

**A COVID-19 GUIDE:
HOW TO CARE FOR HEALTHCARE WORKERS IN YOUR CHURCH FAMILY**



- Who are the healthcare workers in your church family (doctors, nurses, midwives, allied health professionals, healthcare students)?

- What are the particular struggles and challenges faced by healthcare workers at the moment?
 - ◆ Fear and anxiety for their own health on the frontline and for the health of those who live with them
 - ◆ Facing death and illness of patients and colleagues
 - ◆ Dealing with fear, anxiety and panic of patients and colleagues
 - ◆ The stress of being understaffed as colleagues go off sick
 - ◆ Student and newly qualified health professionals taking on clinical responsibilities and decision making above their level of experience.
 - ◆ Deployment to other areas which may be far from home, working with new colleagues and feeling ill equipped and out of their comfort zones.
 - ◆ Isolation from loved ones, social and psychological support as a result of social isolation or deployment away from home
 - ◆ Strains on their mental health – anxiety, depression, etc.
 - ◆ Lack of personal protective equipment when treating potentially infected patients
 - ◆ The stress and guilt of not being able to deliver optimum patient care or fully respond to patients’ needs as a result of emergency COVID-19 measures and inadequate staffing and resources
 - ◆ Lacking time and opportunity for normal daily ‘life maintenance’, from shopping for groceries to keeping up with housework
 - ◆ Spiritual isolation from church family and spiritual input through services and fellowship groups
 - ◆ Those in senior positions who carry the responsibility for making difficult decisions based on imperfect knowledge which will have life and death consequences

- How can the church family help?
 - ◆ Pray (see CMF healthcare [worker prayer guide](#))
 - ◆ Note shift patterns and rotas to contact them at low points e.g. at the end of a long shift returning to an empty flat/hotel room
 - ◆ Offer to provide meals at the end of long shifts
 - ◆ Offer to help with practical chores such as grocery shopping
 - ◆ Send messages to remind them that you are praying
 - ◆ Send messages to encourage them from God’s Word
 - ◆ Offer a phone or video call for support and prayer to keep them connected with church life
 - ◆ Be ready to listen and create a safe space for reflection on what may have happened at work
 - ◆ Keep a look out for signs of difficulties that might require specialised help
 - ◆ Encourage boundaries to permit rest and recuperation
 - ◆ Discourage unwarranted levels of commitment - seek to understand why this might appear to be happening

For more information about COVID-19 from CMF, visit www.cmf.org.uk