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Prioritizing the Health Care Worker: A Systematic Review of Rapid Response Mental Health Interventions During the First Year of the COVID-19 Pandemic

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Prioritizing the Healthcare Worker: A Systematic Review of Rapid-Response Mental Health Interventions During the First Year of the COVID-19 Pandemic



INTRODUCTION

Rapid response interventions had been developed early in the pandemic to support healthcare workers (HCWs) as they navigated nationwide workforce shortages, ever-changing protocols, and increased rates of burnout, anxiety, and depression. It is necessary to identify evidence-based rapid response interventions to mitigate negative mental health outcomes and support health and wellbeing to prevent further harm to our HCWs and the overall healthcare system.

OBJECTIVES

- Identify existing research on the effect of rapid response mental health interventions for health care workers during the first year of the COVID-19 pandemic
- Synthesize the evidence for utilization in program development
- Inform evidence-based practice.

METHODOLOGY

Study Selection & Data Collection

- PRISMA Guidelines for Systematic Review
- Inclusion Criteria:
 - English, peer-reviewed, published between 1/1/20-2/1/21, experimental or quasi-experimental, assessed mental health outcomes, included HCWs exposed to COVID-19 due to work

Database search conducted on 2/1/2021

- Academic Search Complete/EBSCO
- APA PsychArticles
- CINAHL
- PubMed
- Google Scholar



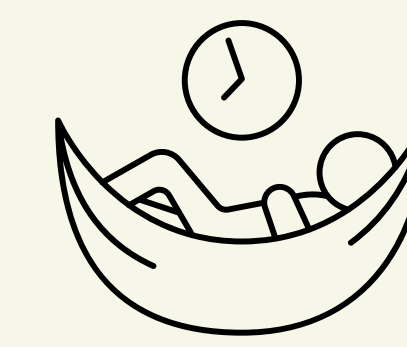
Sudarshan Kriya Yoga (SKY)

- Yogic breathing technique
- Reduced
 - Sleep Disturbance
 - Stress
 - Anxiety
 - Depression



Expressive Writing

- Reflective emotional writing
- Focused on stressful experiences
- Reduced:
 - Depression
 - Anxiety
 - Somatization



Well-Being Centers

- Low lights, quiet music
- Comfortable seating
- Plants & aromatherapy
- Well-being buddies
- Increased
 - Wellbeing



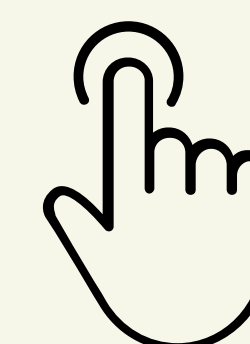
Receptive Music Therapy

- Customized themed playlists
- Reduced
 - Sadness
 - Fear
 - Worry
 - Fatigue



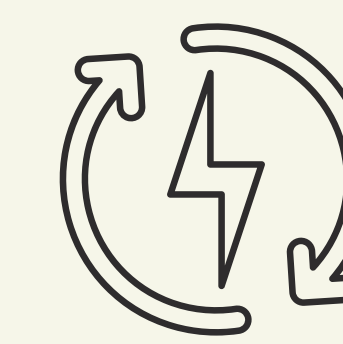
COVID-19 Wellness Program

- 3-Tiered Corporate Program
- Well-being webinars
- Psychological support
- Wellness resources
- Increased
 - Emotional Wellbeing



Emotional Freedom Technique

- Acupressure points
- Focused on a topic
- Reduced:
 - Distress
 - Anxiety
 - Burnout



Recharge Room

- Multi-sensory environment
- Projections of nature scenes
- Light & audio design
- Aromatherapy
- Reduced
 - Stress Levels



Psych Health Support Program

- Mood report & broadcast
- Themed group chats
- Weekly Balint groups
- Increased
 - Overall gains
 - Positive life events



Resilience Interventions

- Group sessions
- Three groups per week
- Reduced
 - Distress
 - Depression
 - Anxiety

RESULTS

Included Studies:

- 2 Level IIB RCTs
- 7 Level IIIB Studies
- Each conducted in a different country, including:
 - Turkey, Italy, Egypt, United Kingdom, United Arab Emirates, China, Italy, United States, India
- Locations of studies
 - 2 in a special quarantine hospital
 - 5 in local hospitals
 - 2 in university hospitals
 - 1 not facility specific

POLICY CHANGE

Healthcare worker mental health has been found to decline during public health crises and is a recurrent problem, systemic change is needed to decrease healthcare worker storages and decrease the impact on those in the field.

"We must go a step further to become actively involved in advocacy efforts that seek to change policy for the improvement of working conditions, quality of life, and mental health outcomes."

CONCLUSION

With an increasing risk of public health emergencies, we need to learn from our experiences to better prepare for the future. Several minimally invasive, rapid response interventions were identified in this systematic review that can be effectively implemented to improve the mental health of health care workers during and following times of crisis.

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PRISMA Flowchart



References