

**LCC Session: Physicians Experience during a Pandemic**  
**Prepared by Dr. Kristen Zahn & Dr. Nina Mazze**  
**Resident Guide**

**Goal:** *To discuss the multi-layered issues that physicians experience during a pandemic. What are our roles and responsibilities to our patients, colleagues, families, and to ourselves? Discussions will help residents navigate how to balance patient care, physical distancing, wellness and self-care, personal and professional responsibilities, and practical realities. Residents will have the opportunity to discuss their experiences in these domains and offer strategies on how we can care for ourselves so that we may care for others.*

**PRE-SESSION MATERIALS**

**1. Required Materials**

- Article: **That Discomfort You're Feeling Is Grief**, Harvard Business Review
  - o Scott Berinato, March 23, 2020
  - o <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>
- Article: **COVID-19 FAQs FOR PHYSICIANS**, College of Physicians and Surgeons of Ontario
  - o <https://www.cpso.on.ca/Physicians/Your-Practice/Physician-Advisory-Services/COVID-19-FAQs-for-Physicians>
- Article: **CMPA COVID-19 Hub Frequently Asked Questions**, Canadian Medical Protective Association
  - o <https://www.cmpa-acpm.ca/en/covid19>

**2. Additional reading – things to consider if you are interested:**

- Resource Bank: COVID- 19 Resources for Healthcare Staff
  - o <https://healthcaretoolbox.org/tools-and-resources/14-health-care-toolbox/tools-and-resources/599-covid19-resources-for-healthcare-staff.html>
- Resource Bank: Resident Wellness Resource Rolodex
  - o <https://docs.google.com/document/d/1qsvQFzAZFSrJC1ilGMWC-CXUYHqVj45jCJ0xIS5-AvQ/edit?usp=sharing>