LIVING & WORKING IN PRIMARY CARE DURING COVID-19

A research study to understand how the primary care professional is personally affected during this crisis

Week 2: Thank you everyone for your participation! This week’s questions continued to focus on aspects of occupational burnout, leadership and coping. The majority of participants reported that their leaders cared/listened (60%; 108 respondents).

Examples of what helped to get through the week:

- Personal: long weekends, vacation, exercise (i.e., walking, yoga), gardening, time with loved ones, journaling, faith, adjusting expectations, appreciating the little things.
- Work-related: completing notes before being done for the day; focusing on needs of practice, learning on the job, seeing patients face-to-face, being grateful for being fully employed.

Methods: REDCap online survey was distributed starting May 18, 2020 to primary care professionals and organizations nationally, including: NAPCRG, AAFM, CFHA, SGIM, UVM Medical Center, Kaiser Northern California, California Nurses Association, reddit, Twitter, Facebook, etc. Recruitment efforts will continue throughout the COVID-19 crisis. Participants can choose to complete the survey once or several times. The survey occurs weekly and is dynamic to include pressing questions.

Participants: As of May 31, 2020, we have had 283 respondents from 43 states. Including 38% physicians, 4% nurse practitioners and physician assistants, 19% nurses, 6% medical assistants, 20% behavioral health providers, 7% administrative support staff, 6% other role or prefered not to say. 78% of participants are women, 83% white, and the average years working in their current role is 10.5 years (median; 0.1 to 70 years).

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Note: These preliminary results should be interpreted with caution. The small sample size makes the current findings not generalizable. Meaning that we cannot assume these data represent all primary care professionals.