

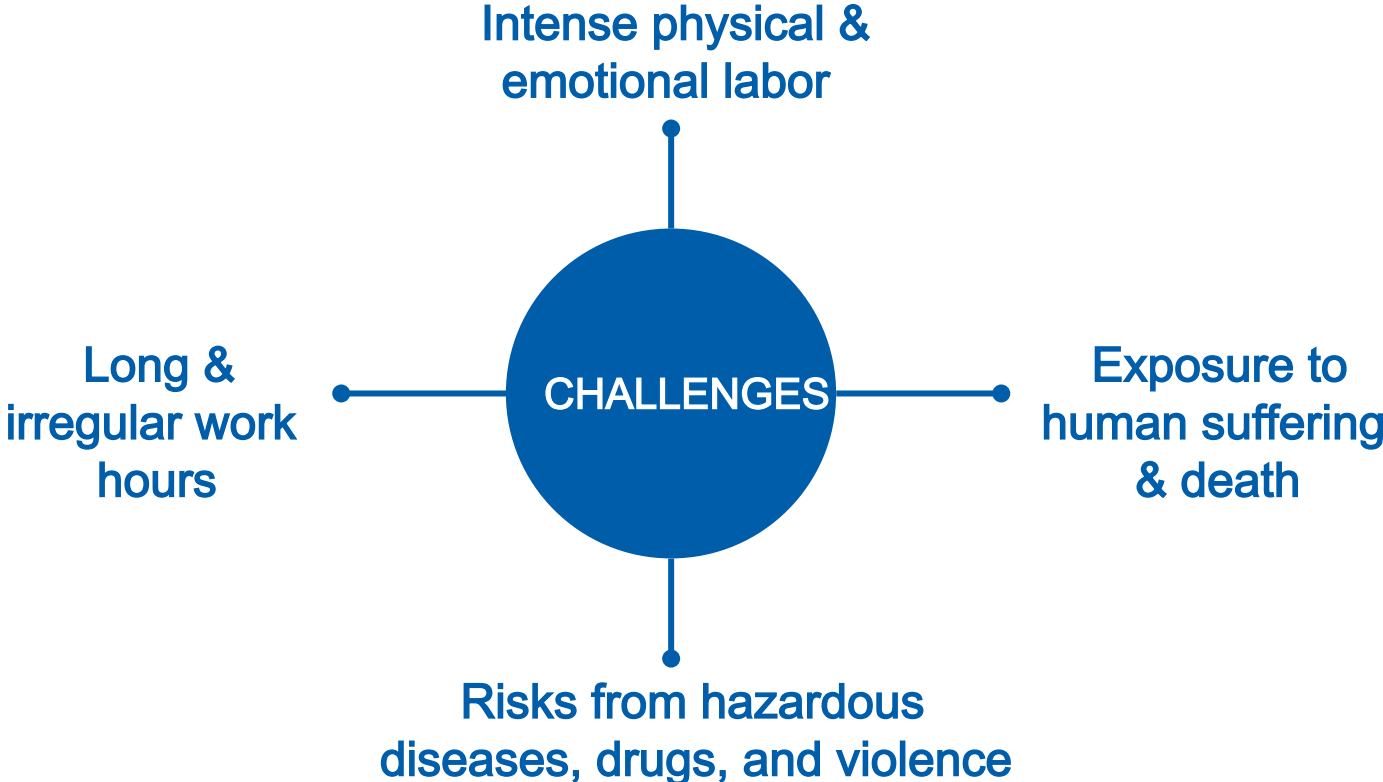
Health Worker Mental Health Initiative

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July 28, 2022



Challenging work conditions in healthcare



The COVID-19 pandemic added **more challenges**



Injury & illness rates increased in 2020

More injuries and illnesses in healthcare & social assistance than in any other industry in the nation in 2020



From 2019 to 2020:

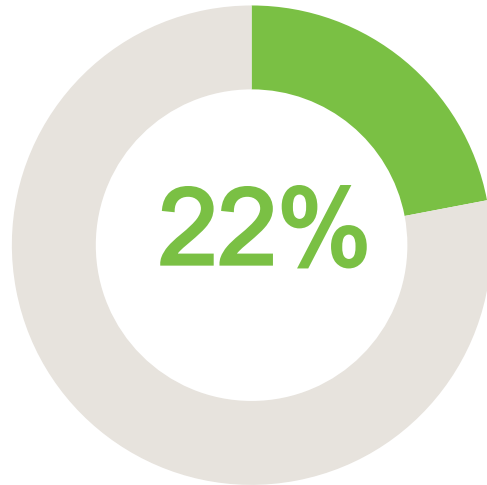


249%

increase in the injury and illness rate among U.S. health workers

Anxiety, Depression, and PTSD during COVID-19

Across **65**
studies,
involving
97,333 health
workers

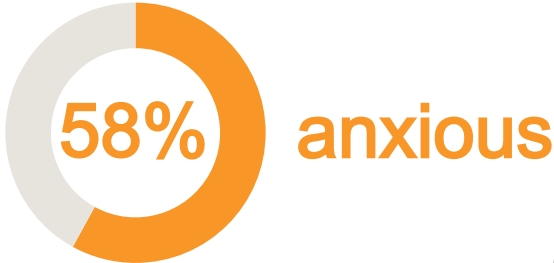


experienced

- moderate depression
- anxiety
- PTSD

Nurse Mental Health during COVID -19 Pandemic

In a summer 2021 survey, nurses reported feeling:



Nurse Mental Health during COVID -19 Pandemic



34%

said they were **not emotionally healthy**



42%

experienced an **extremely stressful , disturbing , or traumatic event** as a result of COVID-19

From summer 2020 to summer 2021:



350%

increase in self-reported **burnout**

More Severe Symptoms

Workers that reported **more severe** degrees of **all psychological symptoms**



- 1 Nurses
- 2 Women
- 3 Frontline workers
- 4 Younger healthcare workers

Increasing risk of critical staffing shortages



1 in 5
physicians

&



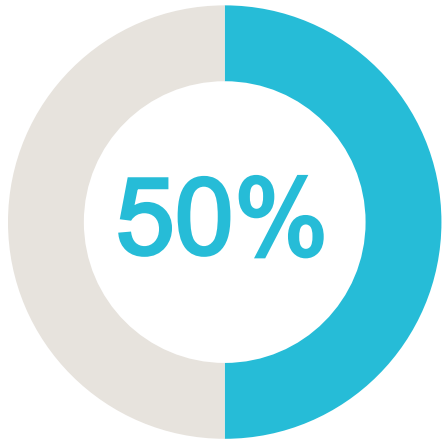
2 in 5 nurses

intend to
**leave their
practice**

Predictors of
intention to leave:

- Burnout
- Fear of exposure to virus
- COVID-19–related anxiety/depression
- High workload

Increasing risk of critical staffing shortages



of nurses
intend to or
may leave
nursing
within the
next 6 months

Top reasons included

- 1 Negative impact on mental health/well-being
- 2 Insufficient staffing
- 3 Not feeling supported

Burnout and patient safety

In a meta-analysis of
47 studies, involving
42,473 physicians



Burnout

was associated with

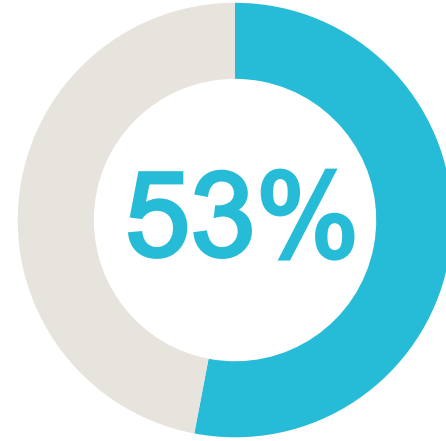
2x greater odds
for

- Unsafe care
- Unprofessional behaviors
- Low patient satisfaction



Public Health Workers

Among **26,174**
public health
workers surveyed



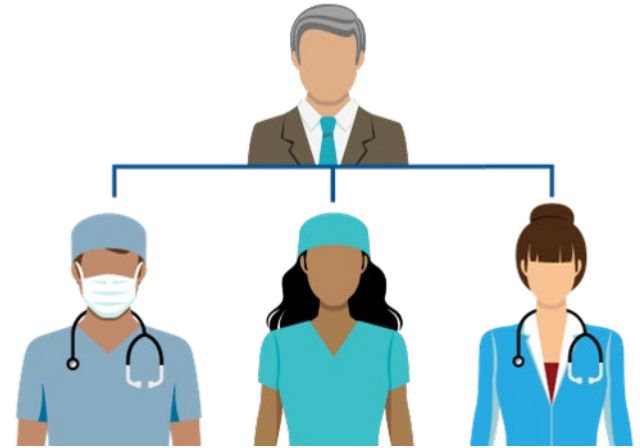
reported symptoms
of **at least one mental
health condition** in
the past 2 weeks

The NIOSH Health Worker Mental Health Initiative is working to improve the mental health and well-being of the nation's health workers through:

- **Prevention**
 - **Awareness**
 - **Intervention**
-

Primary focus at the employer -level

- Improve work organization
- Change key policies
- Minimize job hazards



Empower workers

- Access care
- Experience less stigma
- Participate in programs & use services offered by employer



NIOSH Health Worker Mental Health Initiative

Generate Awareness

Understand HW Burden

Identify and Adapt Tools

Assimilate Evidence

Partner for Impact



Activities to Date



- Reviewed & analyzed mental health surveillance data
- Secured contracts to adapt & broaden surveillance tools



- Analyzed responses to Request for Information
- Identified 70+ peer -reviewed intervention studies



- Partnered with federal agencies, labor & industry, & associations
- Supported U.S. Surgeon General's Advisory



- Funded intervention research both internally & externally
- Started developing training for supervisors in public health



- Hosted a Call-to-Action webinar in November 2021
- Awarded a contract for the national social marketing campaign

National Social Marketing Campaign

Employers

- 1 Put in place new or revised policies
- 2 Offer evidence -based mental health support to workers

Workers

- 1 Access programs offered by employers
- 2 Reduce associated stigma

JPA Health Team



Campaign Objectives

RAISE

awareness of the connection between work organization and mental health issues

EDUCATE

health employers on programs, resources, & interventions to support mental health

LOWER

barriers for employers to provide programs; and for health workers to access care.

REDUCE

stigma and normalize seeking and receiving mental health care for health workers.

LEVERAGE

partners and intermediaries to disseminate information to audience(s).

Campaign Audiences

Employers

- 1 Decision makers within hospital systems

They have ability to change policies and practices and offer support programs

Workers

- 1 Clinical care/patient - facing teams in hospital systems
- 2 Other hospital staff

Campaign Activities

RESEARCH

audiences' needs and test message concepts

PLAN

the campaign's strategy

DEVELOP

content, tools, and resources

DISSEMINATE

campaign materials and conduct outreach

EVALUATE

the campaign's impact

Public Health Worker Training

To prevent and address burnout and related conditions in public health workers



Developing an **online training course** for supervisors and employers



Aligned with existing related **partner** efforts

Thank you!

Questions?

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

