

Edward-Elmhurst CME



2020 Edward-Elmhurst CME Enduring WebEx

Coping In Crisis During Covid-19

Speaker(s): Robert Hung, MD – Linden Oaks

- Date(s):** Enduring Material – Available Online: 6/12/2020 through 12/31/2020
- Time(s):** Online – Available Anytime
- Place:** Online – Available Anytime
- Registration*:** Registration **required** for all CME events. Visit www.eehcme.org to register and access content.

**Due to requirements of our CME accreditation, credits are not applied to transcripts for unregistered participants or participants that do not complete the required evaluations.*

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease, COVID-19, to be a Public Health Emergency of International Concern. They stated that there is a high risk of this disease spreading to other countries around the world. In March 2020, the World Health Organization made the assessment that COVID-19 can be characterized as a pandemic. This time of crisis is generating stress throughout the population, but especially among the front line healthcare providers. This activity was designed to assist Edward-Elmhurst Health's providers in processing the psychology of pandemics and de-stigmatizing the psychological symptoms affecting healthcare workers; emphasizing coping skills necessary and encouraging staff to reach out for support; while also reviewing the risks for transmission and mortality and adequate PPE requirements for healthcare workers.

Program Objectives: At the conclusion of this enduring activity, participants should be able to:

1. Explain the psychology of pandemics.
2. Discuss the risk of Covid-19 transmission and mortality for healthcare providers.
3. Review adequate personal protective equipment (PPE).
4. Destigmatize the psychological symptoms affecting healthcare providers (ie anxiety, depressed mood, insomnia).
5. Apply coping skills such as deep breathing, progressive muscle relaxation, guided imagery, mindfulness meditation and cognitive behavioral therapy.
6. Recommend healthcare providers reach out for help through identified support programs.

Edward-Elmhurst Health designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Edward-Elmhurst Health is accredited by the Illinois State Medical Society to provide continuing medical education for physicians.

As a reminder: Edward-Elmhurst Health is accredited to provide AMA PRA Category 1 Credit™ and tracks only Category 1 credit provided to physicians credentialed within the system. Only physicians are eligible to be awarded AMA PRA Category 1 Credit™. The AMA defines physicians as those individuals who have obtained an MD, DO or equivalent medical degree from another country. No other healthcare providers may be awarded AMA PRA Category 1 Credit™. However, accredited CME providers, such as Edward-Elmhurst Health, may issue documentation of participation to non-physicians that states the activity was certified for AMA PRA Category 1 Credit™. It is the responsibility of the non-physician provider to obtain his/her certificate and track those hours.