# Why Social Support Matters for Front Line Caregivers Right Now Beth A. Lown, MD, FACH October 5, 2021

## **Selected Bibliography**

# Data on the Status of Caregiver Wellbeing 2021

- Prasad K, McLoughlin C, Stillman M, Poplau S, Goelz E, Taylor S, Nankivil N, Brown R, Linzer M, Cappelucci K, Barbouche M, Sinsky CA. Prevalence and correlates of stress and burnout among U.S. healthcare workers during the COVID-19 pandemic: A national cross-sectional survey study. *EClinicalMedicine*. 2021 May 16;35:100879. doi: 10.1016/j.eclinm.2021.100879.
- Kaiser Family Foundation/Washington Post Frontline Caregiver Survey: <u>Washington Post-KFF</u> frontline health-care workers survey, Feb. 11-March 7, 2021 The Washington Post.

### **Evaluations of Schwartz Rounds®**

- Lown BA, Manning CF. The Schwartz Center Rounds: evaluation of an interdisciplinary approach to enhancing patient-centered communication, teamwork, and provider support. *Acad Med.* 2010 Jun;85(6):1073-81. doi: 10.1097/ACM.0b013e3181dbf741.
- Maben J, Taylor C, Dawson J, Leamy M, McCarthy I, Reynolds E, Ross S, Shuldham C, Bennett L, Foot C. A realist informed mixed-methods evaluation of Schwartz Center Rounds<sup>®</sup> in England. Southampton (UK): NIHR Journals Library; 2018 Nov. PMID: 30431750.
- Dawson J, McCarthy I, Taylor C, Hildenbrand K, Leamy M, Reynolds E, Maben J. Effectiveness of a group intervention to reduce the psychological distress of healthcare staff: a pre-post quasiexperimental evaluation. *BMC Health Serv Res.* 2021 Apr 27;21(1):392. doi: 10.1186/s12913-021-06413-4.

This is a brief summary of key findings from the Maben study listed above.

### **Reviews of Principles and Interventions to Mitigate Stress Injuries**

 Hobfoll SE, Watson P, Bell CC, Bryant RA, Brymer MJ, Friedman MJ, Friedman M, Gersons BP, de Jong JT, Layne CM, Maguen S, Neria Y, Norwood AE, Pynoos RS, Reissman D, Ruzek JI, Shalev AY, Solomon Z, Steinberg AM, Ursano RJ. Five essential elements of immediate and mid-term mass trauma intervention: empirical evidence. *Psychiatry*. 2007 Winter;70(4):283-315; discussion 316-69. doi: 10.1521/psyc.2007.70.4.283.

This study by international experts provides the evidence-informed foundations of stress first aid and other programs designed to promote recovery from adversity and trauma.

 Anderson GS, Di Nota PM, Groll D, Carleton RN. Peer Support and Crisis-Focused Psychological Interventions Designed to Mitigate Post-Traumatic Stress Injuries among Public Safety and Frontline Healthcare Personnel: A Systematic Review. *Int J Environ Res Public Health*. 2020 Oct 20;17(20):7645. doi: 10.3390/ijerph17207645.

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- Di Nota PM, Bahji A, Groll D, Carleton RN, Anderson GS. Proactive psychological programs designed to mitigate posttraumatic stress injuries among at-risk workers: a systematic review and meta-analysis. *Syst Rev. 2021* Apr 28;10(1):126. doi: 10.1186/s13643-021-01677-7.
- Kunzler AM, Helmreich I, Chmitorz A, König J, Binder H, Wessa M, Lieb K. Psychological interventions to foster resilience in healthcare professionals. *Cochrane Database Syst Rev*. 2020 Jul 5;7(7):CD012527. doi: 10.1002/14651858.CD012527.
- Muller AE, Hafstad EV, Himmels JPW, Smedslund G, Flottorp S, Stensland SØ, Stroobants S, Van de Velde S, Vist GE. The mental health impact of the covid-19 pandemic on healthcare workers, and interventions to help them: A rapid systematic review. *Psychiatry Res.* 2020 Nov;293:113441. doi: 10.1016/j.psychres.2020.113441.
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#### **Organizational Case Study**

 Bernstein CA, Bhattacharyya S, Adler S, Alpert JE. Staff Emotional Support at Montefiore Medical Center During the COVID-19 Pandemic. *Jt Comm J Qual Patient Saf.* 2021 Mar;47(3):185-189. doi: 10.1016/j.jcjq.2020.11.009.

#### Social Neuroscience and Evidence On Social Connection

- Eisenberger NI. Social ties and health: a social neuroscience perspective. *Curr Opin Neurobiol*. 2013 Jun;23(3):407-13. doi: 10.1016/j.conb.2013.01.006.
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- Holt-Lunstad J, Steptoe A. Social isolation: An underappreciated determinant of physical health. *Curr Opin Psychol.* 2021 Jul 24;43:232-237.
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- Murthy VH. Together. *The Healing Power of Human Connection in a Sometimes Lonely World.* New York: HarperCollins. 2020.

This is a highly readable book about the importance of human connection by the 19<sup>th</sup> Surgeon General of the United States.