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Date

The Mental Impact of COVID-19 on Healthcare Workers Infographic Descriptive Transcript

Page 1

Black text, center-aligned, set against a light blue background: “THE MENTAL IMPACT OF COVID-19 ON HEALTHCARE WORK” with “COVID-19” in white text. Five colored illustrations in circular frames of healthcare professionals arranged in a row: A doctor wearing a mask with a stethoscope hanging on their shoulders, a masked nurse wearing a green scrub uniform, another doctor with a head mirror and stethoscope, an elderly man with glasses wearing a lab coat, and another masked nurse wearing a pink scrub uniform. Below, text in white font: “COVID-19 has had an enormous psychological impact on everyone, but perhaps one of the most negatively affected groups are healthcare workers. Based on a systemic review of 29 mental health studies of over 22,000 healthcare workers, research across the globe has reported worrying psychological symptoms as a direct result of the pandemic.” Drawings of a doctor with a stethoscope and a medical clipboard flank text in white font: “What’s Happening Now”. Table entitled “ON AVERAGE” with 2 columns and 5 rows. First column: Black text against white background “24.3% HEALTHCARE WORKERS REPORTED SYMPTOMS OF DEPRESSION”. Cell border shaped like an arrow pointing downwards connected to a photo of a tired nurse with mask on their chin and appears to be leaning against a hallway corridor. Further down the column is black text against pink background: “45% HAVE HIGH LEVELS OF

STRESS¹". Cell border shaped like an arrow pointing downwards connected to a photo of an exasperated medical worker wearing full personal protective equipment. In the second column, a silhouette of a medical worker's head in a dimly lit room. Cell border shaped like an arrow pointing downwards connected to black text against purple background: "25.8% REPORTED SYMPTOMS OF ANXIETY". Further down the column is a photo of a person in a blue scrub uniform sitting on a stairwell and visibly fatigued with his hand on his head. Cell border shaped like an arrow pointing downwards connected to black text against beige background: "25% SHOWED SYMPTOMS OF PROBABLE PTSD²". Below the table, text in white font: "Major epidemics put healthcare workers under intense stress. They are continuously exposed to stressful, potentially unsafe environments where they are at constant risk of being infected." Illustration of a nurse with thunderbolt and teardrop drawings near their head to indicate burn out. Beside it, two illustrations of the coronavirus. Further to the right is a drawing of a masked patient resting on a bed while a masked medical worker in full personal protective equipment attends to their IV fluid solution bag. Underneath the drawing is a text in white font: "Demanding shifts, a lack of information regarding COVID-19, and increases in infection and death rates all add to the mental burden of healthcare workers."

Footer Panel

Two citations are provided in small white font: "1. Salari, Nader, et al. "Prevalence of Stress, Anxiety, Depression among the General Population during the COVID-19 Pandemic: A Systematic Review and Meta-Analysis." *Globalization and Health*, vol. 16, no. 1, 2020. *Crossref*, doi:10.1186/s12992-020-00589-w." and "2. Kristoffersen, Matt. "Burnout, Alcohol, PTSD: Health Workers Are Suffering." Yale School of Medicine, 17 Feb. 2021, medicine.yale.edu/news-article/30378/"

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Title Panel [White block text on a grey background] “What Will Happen After the Pandemic?”

[Subtitle text is white on grey background] “COVID-19 is a rapidly changing issue, and new information is still coming out. Because of this, we can’t be absolutely certain what the long term impacts of the pandemic will be on healthcare workers. However, we do have data from previous pandemics that can help us predict what can happen. Using data from the previous SARS epidemic, we have references for what long-term psychological effects COVID-19 could have on healthcare workers.” in white text.

Content Box [long white rectangular bubble with text inside]. “SARS (severe acute respiratory syndrome) is a respiratory illness caused by a coronavirus. First reported in southern China, the 2003 SARS outbreak resulted in 8,096 [blue font] confirmed cases and 774 [red font] deaths.”

The number of confirmed cases is written in blue text and the deaths are written in red text.

Content panel

White image of an arrow forming an incomplete circle. Inside the arrow are black strokes that resemble a clock. Subheading [below the clock in black text] “After the 2003 Sars Outbreak”

[white line before new content panel]

[Orange graph with 20% in center] “20% of healthcare workers had PTSD two months after the 2003 SARS outbreak in Singapore”

Graphic of three health workers in orange. Another white line appears below the orange image and to the left, the white text reads: “15.4% of healthcare

workers from a Taiwanese hospital had mental symptoms 1 year after working during the 2003 SARS epidemic” followed by a white image of a hospital building. The next image below is an outline of nine figures in dark grey except for the first figure that is in orange and has white

zig zag lines by the head. Below the image, a text explanation reads: “55 of 549 employees from a Beijing hospital had high levels of PTSD symptoms directly related to the 2003 SARS epidemic

in the 3 year time period following the outbreak (10%). Below the explained text is a white rectangle bubble with black text that reads: “From these studies, we can see that a significant amount of healthcare workers suffered from mental symptoms up to several years after experiencing a pandemic. With this information, we can predict that a significant number of healthcare workers will suffer from long term mental health symptoms as a result of the COVID 19 pandemic.”

Footer Panel

Four citations are provided in small light grey text on top of a dark grey background. ““SARS.” Centers for Disease Control and Prevention, 6 Dec 2017, U.S. Department of Health & Human Services, www.cdc.gov/sars/about/fs-sars.html.”

“Chan, A. O. M. “Psychological Impact of the 2003 Severe Acute Respiratory Syndrome Outbreak on Health Care Workers in a Medium Size Regional General Hospital in Singapore.” *Occupational Medicine*, vol. 54, no. 3, 2004, pp. 190–96.

Crossref,doi:10.1093/occmed/kqh027.” “Cabarkapa, Sonja, et al. “The Psychological Impact of COVID-19 and Other Viral Epidemics on Frontline Healthcare Workers and Ways to Address It: A Rapid Systematic Review.” *Brain, Behavior, & Immunity - Health*, vol.8,2020,p.100144.Crossref,doi:10.1016/j.bbih.2020.100144.”

“Wu, Ping, et al. “The Psychological Impact of the SARS Epidemic on Hospital Employees in China: Exposure, Risk Perception, and Altruistic Acceptance of Risk.”-*The Canadian Journal of Psychiatry*, vol. 54, no. 5, 2009, pp. 302–11. Crossref, doi:10.1177/070674370905400504.”