The Burden of Battle: Understanding the Impact of Emotional Trauma on African American Health Care Professionals and Your Patients
Welcome from ACC Leadership

Dipti Itchhaporia, MD, FACC
Eric & Sheila Samson Endowed Chair in Cardiovascular Health
Director of Disease Management
Hoag Memorial Hospital Presbyterian,
Newport Beach, CA
Associate Clinical Professor, University of California, Irvine

Vice President
American College of Cardiology
Like cardiovascular disease, acts of violence and racism are core causes of psychosocial stress that promote poor well-being and cardiovascular health, especially for communities of color.

The profound grief and stress triggered by these events, as well as the consequences for black lives, contribute significantly to cardiovascular risk. Each episode has emotional and physiological effects on individuals and all communities.

Thus, we stand and link arms in solidarity with efforts to dismantle systems that maintain excess morbidity and mortality, especially among vulnerable populations and those historically oppressed.
Indeed, our collective vast membership, many of whom are at the frontlines of clinical healthcare, has taken an oath to decisively and with kindness, compassion and grace act to relieve suffering related to “I can’t breathe” in order to preserve life.
Clinician Well-Being Portal

Quality Improvement For Institutions | Local Processes to Improve Clinician Well-Being: A Recipe for Success

Dec 17, 2019
Cardiology Magazine

Clinician burnout is a substantial concern throughout the house of medicine and within healthcare systems, as well as for clinicians themselves. Professional medical societies, including the ACC, are working to address clinician burnout.

The cost of burnout and the return on investment in addressing clinician well-being is now a focus in the medical literature.

Increasingly clinicians across the care team are becoming dissatisfied. A 2019 Medscape survey found that cardiovascular specialists were ranked at number 23 for satisfaction in their chosen profession among 27 specialties.

ACC News Stories

- Counseling Resources For Health Care Workers During COVID-19
- ABC, ACC and AHA Denounce Racism and Violence Plaguing Communities
- CDC Releases Tips For Managing Workplace Fatigue During COVID-19

Readings and Resources

- NEJM Perspective: The New Stability
- Summer COVID-19 Education Series On Demand
- Crisis Communication For the CV Professional
- Crisis Communication Infographic
Mental Health and COVID Crisis: Developing Your Resilience Beyond Burnout

Laxmi Mehta, MD, FACC
Evelina Grayver, MD, FACC
Joel Hughes, PhD
Suzan Song, MD

Your Mental Health Tipping Point: When to Seek Help?

ACC COVID 19 Educational Summer Series
Trauma is the experience of severe psychological distress following any terrible or life-threatening incident. The unrelenting series of events Black Americans have witnessed before and after the killing of George Floyd is racial trauma.
Learning Objectives

1. Describe the causes and contributors of acute and chronic trauma in African American clinicians and patients
2. Provide strategies to support African American patients and colleagues and to demonstrate allyship
Webinar Faculty

**Danielle Hairston, MD**
Director of Residency Training  
Department of Psychiatry  
Howard University College of Medicine  
President, Black Caucus  
American Psychiatric Association

**Dipti Itchhaporia, MD, FACC**
Eric & Sheila Samson Endowed Chair in Cardiovascular Health  
Director of Disease Management  
Hoag Memorial Hospital Presbyterian, Newport Beach, CA  
Associate Clinical Professor, University of California, Irvine

**Steven Starks, MD**
Clinical Assistant Professor  
Departments of Clinical Sciences and Behavioral and Social Sciences  
University of Houston College of Medicine

**Moderator**
**Travis Batts, MD, FACC**
Cardiology Clinic Medical Director  
Wilford Hall Ambulatory Surgical Center  
Assistant Professor of Medicine  
Uniformed Services University of Health Sciences
The COVID-19 Syndemic and its Burden on Black Healthcare Professionals

Steven Starks, MD
Clinical Assistant Professor
University of Houston College of Medicine
COVID-19 Hub

Syndemics

COVID-19
Pre-existing conditions
- Diabetes
- Heart disease
- Chronic kidney disease

Racism & economic vulnerabilities

Image taken from: https://www.thelancet.com/series/syndemics
COVID-19 H

Source: US Census Bureau, 2016
Source: AAMC Report, 2015

Source: AAMC Diversity in Medicine: Facts and Figures 2019
Arabia Mollette, MD
Emergency Medicine
Brookdale Hospital Medical Center
Brooklyn, NY

“Medical war zone”

“Started to question God... about why our community got hit the hardest...”
Racial Battle Fatigue

Microaggressions – racial slight or snub
Macroaggressions – race-related trauma

A shared sense of frustration, sadness, anxiety, hopelessness, helplessness, irritability, defensiveness, shock, and anger.
Armen Henderson, MD
Internal Medicine
University of Miami Health System

Doctor who volunteers and provide COVID-19 tests to the homeless in Miami’s Overtown neighborhood cuffed without cause

"I just got accosted by police"
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Ala Stanford, MD
General Adult and Pediatric General and Thoracic Surgery

Founder
Black Doctors COVID-19 Consortium

Offered free testing throughout Philadelphia’s communities

37th free testing event to date
Addressing Racial Battle Fatigue

Move from Ally to Advocate by...

- Learning
- Engaging
- Partnering
- Sponsoring
Contributions

Characterized the social challenges that black healthcare professionals might face

Described the impacts of the COVID-19 pandemic in terms of racial battle fatigue and psychosocial stress

Offered strategies
COVID-19 Hub
Emotional Trauma in African American Patients

Danielle Hairston, MD
Director of Residency Training
Department of Psychiatry
Howard University College of Medicine
COVID-19 Hub

COVID-19
Racial Disparity and Implicit Bias
Individuals are a part of a system.

Impact – we are taught to care for individual patients – but cardiologists should understand how systemic racism affects their patients.
Black Health & Systemic Racism

Disparities:

- COVID-19 Pandemic
- Racism
- Lack of providers from diverse racial/ethnic backgrounds
- Housing
- Food Security
- Employment
- Transportation
- Mistrust of health care system
- Underinsurance
- Stigma
We are not without history.

It is important to understand the experiences, risks, and trauma of your patients.

Clinicians who focus on treating solely the presenting symptoms without giving consideration to the socio-political-historical context are destined to be inadequate.
Generational Trauma in BIPOC Communities

• Intergenerational trauma is suffered by one generation to the next — (be it individual or collective), is passed onto future generations

• Intergenerational trauma is defined as the transmission of historical oppression and its negative consequences across generations.

The Sundial, Lipscomb, 2020
Individuals are a part of a system.

- Compliance vs. Understanding the SDOH (Systemic Racism)
- Interdisciplinary treatment planning.
- Collaborative treatment goals.
A CULTURE SHIFT.

Ally.
Sponsor.
Advocate.
Panel Discussion
Key Take-Aways

• Recognize the inter-relationship between cardiovascular health and mental health
• Understand the role of socio-political-historical context in providing optimum care and treatment of patients
• Recognize the impacts of the COVID-19 pandemic in terms of racial battle fatigue and psychosocial stress
• Advance diversity, equity and inclusion through strategic partnerships