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The Psychological Impact of the Pandemic: BPS Resources & Learning from a Welsh Health Board

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Thanks to Prof David Murphy Vice-President
Chair - Covid-19 Coordinating Group





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BPS Covid-19 Approach

- 1) Add value
- 2) Evidence-based
- 3) Practice & research focussed
- 4) Collaborative across psychology
- 5) Respect diversity & promoting inclusion

Disease-related aspects

Behavioural disease prevention

Psychological care of patients

Psychological care of relatives & bereavement support

Psychological wellbeing of health & care staff

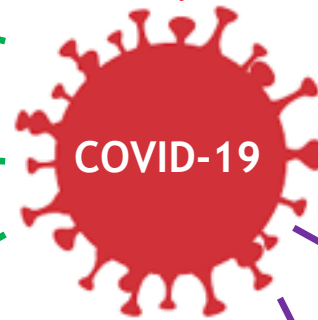
Wider professional & societal impacts

Adaptations to psychological services

Effects of confinement & social isolation

Working differently

Community action & resilience



The British Psychological Society

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[About us](#)

Annual General Meeting

Our AGM, to which all members are invited, is to be held on 30 June 2020.

[Read the full AGM announcement.](#)



BPS News

BPS supports global campaign against violence in the home

19 June 2020



[All News](#)

Responding to coronavirus

The BPS has produced a number of articles to help people cope with the current Covid-19 pandemic.

[Browse our coronavirus resources.](#)

For the Public



What is Psychology?



Find a Psychologist



Become a Psychologist



A-Z of Psychology

[All for the public](#)

For our Members



Member Networks



Member Resources



Standards and Guidelines



Professional Development

[All for our members](#)

Events



www.bps.org.uk

Coronavirus resources

We've put together some useful tips, advice and links to articles that you might find helpful in dealing with the effects of the coronavirus pandemic.



Professionals and practitioners

Guidance and support for members and professionals.



Public

Advice and information for the general public.



Video Resources

Browse the various video resources we've produced in response to the current crisis.



External Resources

Guidelines set out by the UK government, the NHS, and other public health bodies.



The Psychologist

The Psychologist has gathered a wealth of perspectives discussing the impact and implications of coronavirus,



Covid-19 Coordinating Group

The Covid-19 Coordinating Group is a society-wide initiative set up to facilitate collaborative working.



Coronavirus resources for professionals

Keyword search [Clear](#)

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Date Oldest



Effective therapy via video: top tips

The DCP Digital Healthcare Sub-Committee are currently developing a competence framework and training for applied psychologists to equip them for digital practice, and offer this interim resource as...

17 March 2020



Guidance for psychological professionals during the Covid-19 pandemic

30 March 2020



Protecting the psychological needs of healthcare staff

31 March 2020



Considerations for psychologists working with children and young people using online video platforms

07 April 2020



Coronavirus resources for professionals

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The Impact of Covid-19 on the Wellbeing of Psychologists

GUIDANCE

Impact of Covid-19 on the Wellbeing of Psychologists

In the context of the Covid-19 pandemic the media have repeatedly described the past six months as unprecedented.

10 November 2020

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USING PSYCHOLOGY TO SUPPORT PEOPLE TO ADOPT HEALTHY BEHAVIOURS

GUIDANCE DOCUMENTS

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FACILITATING COMMUNITY RESILIENCE TO RESPOND TO CONSEQUENCES OF THE COVID-19 PANDEMIC

GUIDANCE

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SUPPORTING GROUPS WITH SPECIFIC COMPLEX NEEDS WHO ARE OR HAVE BEEN SHIELDING

GUIDANCE

BPS Covid -19 Public Health Resources

[Physical Activity](#)

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Covid-19%20Public%20Health%20Road%20Map%20-%20E2%80%93Physical%20activity.pdf>

Eating Behaviour

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Covid-19%20Public%20Health%20Road%20Map%20-%20Eating%20behaviour.pdf>

Stopping Smoking

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Covid-19%20Public%20Health%20Road%20Map%20-%20Stopping%20smoking.pdf>

Sedentary behaviour

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Covid-19%20Public%20Health%20Road%20Map%20-%20Sedentary%20behaviour.pdf>

Sleep Hygiene

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Covid-19%20Public%20Health%20Road%20Map%20-%20Sleep%20hygiene.pdf>

Alcohol Consumption

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Covid-19%20Public%20Health%20Road%20Map%20-%20Alcohol%20consumption.pdf>



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The Impact of Covid-19 on Psychologist's Well-being



Dr Adrian Neal, Consultant Clinical Psychologist
Head of Employee Wellbeing ABUHB
Work stream Co-Chair

#C19StaffWellbeing





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<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Impact%20of%20Covid-19%20on%20the%20Wellbeing%20of%20Psychologists.pdf>

Context - The paper competed in October – pre 2nd wave.

(Approx. 30K Psychologists with 15K working in health sector)



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The Impact on the Pandemic on Psychologists

- 1. Adjustment to remote working and changes in the way we work.**
- 2. Ethical, moral and professional dilemmas (*Choice, control, safety & risk, and what is the right thing to do?*)**
- 3. Impact on minorities** (Reflecting on isolation, strong feelings of anger, sadness and vulnerability).
- 4. Professional and personal growth** (Finding *purpose & meaning* in a pandemic).



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5. Personal anxiety and uncertainty

6. Lack of preparation

7. Increased workload demand

8. Impacts on education, training and research

9. A positive role for psychologists in response to the pandemic

10. Changing conversations about mental health, physical health, and well-being



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Lessons from a Welsh Health Board

The Aneurin Bevan University Health Board Context

- South East Wales (rural & urban 8-900,00 population).
- Hardest and earliest hit by Covid – at one point highest C19 + rates in UK.
- 15K employees + close links to Social Care Sector.
- Critical Care to Care Homes.
- Integrated Psychological Well-being Service.

Relevant ‘Impact’ Data

- 3 Health Board wide well-being ‘temperature check’ surveys.
- Data collected in June, Nov, & February
- Approx. N=6.5K returned surveys.
- + Observations from the Integrated Psychological Well-being Service.

Lessons from a Welsh Health Board

1. June survey showed approx. 8% *struggling to cope*, 15% very *energised and motivated*, and the majority feeling *good and optimistic*.

Clinical areas and staff of greatest concern Nursing staff (Band 5 AfC and below) working on Covid positive acute wards, redeployed and self-isolating staff, and clinical staff from BAME backgrounds.

2. November survey showed all staff groups identified as struggling had improved. Major concerns identified were *fatigue* in Nurse Managers and Consultant Medics. Fewer identifying as feeling ‘*good and optimistic*’, and more now reporting to be ‘*struggling*’ (+2-4%).

Lessons from a Welsh Health Board

3. Preliminary data from the February 2021 Survey Similar trends to Nov but even fewer identifying as feeling '*good and optimistic*', and more now reporting to be '*struggling*' and significantly *fatigued* (approx. 5% more than Nov). No dramatic changes just a gradual movement of the bell curve to the right. *Home based demands now biggest stressor.*

4. Observations from integrated Psychological Well-being Service

- Sickness absence up to 16% at highest, now about 10% - 31% linked to MH & psychological well-being (no more detail)
- No tsunami of PTSD - but hx trauma seems relevant for those who do seem to fit diagnosis.
- 300% surge in self referrals in June-August (post 1st wave) - quieter during most acute periods. Not related to Dx of MH but more diffuse distress, struggling to cope, & Anx.
- Increases reports of in fatigue, grief, demoralisation, burnout, stressed (Anx) and over-whelmed, + team conflict.
- Impact of home pressures / restrictions an insidious but growing factor <protective factors.
- Wider well-being concerns - teams, sense of purpose, psychological contract.



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Questions

