

Vaccines continue to be very effective against severe disease and hospitalization even with the Delta variant, which is now the dominant strain in B.C. (see Figure 1). Data from BCCDC indicates that unvaccinated persons are 47 times more likely to be hospitalized if they become infected with the virus and nine times more likely to die compared to fully vaccinated persons [1].

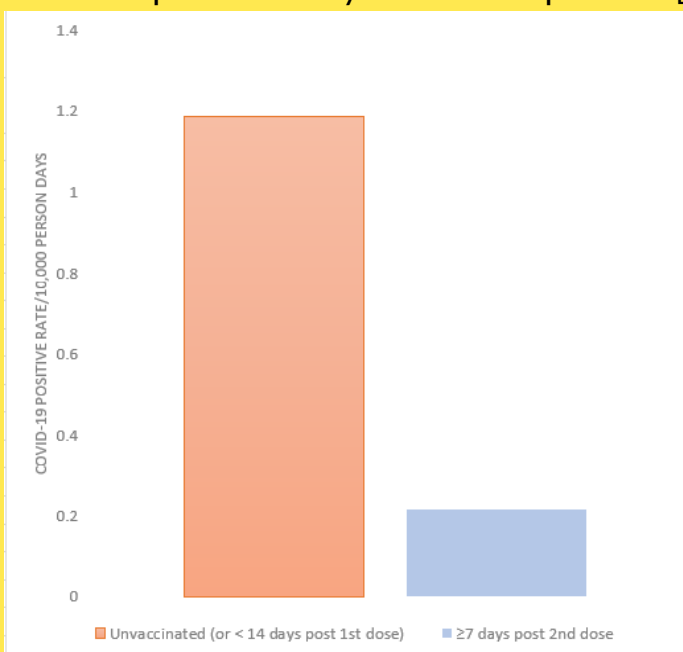
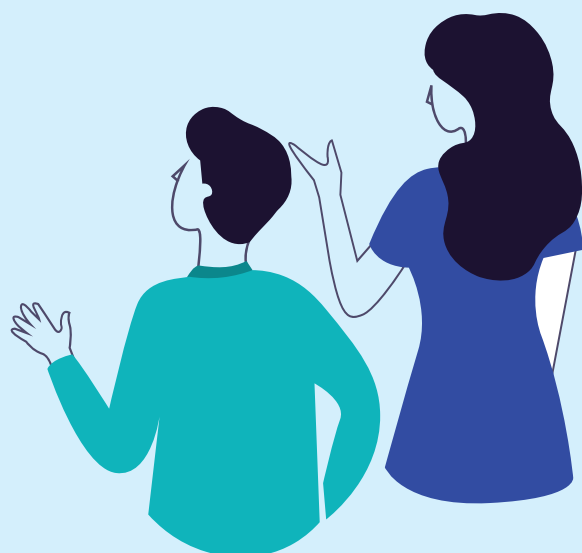


Figure 1: COVID-19 incidence rate by vaccination among VCH health care workers tested from December 15, 2020 to September 2, 2021.



Good news does not change the fact that you may still be feeling fed up or burnt out, so **what can you do?**

1 Remember: You are not alone!

We need the "village approach" to get through this together. So, reach out to a friend, a spouse, a trusted coworker, or use the confidential counselling and wellness services available. See a colleague struggling? Let them know help is available too.

Dr Stacy Sprague, VCH's Executive Director of Safety Health and Wellness has a message for you:

"The physician and medical staff group are carrying a lot of responsibility and doing an incredible job taking care of our patients through this pandemic, and many are tired. This group is usually good at taking care of others but not as practiced at taking care of themselves. And those who do often do so in an individual way. In order to get through this 4th wave we all need to reach out, help out and lean on each other. It used to be individual self-care but in the 4th wave, we need to really be there for each other..." **team self-care.**



2 Speak up!

If you feel that your service is short-staffed, has an overwhelming workload, bed shortages, frustrating cancellations – or other resource issues or impacts, bring your concern through your leadership. Even if you think that your Division or Department Head can't resolve the concerns, please know that the VCH leadership is actively actively working on finding solutions. By saying something, you can help problems receive the attention they need.

3 Reach Out!

If you're beginning to feel personally overwhelmed, don't wait until you are totally exhausted or burned out, these feelings are normal and there are lots of resources to help you cope. The B.C. Physician Health Program (PHP) offers 24-hour confidential support. Staffed by fellow physicians, counsellors and therapists, PHP can help you and your family deal with a wide range of challenges including physician burnout and other mental health concerns. Through a confidential third-party consultation line, PHP can help with those tricky conversations that leave you at a loss as to how phrase concerns. Their 24-hour helpline is 1-800-663-6729. Other channels of support in VCH can be found here and by calling the VCH help line at 1-833-533-1577.



Exposure to social media is increasingly being associated with COVID-19-related emotional distress [2], so try to limit your 'dose' of content from those channels.



For questions and concerns -including medical ones, please contact us at posh.covid@ubc.ca.

References

- [1] BCCDC Data Summary 9 September 2021 http://www.bccdc.ca/Health-Info-Site/Documents/COVID_sitrep/2021-09-09_Data_Summary.pdf
- [2] Anxiety, gender, and social media consumption predict COVID-19 emotional distress <https://www.nature.com/articles/s41599-021-00816-8>