

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **Healthcare Week** - Insights from our Frontline Team Members Series



Happy Healthcare Week to all! To celebrate this week in our “Daily Tips,” we will hear from five of our front-line heroes from around our health system who continue to work tirelessly to Care Bravely for our patients, families, community, and team members. Those who kindly agreed to participate were all asked the same five questions, and with the last questions each will share a TIP with you for being resilient during this challenging time.



Neil Roy, M.D.
Chief, Department of Emergency
Medicine
Sinai Hospital
A/K/A Super Hero



1) Over the past 8-10 weeks, what has been the hardest part of your job?

Not knowing which patients have COVID and the need to be very careful and compliant as not to expose yourself or other patients. We are all living with concern for our families' safety when we go off duty. In many ways we are less busy but the work is more challenging. With volumes being down there is concern over the financial impact to the hospital as well.

2) During this time what has been the most rewarding part of your job?

“The outpouring of appreciation for the Emergency Department and Critical Care areas has been amazing!”

3) What's the most innovative problem solving or change that you have seen or experienced over these past two months?

LifeBridge has been very innovative with PPE, Intubation safety protocols, the partnership with Under Armour, the creation of gowns, and telemedicine. Our ability to work these challenges has been excellent!

4) What's the most inspiring thing you seen or experienced?



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Experiencing first-hand the support of the ED's mission and our ability to stay in position and work this challenge together. I've also been amazed at how during such trying times; the ED team still has the ability to infuse some fun into their shifts. This has been very satisfying to see and experience.

5) What tip/advice would you give to others right now? (What has helped you persevere during this challenging time?)

"We are blessed to be in Healthcare and work for an establishment that really cares about us." My tip is to make sure that every day you find something to be thankful for at work and with your family. Also, exercise 20-30 minutes every day!"

Extra Note:

Dr. Roy wanted us all to know that the ER is still open for all emergency needs and that the team has done a great job creating a process to separate patients presenting with COVID-19 symptoms from those presenting with other issues.

