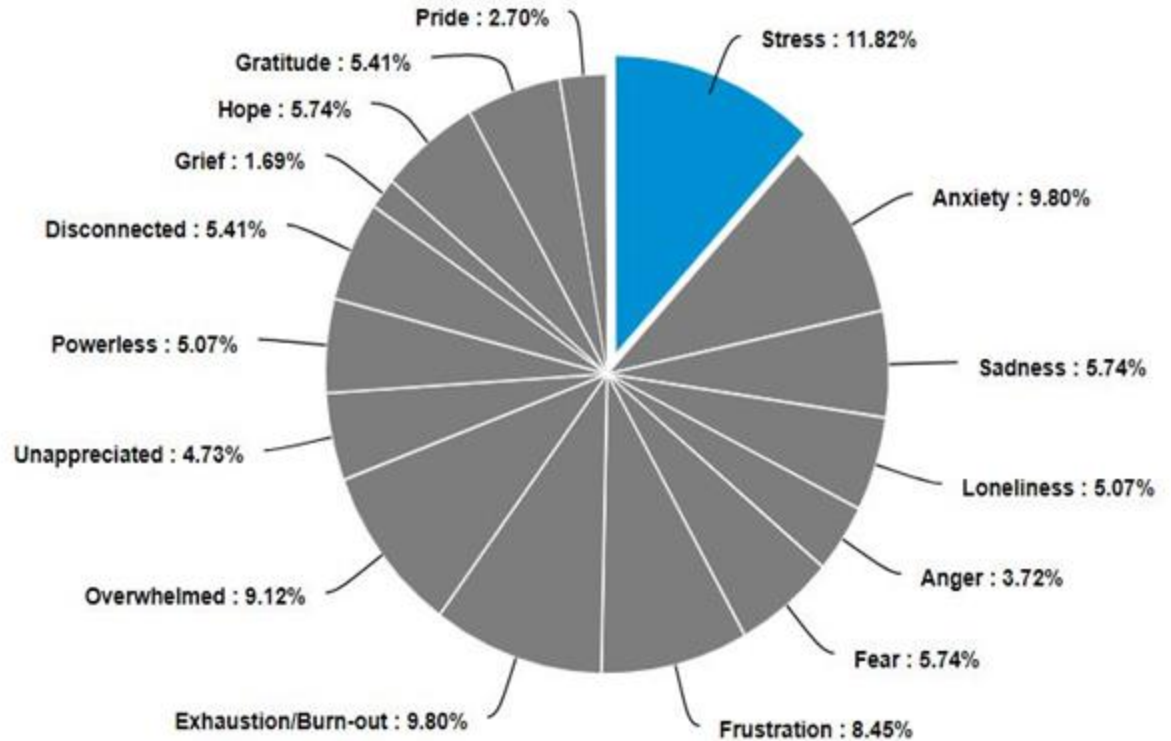
- Healthcare worker specific questions
- Anxiety Test
- Depression Test

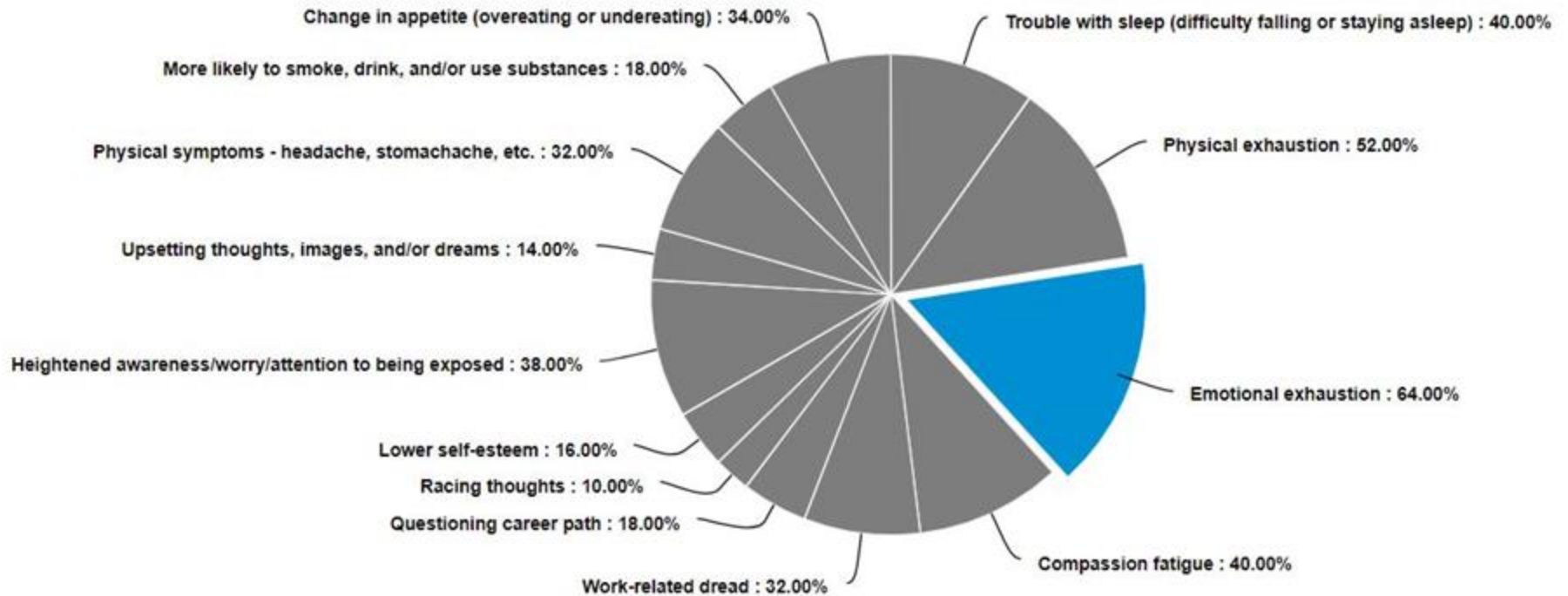
Duration: 2 Weeks

Inclusion Criteria

Study population including; at least 18 years of age, full-time healthcare workers providing both direct and indirect care (Healthcare workers included all clinical staff, doctors, nurses, paramedics, and Lab technicians, and etc).

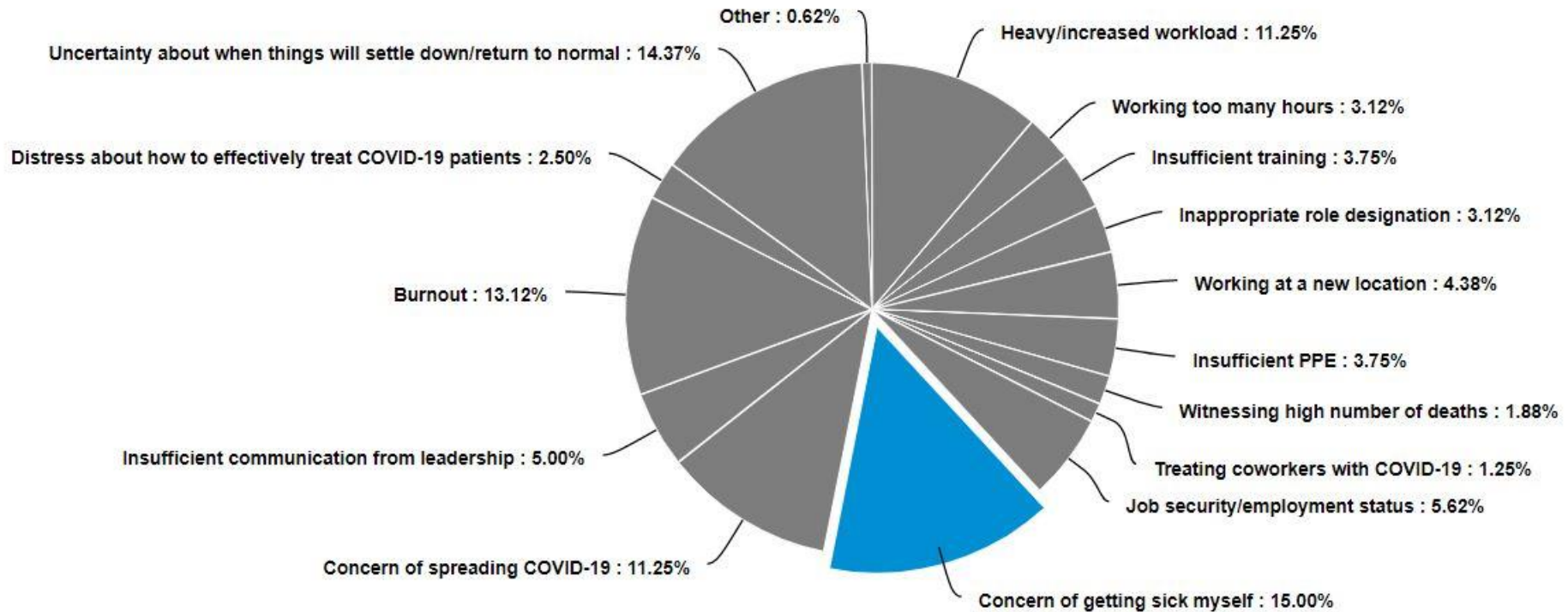
In the last six months, which of the following feelings have you been regularly experiencing?





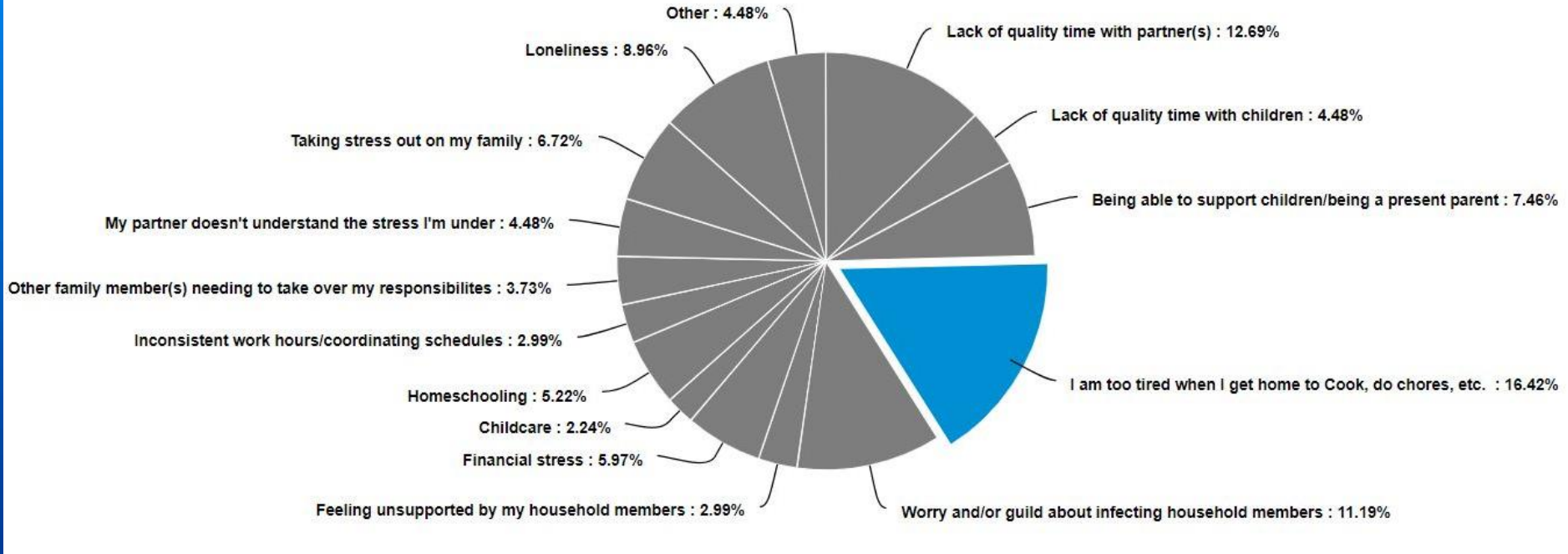
In the last six months, have you experienced an increase in any of the following?

Work Related Stress



Other indicated "insufficient compensation"

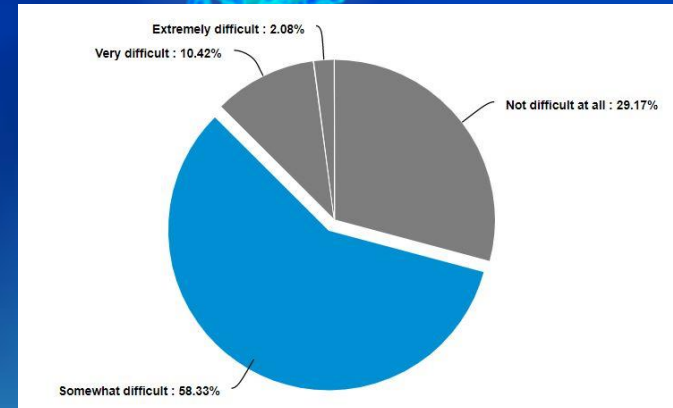
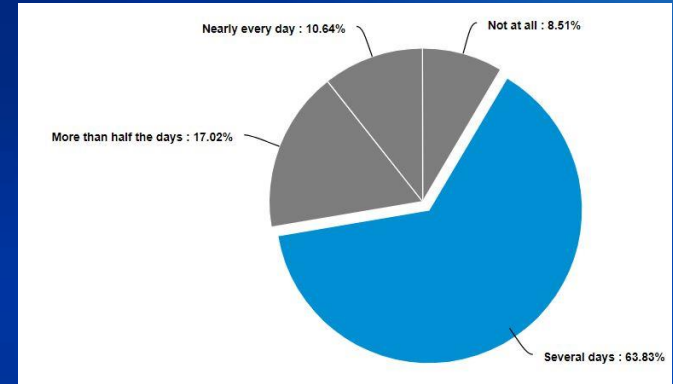
Home Related Stress



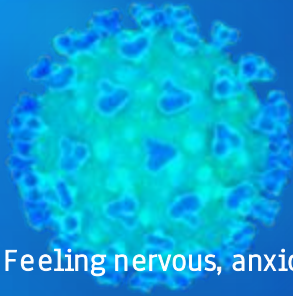
Other indicated "concerns of getting sick", "trying to juggle work and making sure kids are doing their schoolwork", and "less quality time with non-household family"

Depression Test

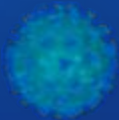
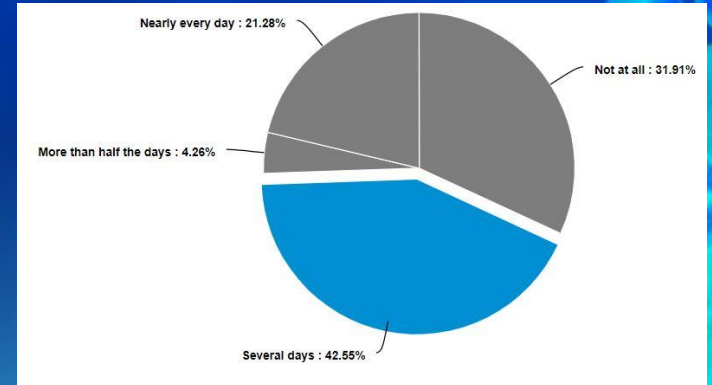
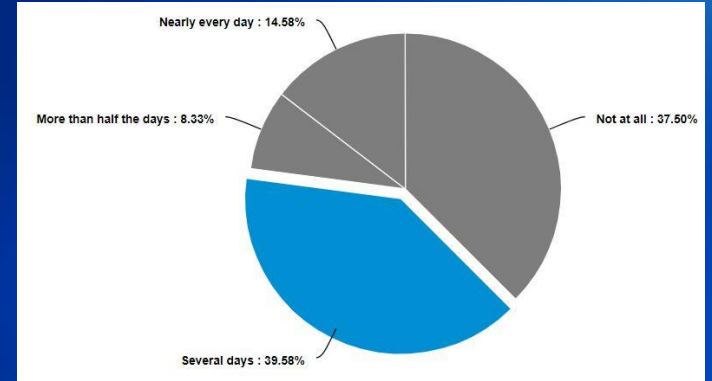
- Little interest or pleasure in doing things - 56.25%
- Feeling down, depressed, or hopeless - 52.08%
- Trouble falling or staying asleep, or sleeping too much - 64.58%
- **Feeling tired or having little energy - 91.49%** →
- Poor appetite or overeating - 62.5%
- Feeling bad about yourself - or that you are a failure or have let yourself or your family down - 43.75%
- Trouble concentrating on things, such as reading the newspaper or watching television - 55.32%
- Moving or speaking so slowly that other people could have noticed, or the opposite, being so fidgety or restless that you have been moving a lot more than usual - 29.79%
- Thoughts that you would be better off dead, or of hurting yourself - 17.2%
- **If you checked off any problems, how difficult have these problems made it for you at work, home, or with other people? - 70.83%** →



Anxiety Test



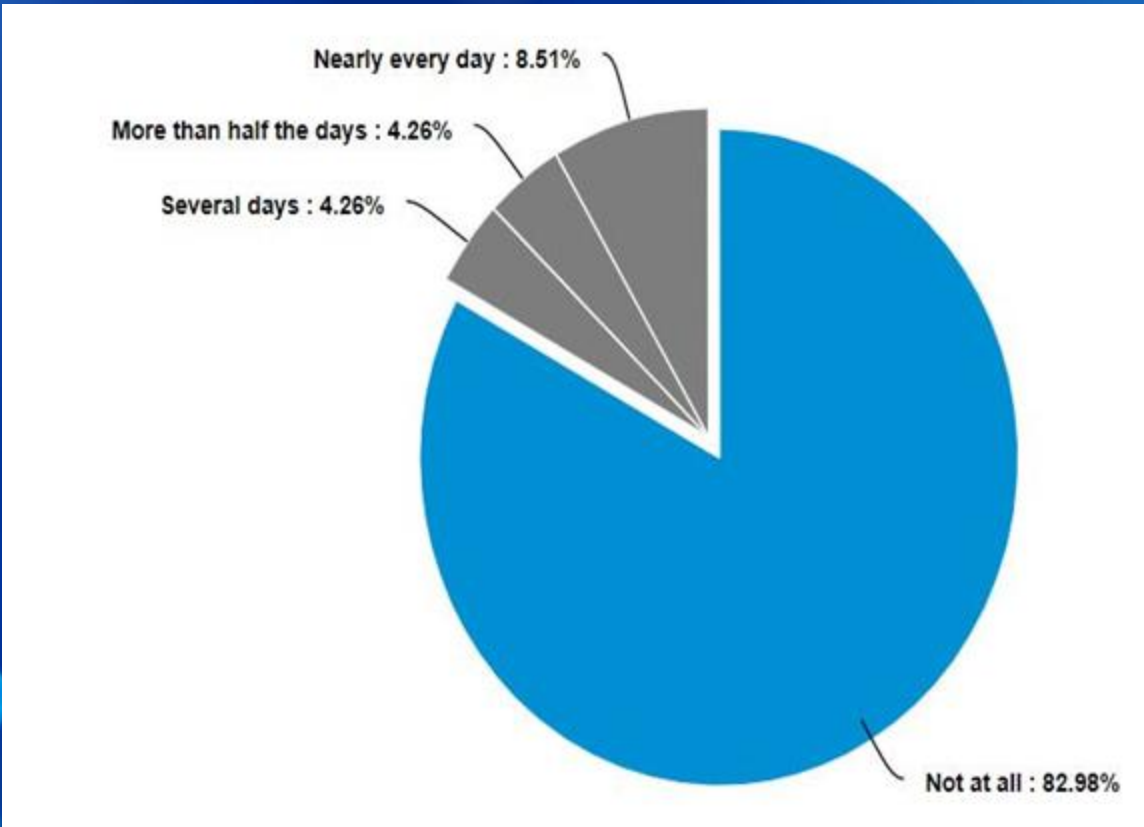
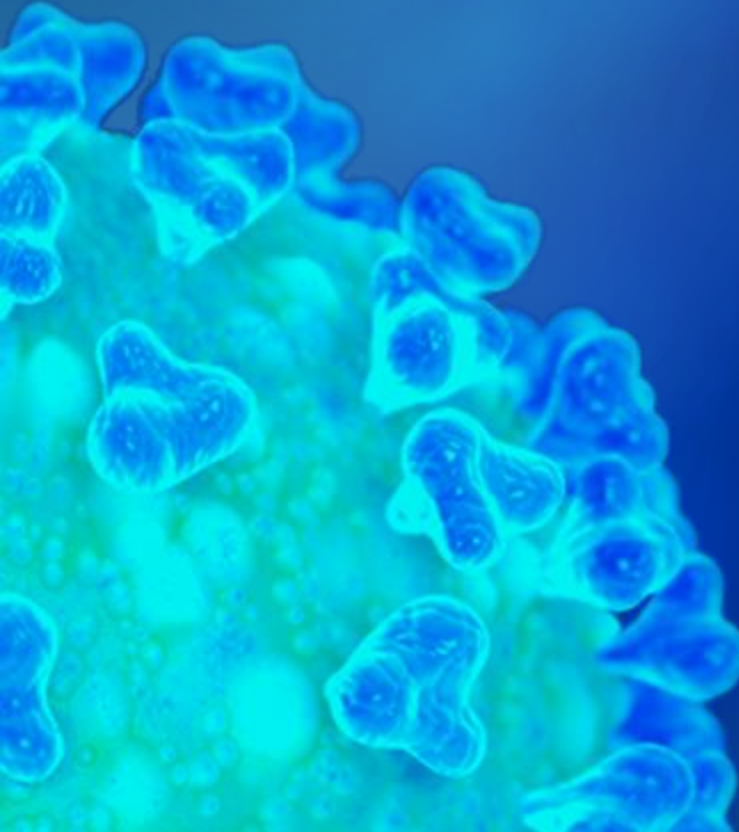
- Feeling nervous, anxious, or on edge - 62.5% →
- Not being able to stop or control worrying - 52.08%
- Worrying too much about different things - 58.33%
- Trouble relaxing - 58.33%
- Being so restless that it is hard to sit still - 39.58%
- **Becoming easily annoyed or irritable - 68.09%** →
- Feeling afraid, as if something awful might happen - 40.43%





Our most troubling discovery...

In the past two weeks... have you had thoughts that you would be better off dead, or of hurting yourself?





Conclusion

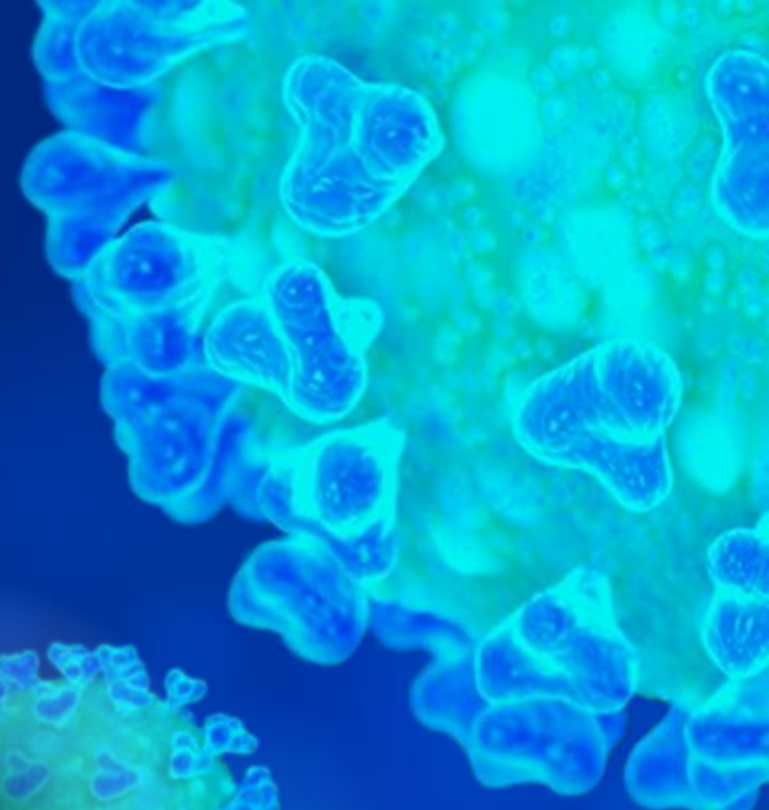
Our findings reveal that the COVID-19 pandemic is associated with highly significant levels of psychological distress that, in many cases, would meet the threshold for clinical significance.

The psychological impact of fear and anxiety induced by the rapid spread of the COVID-19 pandemic on healthcare workers needs to be identified as a public health priority. Public health authorities and policymakers should rapidly adopt clear behavioral strategies to reduce the disease burden this outbreak has on mental health outcomes.

In conclusion, we accept our hypothesis that over the last six months, the COVID-19 pandemic has affected mental health among the healthcare workers in Washington State.



THANKS!



Do you have any questions?

[Survey link](#)

[Results page](#)

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