Caring for the Caregiver-Covid-19 & HIV
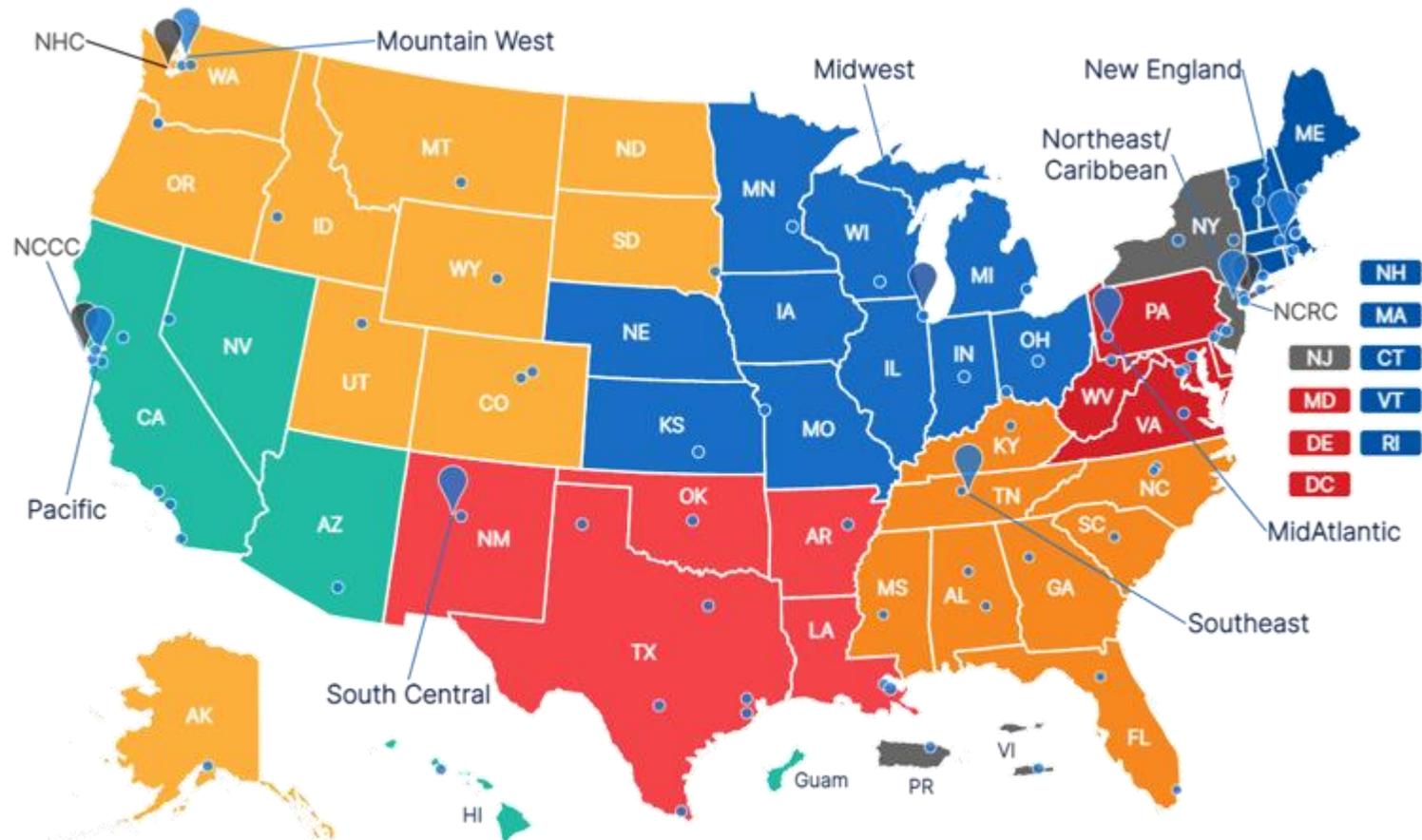
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Disclosure

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Speaker Disclosure

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Needs

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Topics of Discussion:

- Discuss barriers face in providing care during co-occurring pandemics

- Staying connected to your sense of self and level of stress

- Engagement in practices of protection and empowerment

What did Covid-19 do to us?

Reality of HIV epidemic inside the Covid-19 pandemic

https://www.unaids.org/en/covid19
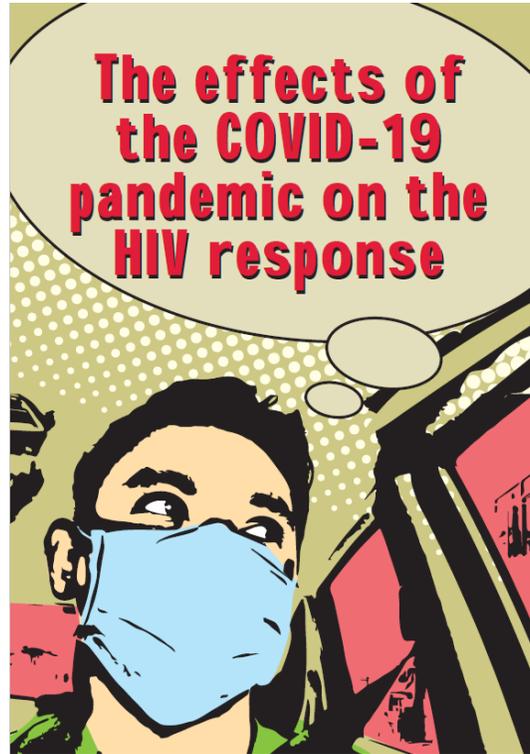
Leveraging the HIV Vaccine Enterprise for COVID-19 Vaccine Research | AVAC
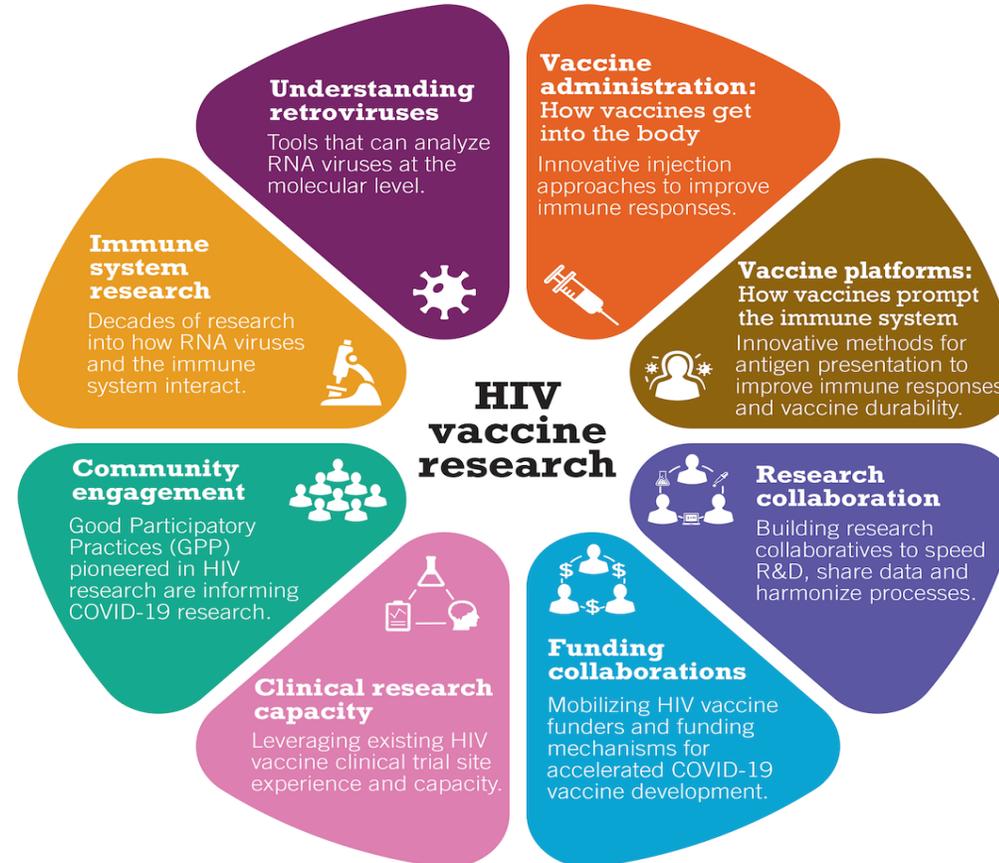
Definitions

- **BURNOUT**- DESCRIBES THE PHYSICAL AND EMOTIONAL EXHAUSTION THAT WORKERS CAN EXPERIENCE WHEN THEY HAVE LOW JOB SATISFACTION AND FEEL POWERLESS AND OVERWHELMED AT WORK

- **COMPASSION FATIGUE**-REFERS TO THE PROFOUND EMOTIONAL AND PHYSICAL EROSION THAT TAKES PLACE WHEN HELPERS ARE UNABLE TO REFUEL AND REGENERATE

- **VICARIOUS TRAUMA-** OCCURS IN PROFESSIONALS WHEN THEY WORK WITH CLIENTS WHO HAVE EXPERIENCED TRAUMA: THERE HAS BEEN A NOTICEABLE CHANGE

- **PTSD**- AN ANXIETY DISORDER THAT DEVELOPS IN REACTION TO PHYSICAL INJURY OR SEVERE MENTAL OR EMOTIONAL DISTRESS

- **MORAL INJURY-** IS UNDERSTOOD TO BE THE STRONG COGNITIVE AND EMOTIONAL RESPONSE THAT CAN OCCUR FOLLOWING EVENTS THAT VIOLATE A PERSON'S MORAL OR ETHICAL CODE

https://languages.oup.com/oxfordlanguages
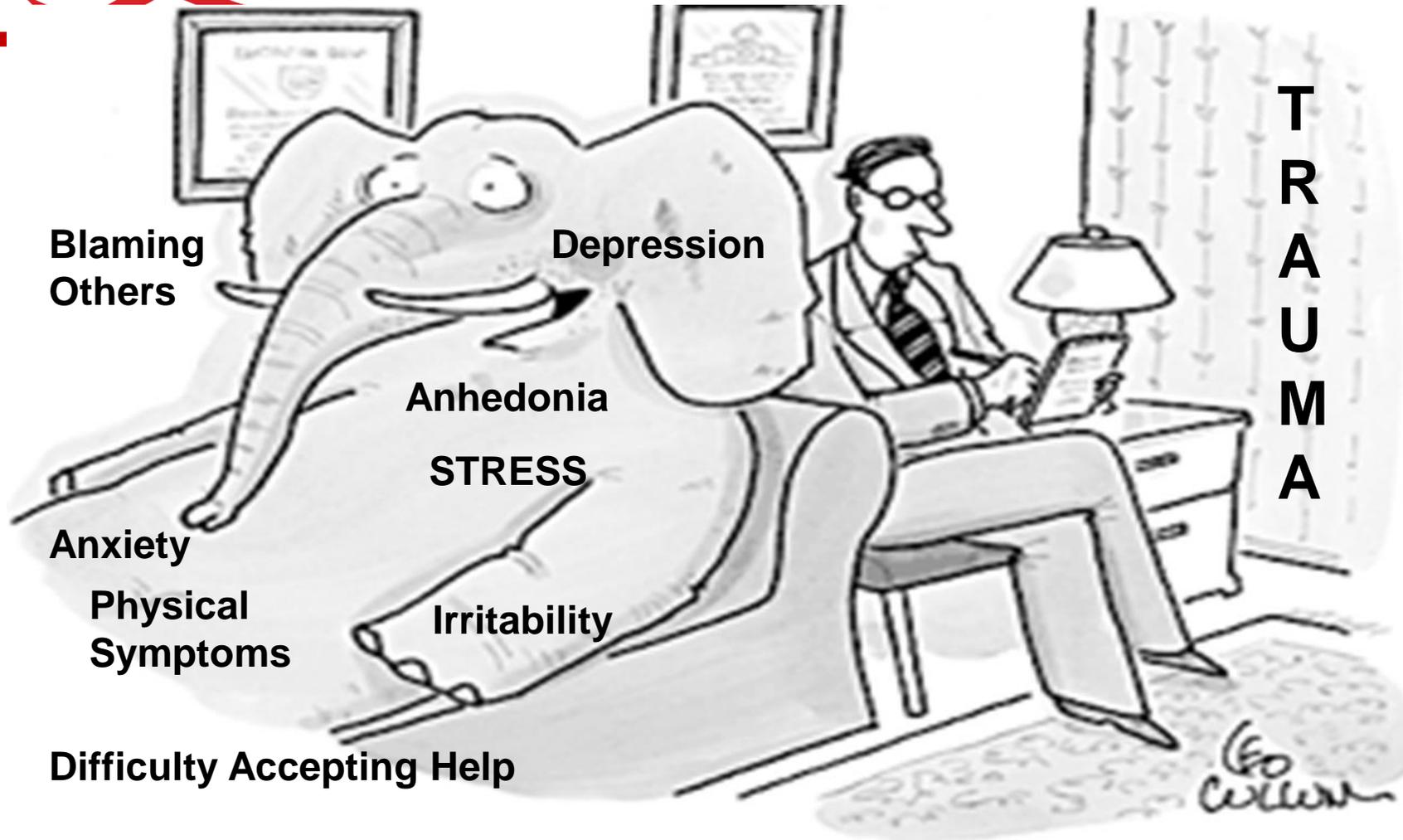
"I'm right there in the room, and no one even acknowledges me."

ANXIETY ICEBERG ORIGINAL
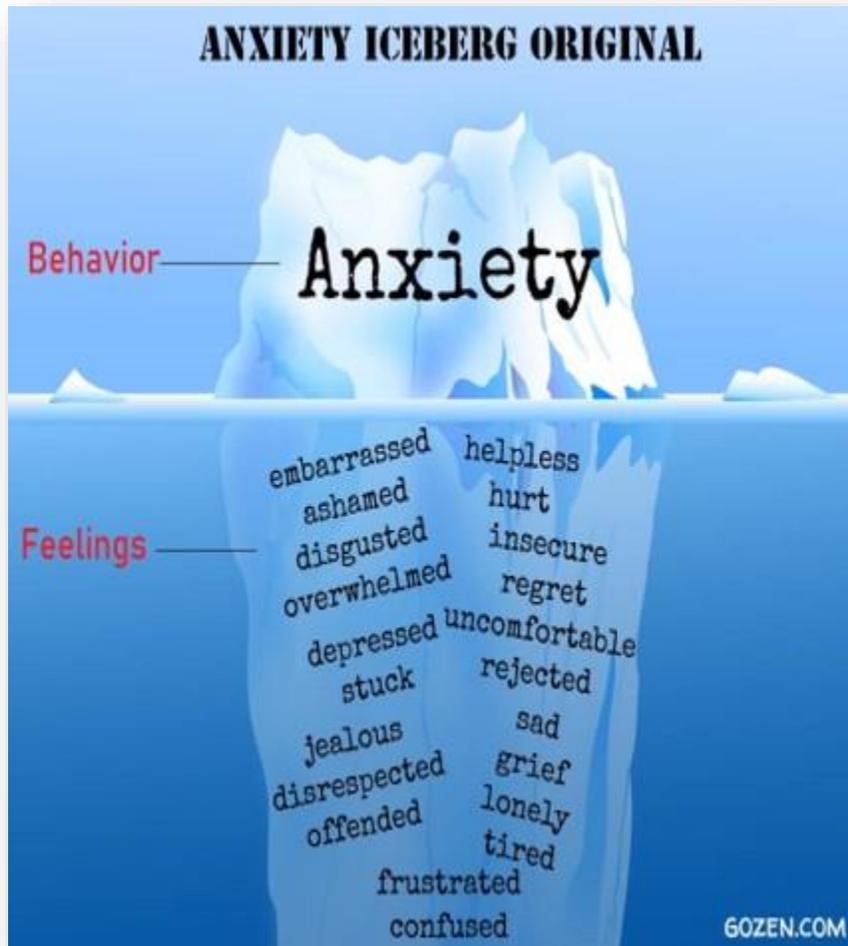
Hiding Below the Surface

- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of <u>tobacco</u>, and/or <u>alcohol and other substances</u>

Retrieved from CDC, Coronavirus disease 2019

Expectations

They're **Essential**

How I Envision It
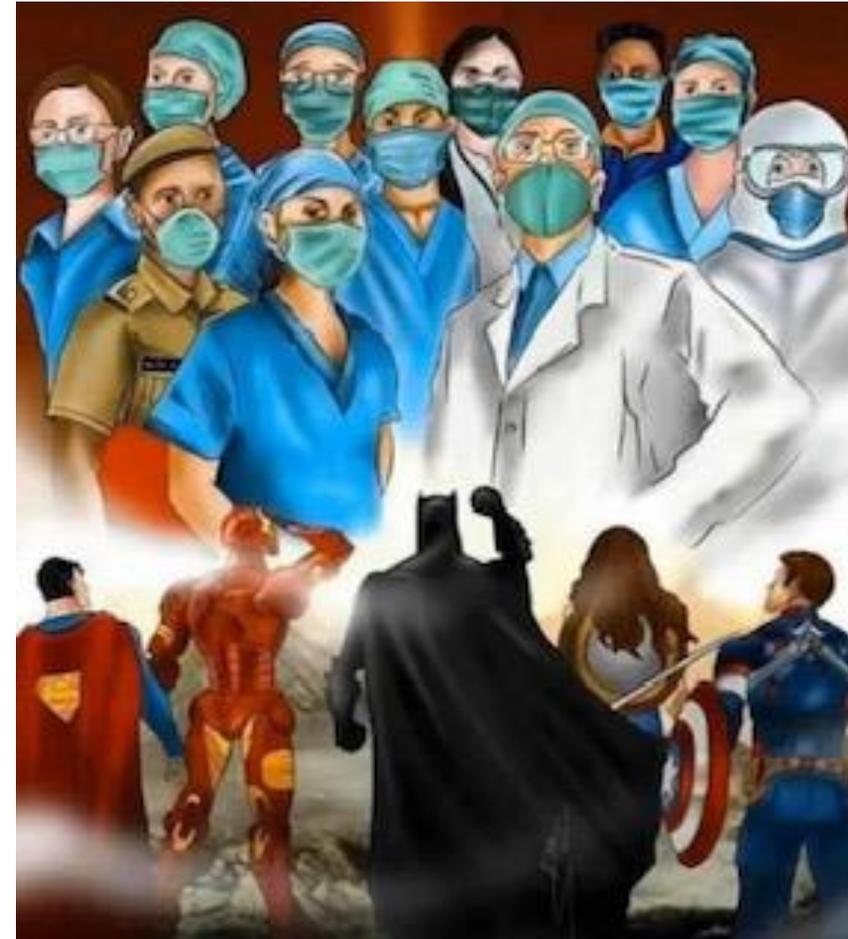
Stress Continuum Model

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
DEFINITION ◇ Optimal functioning ◇ Adaptive growth ◇ Wellness	**DEFINITION** ◇ Mild and transient distress or impairment ◇ Always goes away ◇ Low risk	**DEFINITION** ◇ More severe and persistent distress or impairment ◇ Leaves a scar ◇ Higher risk	**DEFINITION** ◇ Clinical mental disorder ◇ Unhealed stress injury causing life impairment
FEATURES ◇ At one's best ◇ Well-trained and prepared ◇ In control ◇ Physically, mentally and spiritually fit ◇ Mission-focused ◇ Motivated ◇ Calm and steady ◇ Having fun ◇ Behaving ethically	**FEATURES** ◇ Feeling irritable, anxious or down ◇ Loss of motivation ◇ Loss of focus ◇ Difficulty sleeping ◇ Muscle tension or other physical changes ◇ Not having fun **CAUSES** ◇ Any stressor	**FEATURES** ◇ Loss of control ◇ Panic, rage or depression ◇ No longer feeling like normal self ◇ Excessive guilt, shame or blame **CAUSES** ◇ Life threat ◇ Loss ◇ Moral injury ◇ Wear and tear	**FEATURES** ◇ Symptoms persist and worsen over time ◇ Severe distress or social or occupational impairment **TYPES** ◇ PTSD ◇ Depression ◇ Anxiety ◇ Substance abuse

https://www.quantico.usmc-mccs.org/marine-family/behavioral-health-program/community-counseling-program-ccp/the-stress-continuum

STRESS FIRST AID MODEL

Seven Cs of Stress First Aid:

1. CHECK
Assess: observe and listen

2. COORDINATE
Get help, refer as needed

3. COVER
Get to safety ASAP

4. CALM
Relax, slow down, refocus

5. CONNECT
Get support from others

6. COMPETENCE
Restore effectiveness

7. CONFIDENCE
Restore self-esteem and hope

https://texashealth.org/addressing-compassion-fatigue/

"Here's your problem—it looks like you're paying attention to what's going on."

Promoting Preventative Self-Care

- Encourage Socialization
- Prioritizing Self-Care
- Increase Self-Awareness
- Reduce anxiety-driven behaviors
- Minimize traumatic input
- Improve tolerance threshold
- Instill a positive outlook
- Gaining/maintaining self-reliance
- Making positive feelings stronger/negative feelings weaker

MAAETC Resource

What are your questions?

Presentation References

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Evaluation

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