

# The Global Pandemic: What We Learned

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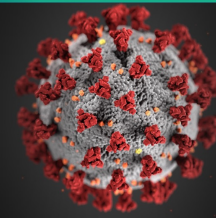
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## CORONAVIRUS DISEASE 2019 (COVID-19)



[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



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## GLOBAL STATISTICS

Total cases: 506,000,000

Fatal cases: 2,600,000

(CDC, April, 2022)



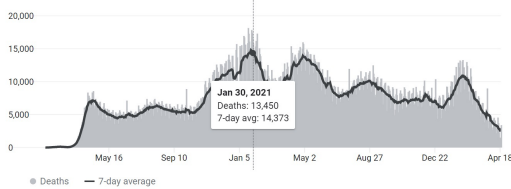
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## Worldwide – New Cases



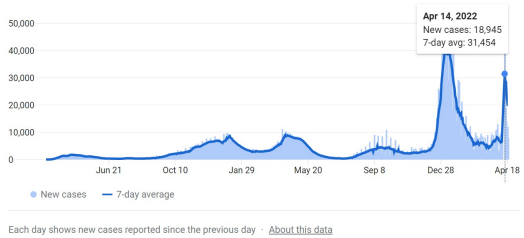
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## Worldwide – Deaths



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## Canada - New Cases



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## CANADA STATISTICS

**Total cases: 3,360,000**  
**Fatal cases: 38,445**

(CDC, April 2022)

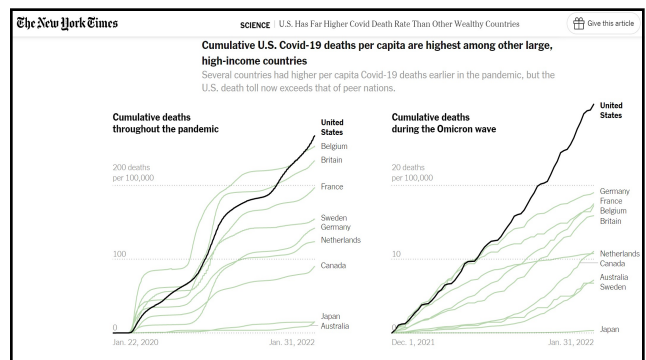
Location	Cases	Deaths
Ontario	1,230,000 +3,333	12,679 +5
Quebec	1,020,000 +1,783	14,714 +18
Alberta	552,000	4,141
British Columbia	359,000	3,036
Manitoba	138,000	1,759
Saskatchewan	134,000	1,273

Nova Scotia	72,903	277
New Brunswick	48,197	349
Newfoundland and Labrador	42,761 +723	142 +5
Prince Edward Island	32,532 +1,928	21
Northwest Territories	11,763 +81	22 +1
Yukon	4,060 +45	24
Nunavut	3,531	7

## US STATISTICS

**Total cases: 80,600,000**  
**Fatal cases: 988,000**

(CDC, May 28, 2020)










## Covid will be different in 2022

- Treating Covid could get easier
- At home testing will play a bigger role in slowing the spread
- With Omicron the focus on boosters will be big
- We will learn more about Long Covid

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## Covid will be different in 2022

- We can expect to see even more variants of concern

 B.1.1.7 Alpha	 B.1.351 Beta	 P1 Gamma	 B.1.617.2 Delta	 B.1.1.529 Omicron
May 2020 UK	August 2020 South Africa	November 2020 Brazil	October 2020 India	November 2021 Multiple countries
Spreads more easily	Spreads more easily and some vaccines may be less effective against it	Spreads more easily and some vaccines may be less effective against it	Spreads more easily Symptoms may present differently May reduce vaccine efficacy Still protects against severe disease	Early studies show that it spreads more easily

Ref: [www.who.int/en-SARS-Cov-variants](http://www.who.int/en-SARS-Cov-variants)

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## What We Learned

- Changes at work
- Changes at home

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## At Work: How Change Affects You

- Continue to see patients for breast imaging
- Lack of PPE (Personal Protective Equipment)
- Job re-assignments

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## At Work: How Change Affects You

- **Continue to see patients for breast imaging**
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- Job re-assignments


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## SBI/ACR/CAR/CSBI Statements


sbi-online.org



## CAR – CSBI Joint Statement




Canadian Association of Radiologists  
L'Association canadienne des radiologistes



Canadian Society of Breast Imaging  
Société canadienne de l'imagerie mammaire


The Canadian Society of Breast Imaging (CSBI) and the Canadian Association of Radiology (CAR) Guidelines for Breast Imaging during the COVID-19 Pandemic

**April 2, 2020**  
Universal precautions should be taken to protect health care workers from infection or disease spread during breast imaging procedures, particularly mammography, breast ultrasound, breast MRI and breast intervention procedures, such as biopsy, during the pandemic outbreak of COVID-19 in Canada. The close proximity of both the patients' and healthcare workers' faces during these imaging procedures raises concern for droplet contamination in addition to blood splatter contamination, which may occur during image-guided interventions (e.g. breast biopsy) and spread by saliva through talking during imaging. These precautions extend to ALL patients, not just those with clinical symptoms or proven COVID-19 as undocumented infections facilitate the rapid dissemination of novel coronavirus (1). The following protective measures are recommended:




## Protective Measures

- PPE
- Off-site image review by radiologists
- Low priority exams
- High priority exams



## At Work: How Change Affects You

- Continue to see patients for breast imaging
- **Lack of PPE**
- Job re-assignments



## Professional Protective Equipment






## Creative solutions








### At Work: How Change Affects You

- Continue to see patients for breast imaging
- Lack of PPE
- **Job re-assignments**



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### Job re-assignments



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### At Home: How Change Affects You

- Layoffs
- No income or unemployment
- Working from home
- Homeschooling children
- No alone time
- Too much alone time



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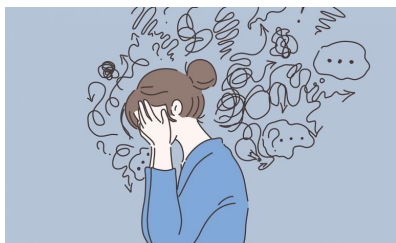
### At Work and Home: How Change Affects You

**INCREASED ANXIETY**



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### Anxiety is the Fear of the Unknown



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### Psychological Impact of COVID-19

- The coronavirus pandemic is an epidemiological and psychological crisis. The enormity of living in isolation, changes in our daily lives, job loss, financial hardship, and grief over the death of loved ones has the potential to affect the mental health and well-being of many.
- Even in this time of physical distancing, it's critical to seek social support and connection with others. It's also important to know the signs of *anxiety, panic attacks, depression, and suicide* so you can easily identify them, not just among your family, friends, and neighbors, but for yourself.



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Ref: American Psychological Assoc, 2022

## Anxiety and Depression

- Rates of anxiety and depression among U.S. adults were about 4 times higher between April 2020 and August 2021 than they were in 2019. Some of the sharpest increases were among males, Asian Americans, young adults, and parents with children in the home, according to Centers for Disease Control and Prevention data.



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## Anxiety

7.4 – 8.6% in 2019

28.2 – 37.2% in 2020 - 2021



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## Depression

5.9 – 7.5% in 2019

20.2 – 31.1% in 2020 - 2021



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AMERICAN PSYCHOLOGICAL ASSOCIATION

MEMBERS TOPICS PUBLICATIONS & DATABASES SCIENCE EDUCATION & CAREER NEWS & ADVOCACY

Home / Psychology Topics / COVID-19 / Why the pandemic's end spurs anxiety

CONVERSATION

### Why the pandemic's end spurs anxiety

Vaccination has lit a light at the end of the COVID-19 tunnel. But it's not always easy to readjust to a new normal.

By Stephanie Pappas Date created: May 4, 2021 4 min read



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## End of Pandemic Anxiety

- Vaccines/immunity
- Reopening's
- Kids
- The “New Normal”



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## American Psychological Association

*“Here at the Center, we have the longest waitlist in our 25-year history. So many people are emerging from the pandemic feeling exhausted, burned out, anxious, or depressed. Collectively, our resources are low, which makes it harder to navigate the layers of uncertainty.”*



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## Keys for Coping – Now and Then

- Acknowledge feelings - grief
- Experience those feelings - stages of grief
- Look for the “good” - finding meaning
- Being “together”



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## Keys for Coping

- **Acknowledge feelings - grief**
- **Experience those feelings - stages of grief**
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## Why Grief?



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*'It's a warzone': Shocking footage reveals coronavirus patients being treated in corridors at NYC hospital as doctors beg for ventilators and the death toll in the city surges past 1,000*

*•It (Brookdale Hospital) is one of the 11 public hospitals in New York City that is being overwhelmed by the COVID-19 crisis*

*•Makeshift morgues have been set up in the street outside hospitals to accommodate the rising death toll*

(Internewscast, 2020)



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## Other Sources of Grief

- Seeing our loved ones who are infected and ill
- If hospitalized, knowing our loved ones may die alone
- Knowing others will die alone



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## Grief – 5 Stages

- Denial: shock and disbelief that the loss has occurred
- Anger: that someone (something) we love is not longer here
- Bargaining: all the what-if's and regrets

(Kessler & Kübler-Ross, 2019)



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## Grief – 5 Stages

- Depression: Sadness from the loss
- Acceptance: acknowledge the reality of the loss
- Bargaining: all the what-if's and regrets



(Kessler & Kübler-Ross, 2019)

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(Internewscast, 2020)



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(Internewscast, 2020)



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(Internewscast, 2020)



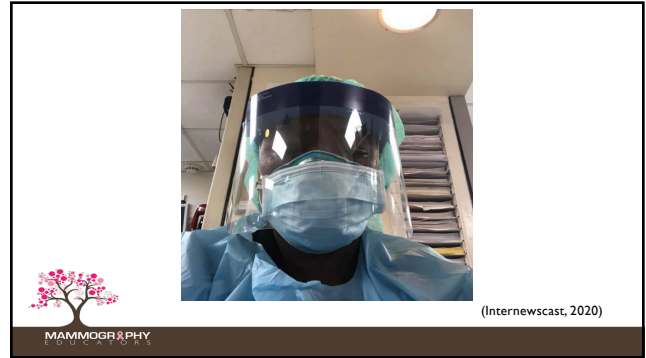
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(Internewscast, 2020)



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- **Depression:** sadness from the loss
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### Grief – 5 Stages

- Depression: Sadness from the loss
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(Kessler & Kübler-Ross, 2019)

## Grief – 5 Stages

- Depression: Sadness from the loss
- Acceptance: acknowledge the reality of the loss
- **Bargaining:** all the what-if's and regrets



(Kessler & Kübler-Ross, 2019)

## Grief – 6th Stage

- **Finding meaning**



(Kessler & Kübler-Ross, 2019)

## Meaning is...

- Relative and personal
- Takes time (months or years)
- Doesn't require understanding



(Kessler & Kübler-Ross, 2019)

## On Meaning

- Even when you find meaning you won't feel it was worth the cost of what you lost.
- Your loss is not a test, a lesson, something to handle, a gift or a blessing. Loss is simply what happens to you in life. Meaning is what you make happen.



(Kessler & Kübler-Ross, 2019)

## On Meaning

- Only you can find your own meaning.
- Meaningful connections will heal painful memories.
- Every loss has meaning



(Kessler & Kübler-Ross, 2019)

## Coping Skills

- Finding Meaning
- **Using Resources**
- Being "Together"


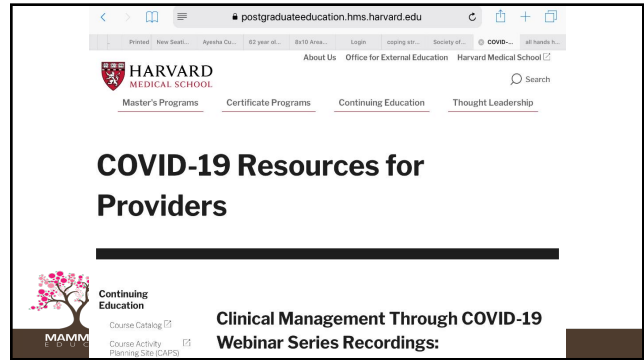


## Resources

### COPING WITH GRIEF: Ananpour & Co.

*“We are grieving the world we have lost.”*

-- Dr. David Kessler  
Author of "Finding Meaning"  
Video available on youtube.com

postgraduateeducation.hms.harvard.edu

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## COVID-19 Resources for Providers


Continuing Education

Clinical Management Through COVID-19 Webinar Series Recordings:

In this special continuing education video series, designed especially for physicians, nurses and other health care providers, Harvard-affiliated moderators interview experts to discuss the symptoms, risks and precautions regarding the ongoing COVID-19 pandemic.


Information on COVID-19 is evolving daily. The views and perspectives shared in these webinars are given based on the information available at the time of the recording.

- **Lessons Learned from Around the World in Dealing with COVID-19:** April 9, 2020
- **Ethical and Psychosocial Issues in Management of COVID-19:** April 8, 2020
- **Managing COVID-19 in the ICU:** April 2, 2020
- **Coping with the Stress of Coronavirus:** April 1, 2020
- **COVID-19 Impact on Infection Control, Preparedness and Cancer Patients:** March 26, 2020
- **A Look at Operational Implications from COVID-19:** March 25, 2020
- **Managing Vulnerable Populations and COVID-19:** March 24, 2020
- **Treatment of Infectious Disease and Immunocompromised Patients:** March 23, 2020
- **COVID-19: Where Are We Today?** March 12, 2020
- **Coronavirus in the US: Facts, Fictions and Practical Tips:** February 19, 2020



## Coping Skills

- Finding Meaning
- Using Resources
- **Being “Together”**



## Working/Being Together



(Datil, 2020)



## Working/Being Together



(Datil, 2020)



*“Anything mentionable  
is manageable”*

-- Fred Rogers



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“Nothing should go back to normal.  
Normal wasn’t working.  
If we go back to the way things were, we will  
have lost the lesson.  
May we rise up and do better.”

(Dhanjani, 2020)



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## Culture of Connection

- Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one. You need one because you are human.

-- Jane Howard



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## Building a More Connected Life

- Relating inside out
- Circles of connection
- A family of families

(Murthy, 2020)



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## Building a More Connected Life

- **Relating inside out**
- Circles of connection
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(Murthy, 2020)



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## Relating Inside Out

The most common form of despair is not being  
who you are.

- Soren Kierkegaard

You can’t really love yourself unless you really  
love yourself first

-- Fred Rogers



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## Building a More Connected Life

- Relating inside out
- **Circles of connection**
- A family of families



(Murthy, 2020)

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## Circles of Connection

The only way to have a friend is to be one.

- Ralph Waldo Emerson



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## Building a More Connected Life

- Relating inside out
- Circles of connection
- **A family of families**



(Murthy, 2020)

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## A Family of Families

Peace is the beauty of life....it is the smile of a child, the love of a mother, the joy of a father, the togetherness of a family.

-- Menachem Begin



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## A Family of Families

There is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is, even if we're apart, I'll always be with you.

-- Christopher Robin



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## Opportunities for Growth

- Professional growth
- Personal growth



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## The “Upside”

- Identify flaws in healthcare
- Identify underserved and at risk populations
- Create opportunity for research



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## Research

- Happy epidemiologists
- Happy statisticians
- Life saving information



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## Opportunities

- Studies on patient compliance
- Studies on delayed diagnosis
- Effect of COVID on long-term health-related issues
- Validate the necessity of objective tracking systems.



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## Opportunities

- Learn and grow from our experience
- Do to do it better... next time
- Implement change ... for the better



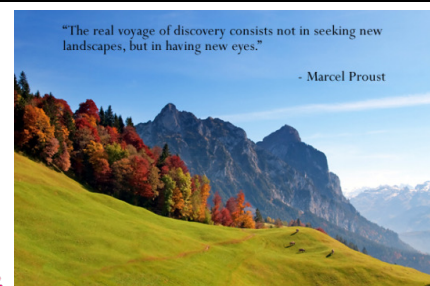
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## How we see ourselves as

- Healthcare providers
- Caregivers
- Colleagues
- Partners
- Friends
- Neighbors



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By finding meaning...and joining together





Caretakers of the World




Quality Breast Imagers


Quality Breast Imagers  
Private group · 5.0K members



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