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INTRODUCTION

- During the COVID-19 pandemic, shift to telemedicine services sustained patient access to health care, allowed practitioners to provide care in a variety of settings and offered new possibilities in care collaboration and training^{1,2}
- As the year progressed, the impact on health providers and trainees has been variable^{3,4,5}
- Healthcare workers have been at risk of mood, anxiety and somatic symptoms as well as burnout in the past year⁶
- It is likely that there has been a significant and variable effect on the personal lives of healthcare workers across different fields and practice settings
- The pandemic had a clear impact on the education and involvement of trainees in clinical care^{7,8}
- As the pandemic winds down, telemedicine will likely continue to have a place in clinical practice and knowing the strengths and pitfalls for mental health providers will be very important

OBJECTIVE

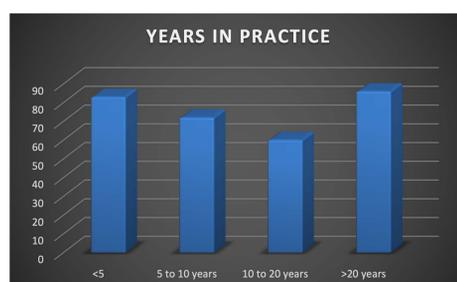
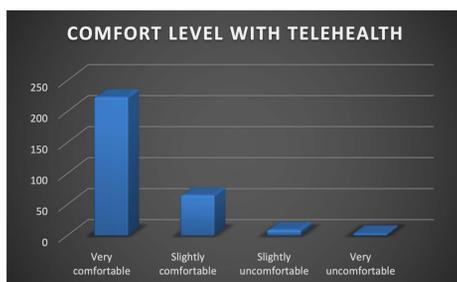
To understand the impact of transition to telehealth services on mental health providers

METHODS

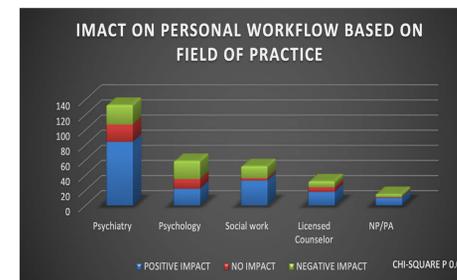
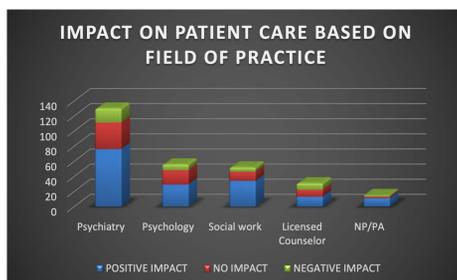
- Voluntary and anonymous survey distributed to mental health practitioners across the state of Maryland from February 2021 to June 2021.
- 343 respondents
- Data was analyzed using SPSS
- Pearson Chi-Square test was used to determine the significance of results

DEMOGRAPHICS OF PRACTITIONERS

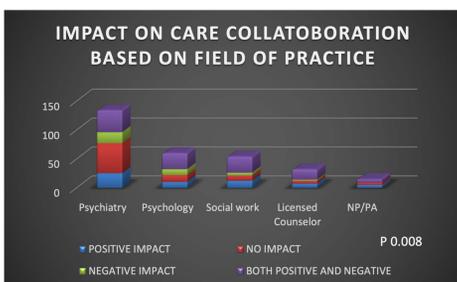
- 75% of respondents identified as female
- 88% of respondents were outpatient practitioners, 44% were psychiatrists
- 30% had been in practice for more than 20 years
- 10% were trainees
- 84% reported majority of their work was through telework



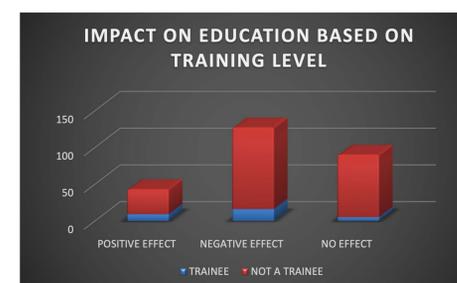
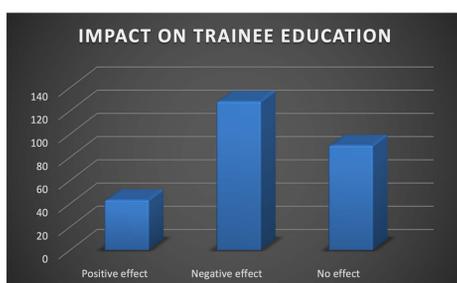
PATIENT CARE AND WORKFLOW



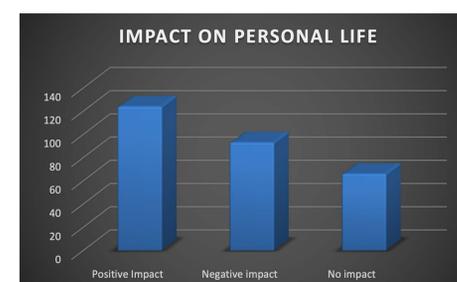
CARE COLLABORATION



TRAINEE EDUCATION

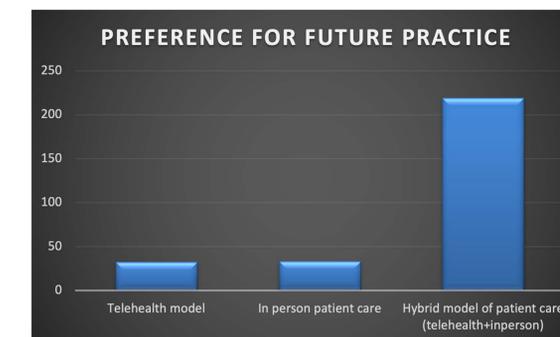


PERSONAL LIFE



SUMMARY

- In care collaboration, the greatest positive impact was reported by NPs and lowest by Psychologists. Highest negative impact was reported by Psychologists and lowest by licensed counselors. Psychiatrists primarily reported no impact
- Practitioners with more than 20 years in practice primarily reported no impact. Early career practitioners (<5 years) reported a negative impact
- Higher proportion (40%) of psychologists reported a negative impact on workflow than other groups
- 58% of Licensed counsellors reported either no impact or a negative impact. All other fields reported a positive impact
- Trainees and independent practitioners, both reported a primarily negative effect on education
- 20% of practitioners reported irritability and change in energy levels 'half of the time'
- 11% reported frequent anxiety symptoms
- 5% reported frequent sad mood



CONCLUSION

- As expected, transition to telehealth had several positive effects including patient care, care collaboration and workflow. However, these effects varied with field and duration of practice
- Negative impact on trainee education is a concerning outcome and needs further attention
- While the overall impact on personal life seems positive, a significant minority of practitioners experienced emotional and somatic symptoms

CONTACTS- REFERENCES

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