



AMERICAN
COLLEGE *of*
CARDIOLOGY

COVID-19

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





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COVID-19 Hub

Welcome from ACC Leadership

Dipti Itchhaporia, MD, FACC

Eric & Sheila Samson Endowed Chair in Cardiovascular Health

Director of Disease Management

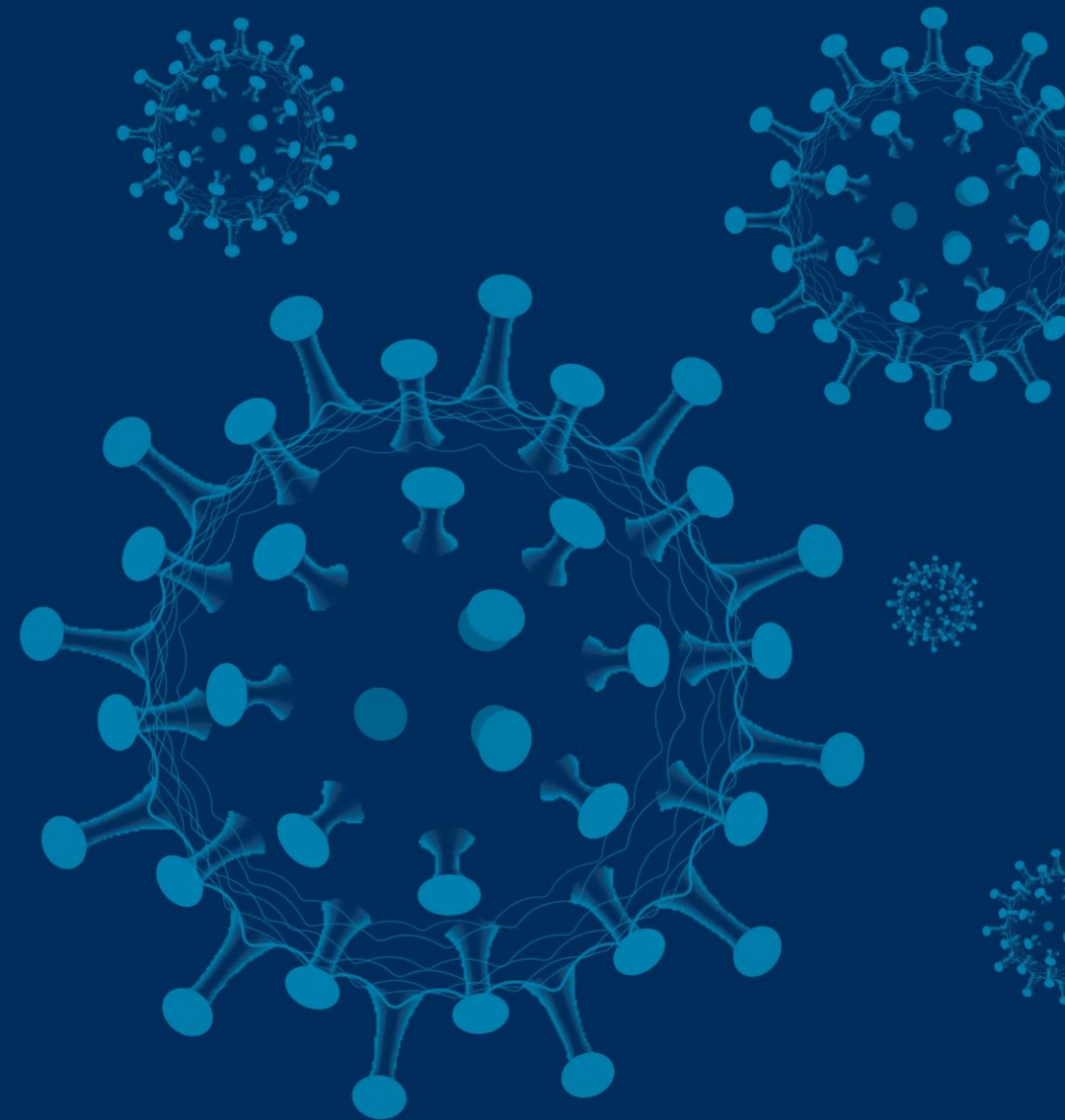
Hoag Memorial Hospital Presbyterian,

Newport Beach, CA

Associate Clinical Professor, University of California, Irvine

Vice President

American College of Cardiology





Dear Members, Friends and Concerned Citizens,

The Association of Black Cardiologists and our cardiovascular partners know that these are difficult and disturbing times for you, your families, patients and our communities. We know that at the forefront of your distress are concerns about preventable causes of death, illness and disease. 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. Given that heart disease and stroke are the leading causes of death for communities of color, particularly African-Americans who have the lowest life-expectancy of all racial/ethnic groups living in the United States, we are extremely disturbed by violent acts that cut to the core of the lives of our community. Therefore, along with other leading health organizations, we DENOUNCE incidents of racism and violence that continue to ravage our communities.

Health equity is our mission. George Floyd and other black men and women who remain nameless and faceless are "At the Heart of the Matter" for the ABC and our cardiovascular partners. Mr. Floyd's death comes on the heels of other recent incidents caught on camera. In another 2020 incident, Ahmaud Arbery was shot and killed while jogging in his hometown of Brunswick, Georgia. Christian Cooper is fortunately alive and well to speak to the Memorial Day incident in New York's Central Park where he was accused of threatening the life of a woman while bird watching. Although the woman apologized for calling 911 to make this false claim, justice does not always follow these filmed incidents. Another senseless death involves officers entering the Louisville, Kentucky home of emergency medical technician Breonna Taylor.

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. ABC and our partners have been at the forefront of addressing cardiovascular disparities in our communities for decades and it is crucial, now more than ever, that our efforts help to mitigate the unacceptable disparities among our most vulnerable populations. We have the unprecedented opportunity to address these issues through policy and by working with affected communities and the healthcare providers who serve them.

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.

Stay safe, healthy and connected,

Michelle A. Albert, MD, MPH
President, Association of Black Cardiologists

Robert A. Harrington, MD
President, American Heart Association

Athena Poppas, MD
President, American College of Cardiology

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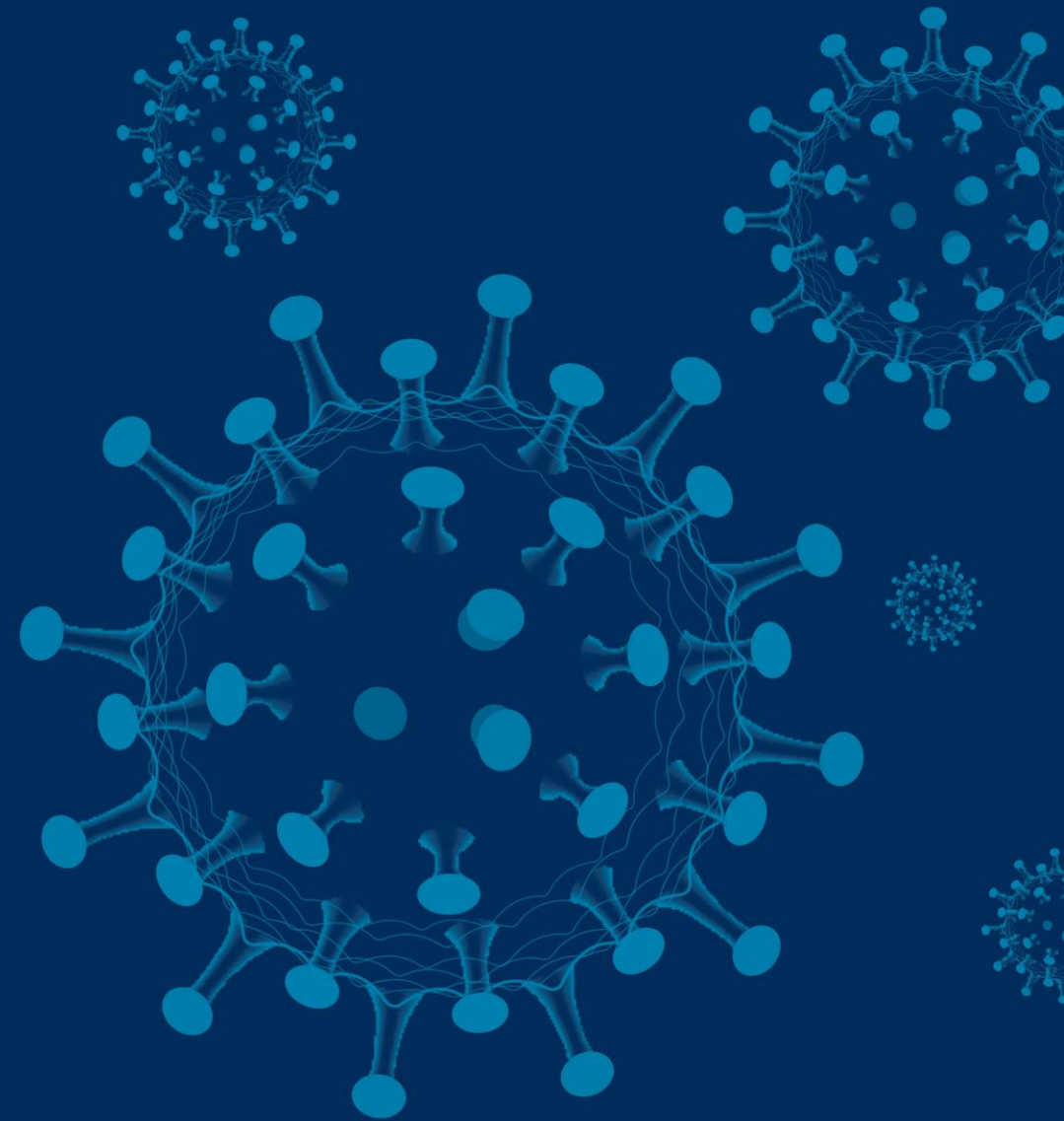
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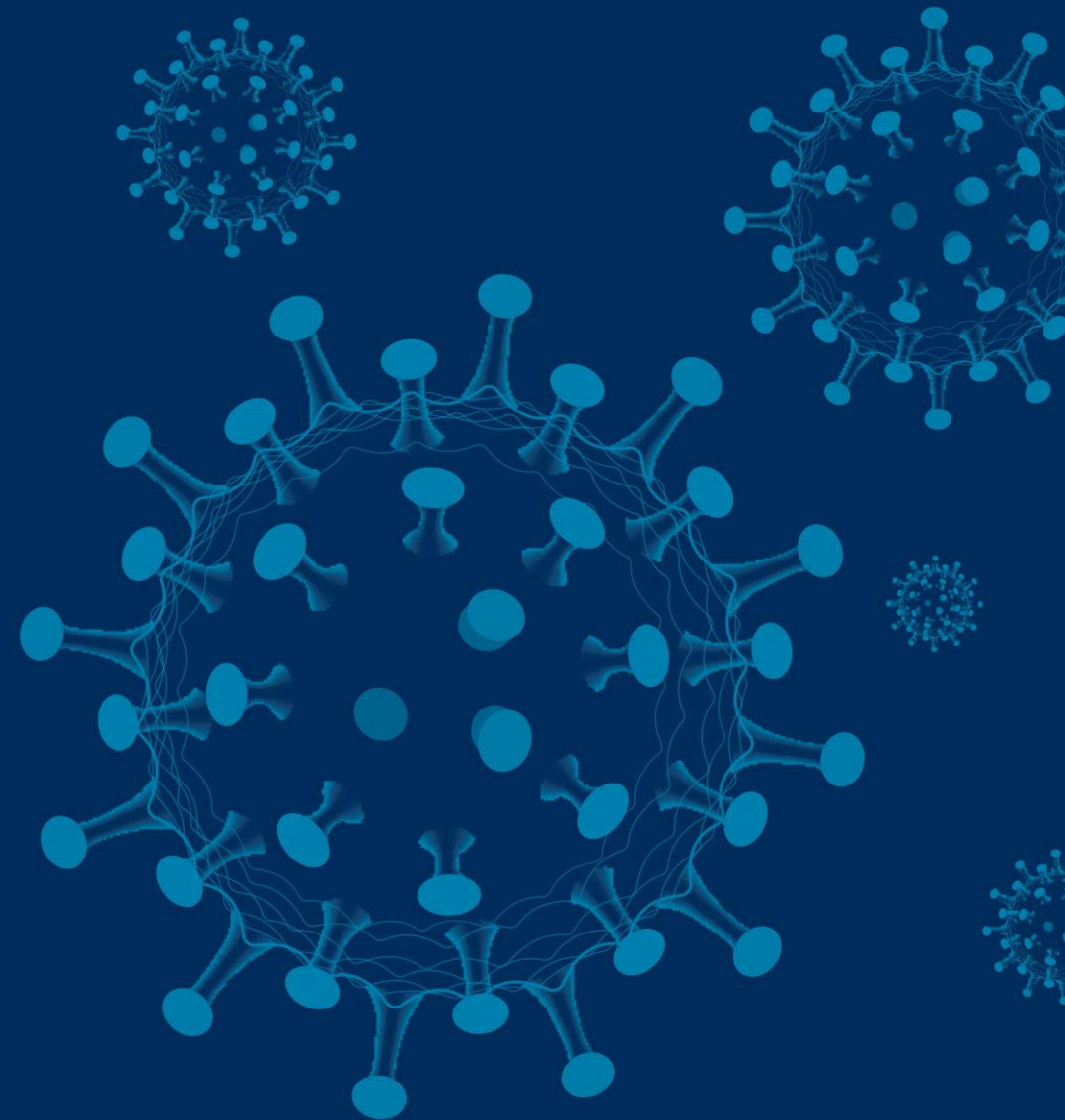


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Webinar Overview

Travis Batts, MD, FACC
Cardiology Clinic Medical Director
Wilford Hall Ambulatory Surgical Center



Clinician Well-Being Portal



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

Dec 17, 2019
Cardiology Magazine

Share via: Font Size A A A

Clinician burnout is a substantial concern throughout the house of medicine and within health care systems, as well as for clinicians themselves. Professional medical societies, including the ACC,¹ 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.²



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 associations.³

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Being pag

COVID-19: RESOURCES FOR CLINICIAN WELL-BEING

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

BURNOUT IN CARDIOLOGY

Reverse the Crisis

SYMPTOMS OF A BURNOUT

Physical/Emotional Exhaustion

Personal Sense of Lack of Accomplishment

Cynicism and Detachment

WHERE ARE YOU ON THE STRESS CURVE?

Seeing Improvement

Bored

Optimal Performance

Energised Focused Work feels effortless

Fatigue and Exhaustion

Breakdown, Burnout and Ill Health

CALM

EUSTRESS

DISTRESS

BURNOUT BY THE NUMBERS

WELL-BEING TIPS

35-54% of U.S. physicians and nurses

45-60% of medical students and residents

HELP

Exercise

Eat Healthy

Sleep Well

Yoga Meditation

Connect with Others

Engage in Hobbies

1) Your institution's Employee Assistance Program

2) National Suicide Prevention Lifeline 1-800-273-8255

For more information:
[ACC.org/ClinicianWellBeing](https://www.acc.org/ClinicianWellBeing)



COVID-19

Mental Health and COVID Crisis: Developing Your Resilience Beyond Burnout

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



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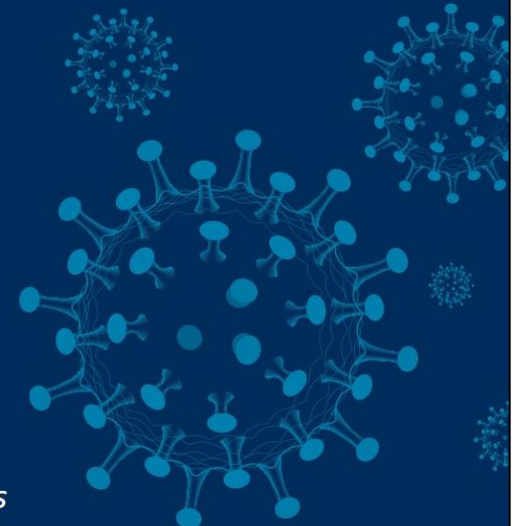


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Your Mental Health Tipping Point: When to Seek Help?

ACC COVID 19 Educational Summer Series



RACE

How Organizations Can Support the Mental Health of Black Employees

by [Angela Neal-Barnett](#)

June 10, 2020

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



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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

Vice President
American College of Cardiology

Steven Starks, MD

Clinical Assistant Professor
Departments of Clinical Sciences and
Behavioral and Social Sciences
University of Houston College of Medicine

Moderator

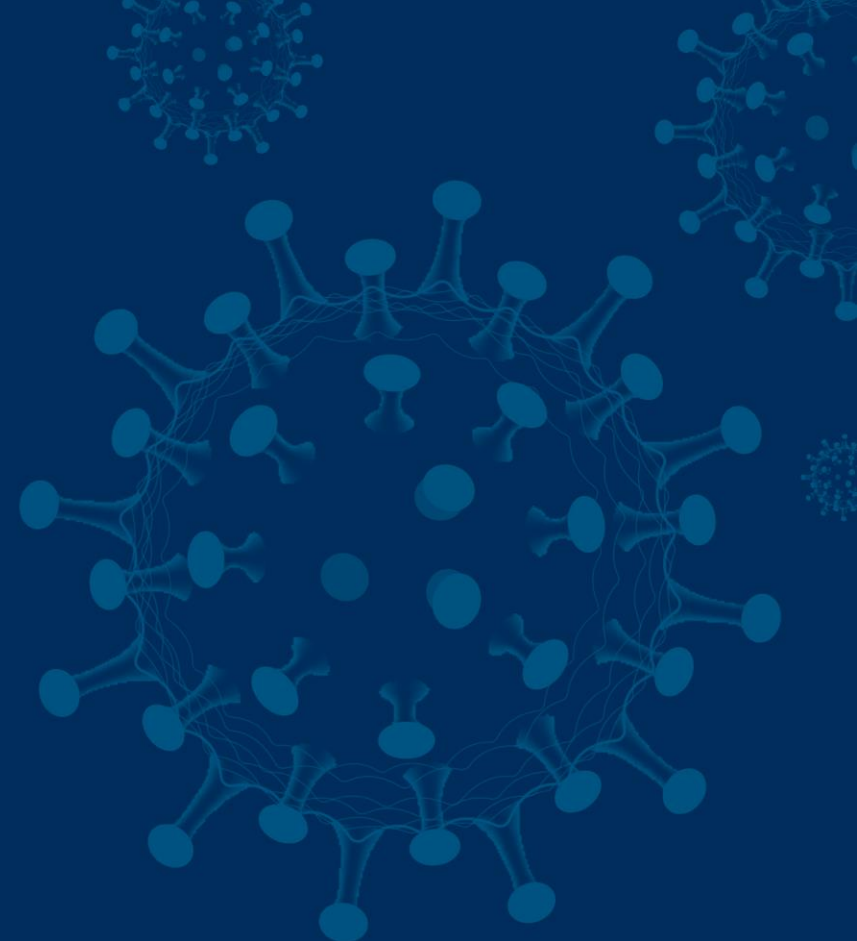
Travis Batts, MD, FACC

Cardiology Clinic Medical Director
Wilford Hall Ambulatory Surgical Center
Assistant Professor of Medicine
Uniformed Services University of Health
Sciences



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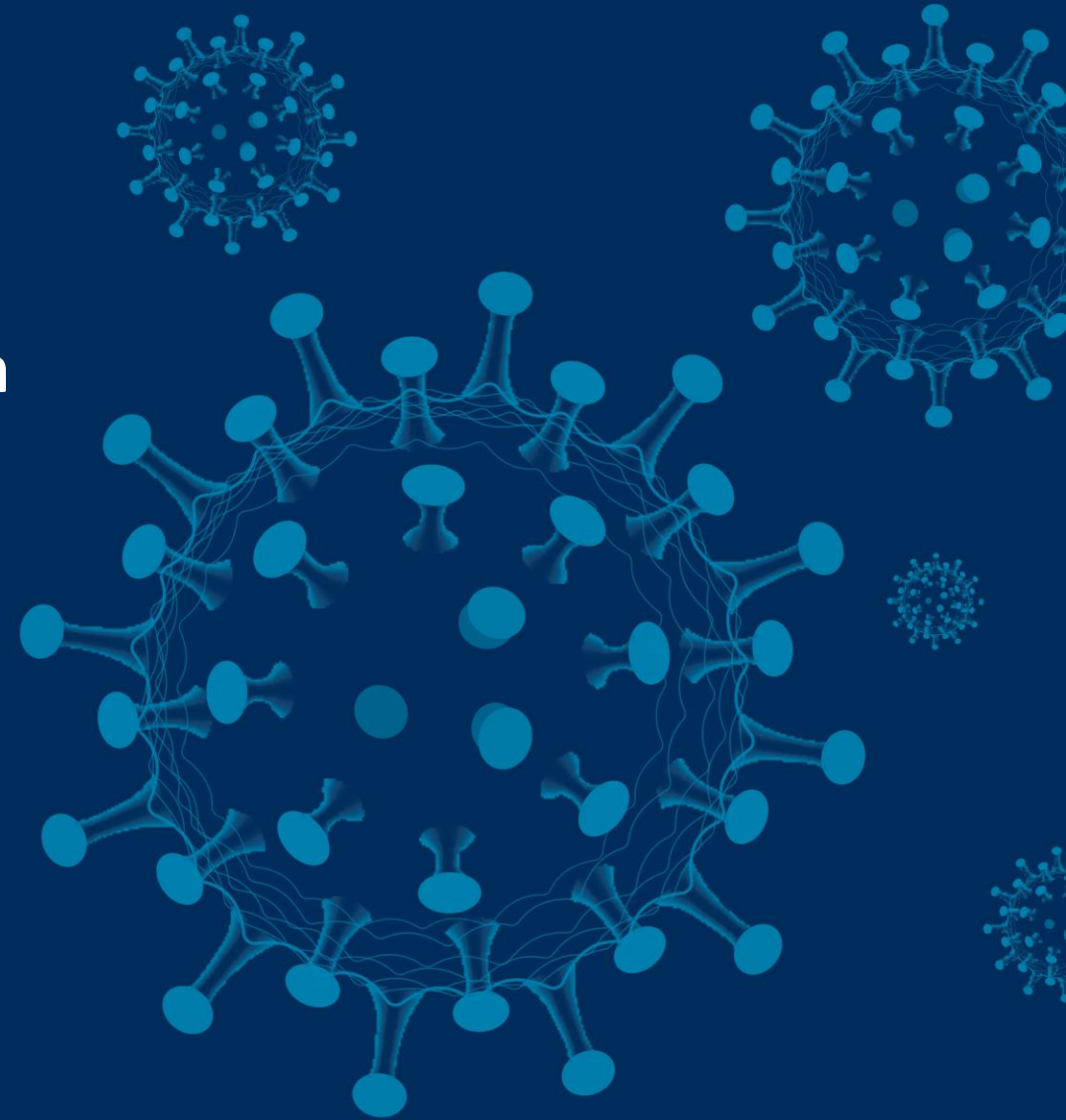
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The COVID-19 Syndemic and its Burden on Black Healthcare Professionals

Steven Starks, MD

Clinical Assistant Professor

University of Houston College of Medicine





Syndemics



Image taken from: <https://www.thelancet.com/series/syndemics>

COVID-19

Pre-existing conditions

Diabetes

Heart disease

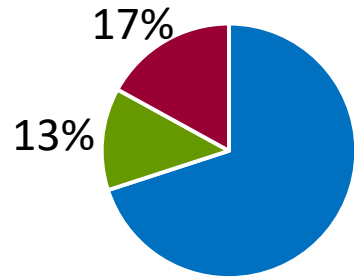
Chronic kidney disease

Racism & economic vulnerabilities

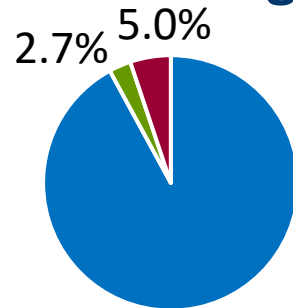


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USA

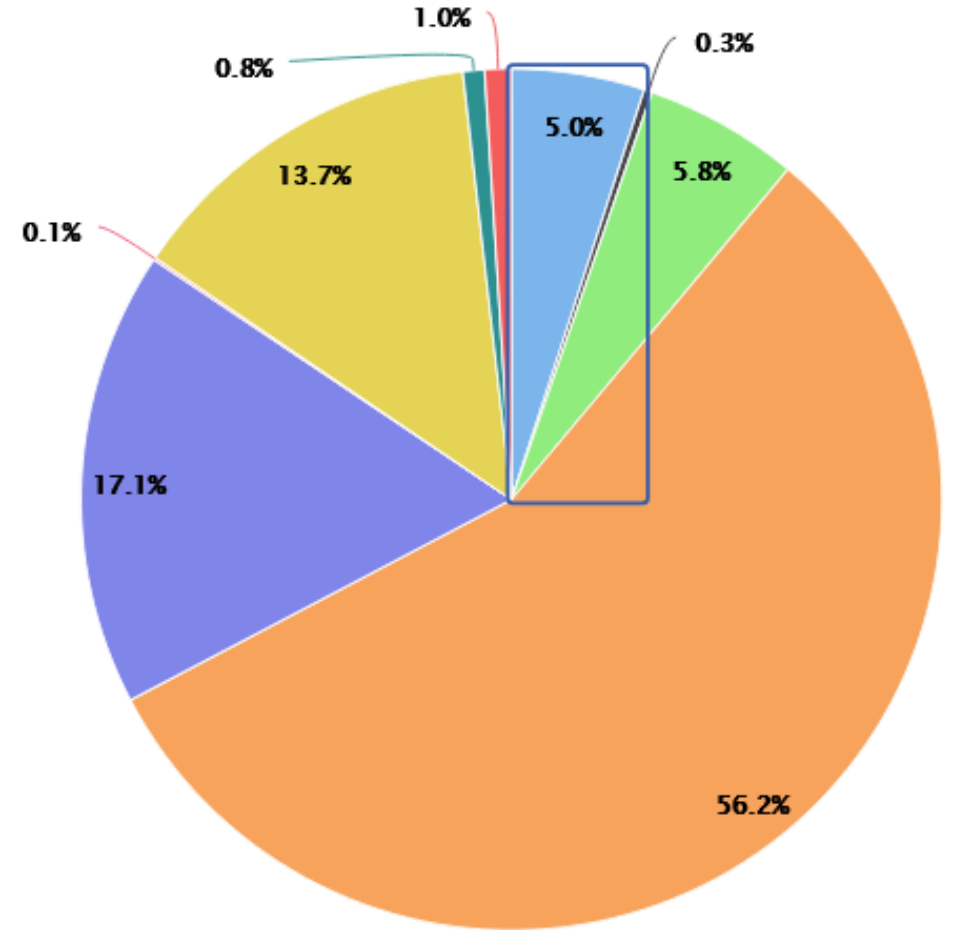


Cardiology



- Other
- African American
- Hispanic

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



Click on legend item below to add or remove a section from the report.

- American Indian or Alaska Native (2,570)
- Black or African American (45,534)
- Multiple Race, Non-Hispanic (8,932)
- Other (7,571)
- White (516,304)
- Asian (157,025)
- Hispanic (53,526)
- Native Hawaiian or Other Pacific Islander (941)
- Unknown (126,144)

Source: AAMC Diversity in Medicine: Facts and Figures 2019



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Arabia Mollette, MD

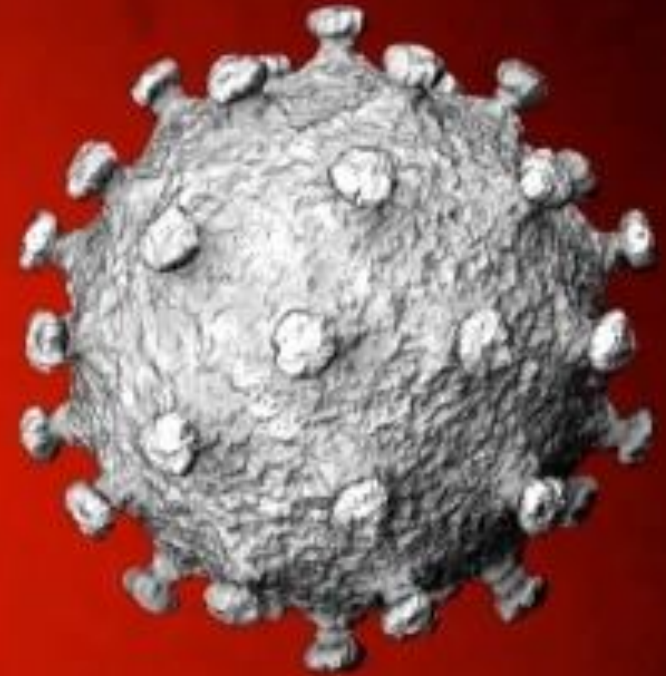
Emergency Medicine

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.



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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"



Image take from: [usdailyreport.com](https://www.usdailyreport.com)



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Accreditation Council for Graduate Medical Education

Association of American Medical Colleges

Association of Academic Physiatrists

Association for Academic Psychiatry

Association for Academic Surgery

Association of Directors of Medical Student Education in Psychiatry

American Academy of Emergency Medicine

American Academy of Family Physicians

American Academy of Ophthalmology

American Association for Geriatric Psychiatry

American Lung Association

American Psychiatric Association

American Psychiatric Association & National Medical Association

American Medical Association

American Psychoanalytical Association

American Psychological Association

American Academy of Pediatrics

American Academy of Neurology

American Association for the Surgery of Trauma

American Association of Directors of Psychiatric Residency Training

American Association of Neurological Surgeons & Congress of Neurological Surgeons

American Board of Emergency Medicine

American Board of Obstetrics and Gynecology

American College of Cardiology, Association of Black Cardiologists, & The American Heart Association

American College of Gastroenterology, American Association for the Study of Liver Diseases, American Gastroenterological Association, & American Society for Gastrointestinal Endoscopy

American College of Obstetricians and Gynecologists

American College of Neuropsychopharmacology

American College of Physicians

American College of Rheumatology

American College of Surgeons

American Epilepsy Society

American Osteopathic Association

Black Psychiatrists of America

Black Neurosurgeons

Collective Black Physicians

Emergency Medicine Residents' Association

National Medical Association

National Association of Social Workers

National Nurses United

Physicians for a National Health Program

Society for Maternal Fetal Medicine

Society for NeuroOncology

Washington Baltimore Center for Psychoanalysis

Women in Anesthesiology

Women of Color in Pharma



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BlackInTheIvory
ShareTheMicNow
HatedInAHoodie





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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





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Addressing Racial Battle Fatigue

Move from Ally to Advocate by...

Learning

Engaging

Partnering

Sponsoring



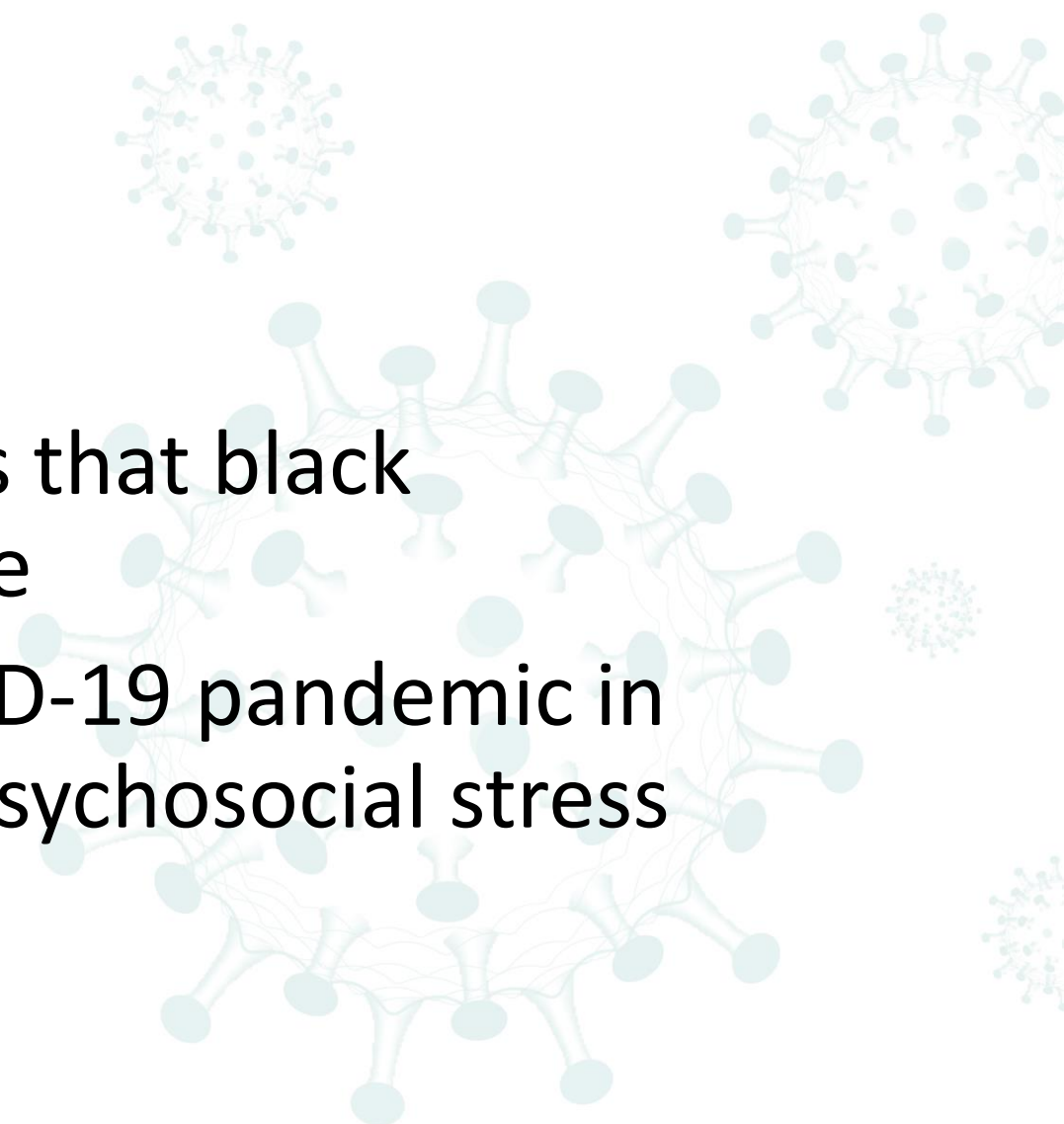


Contributions

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





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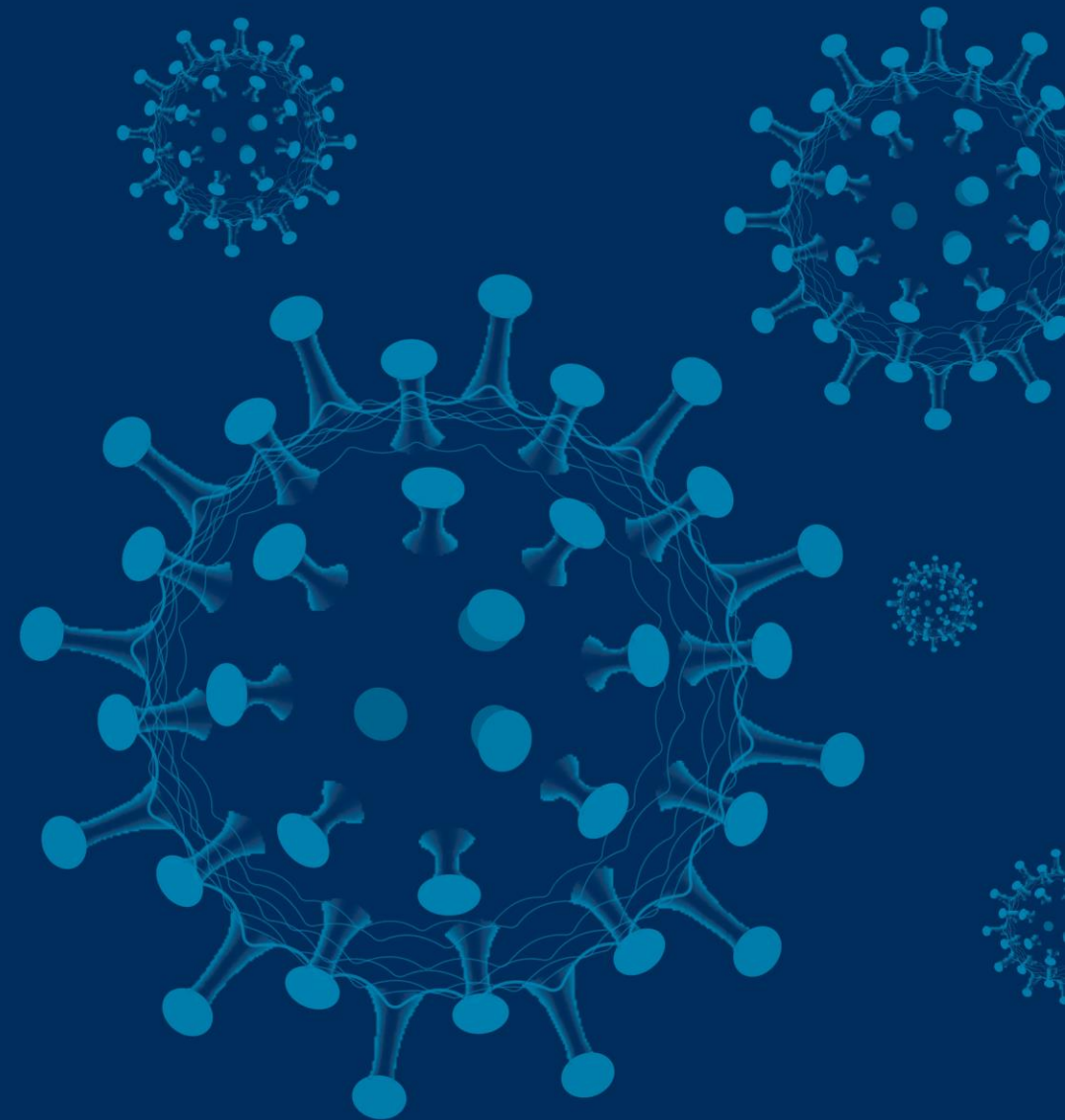
Emotional Trauma in African American Patients

Danielle Hairston, MD

Director of Residency Training

Department of Psychiatry

Howard University College of Medicine



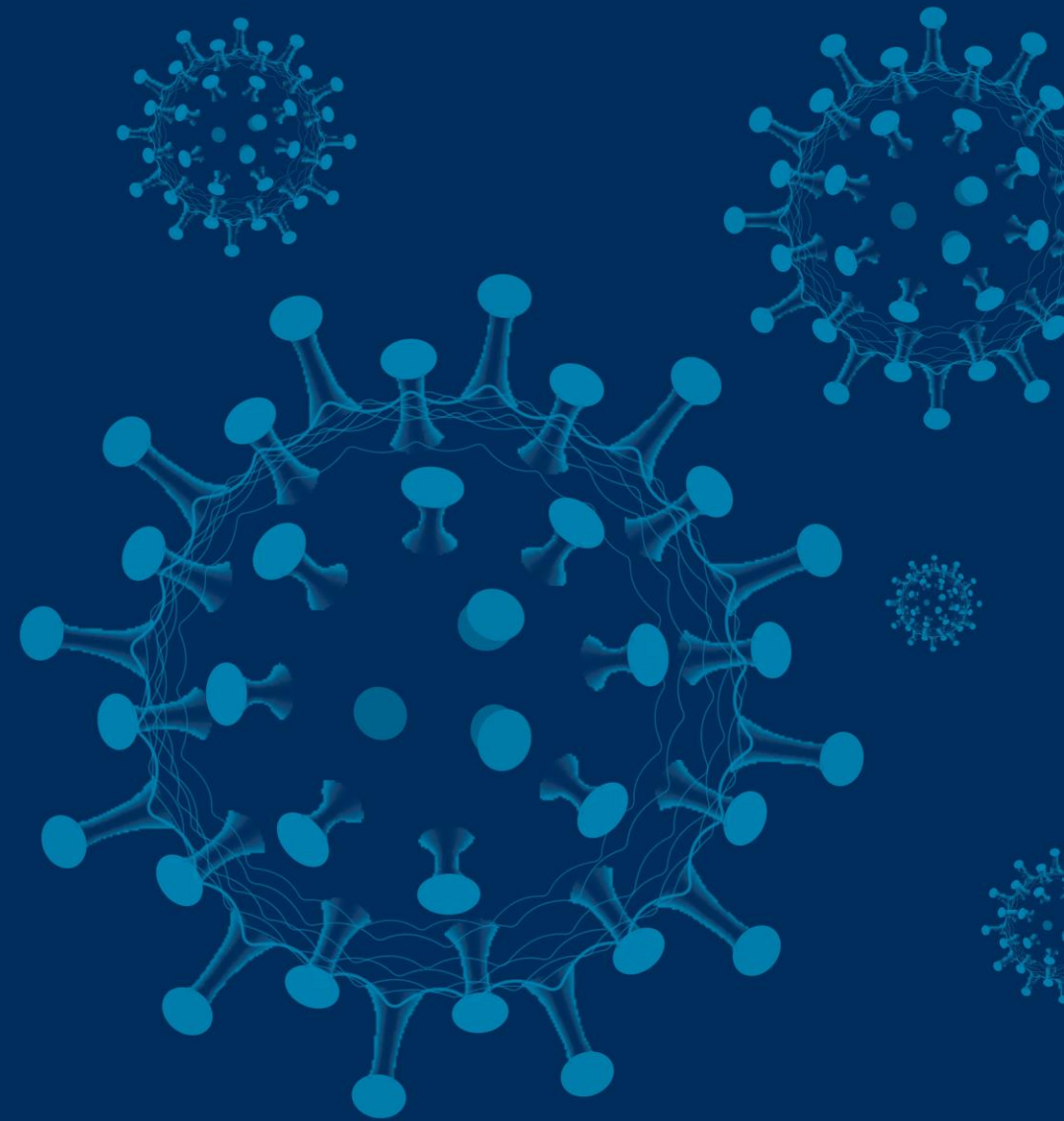
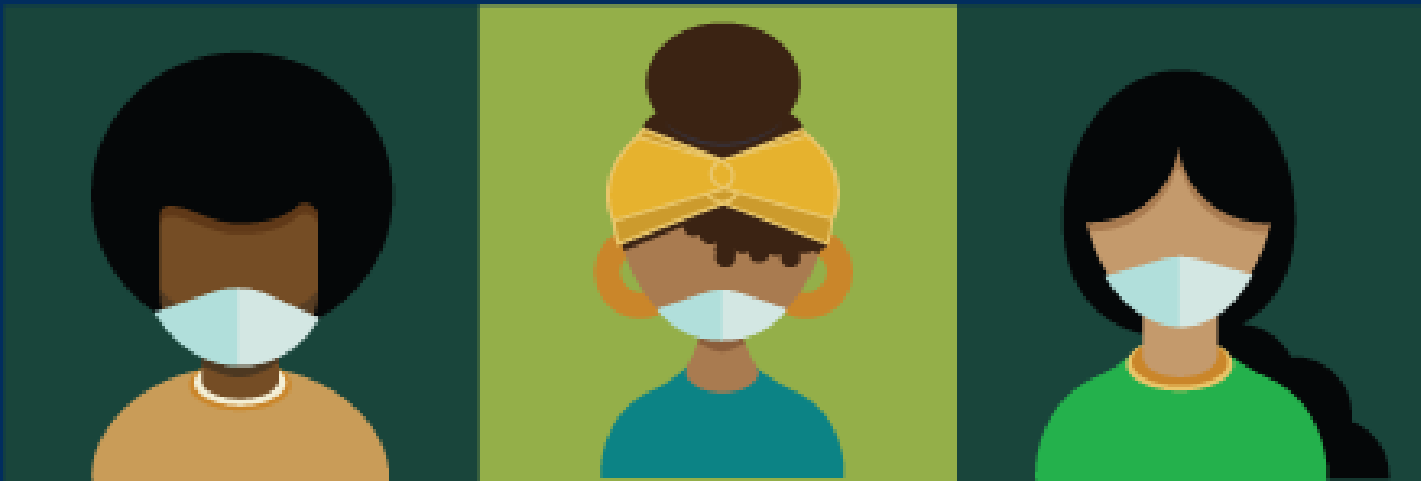


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RACIAL DISPARITY AND IMPLICIT BIAS



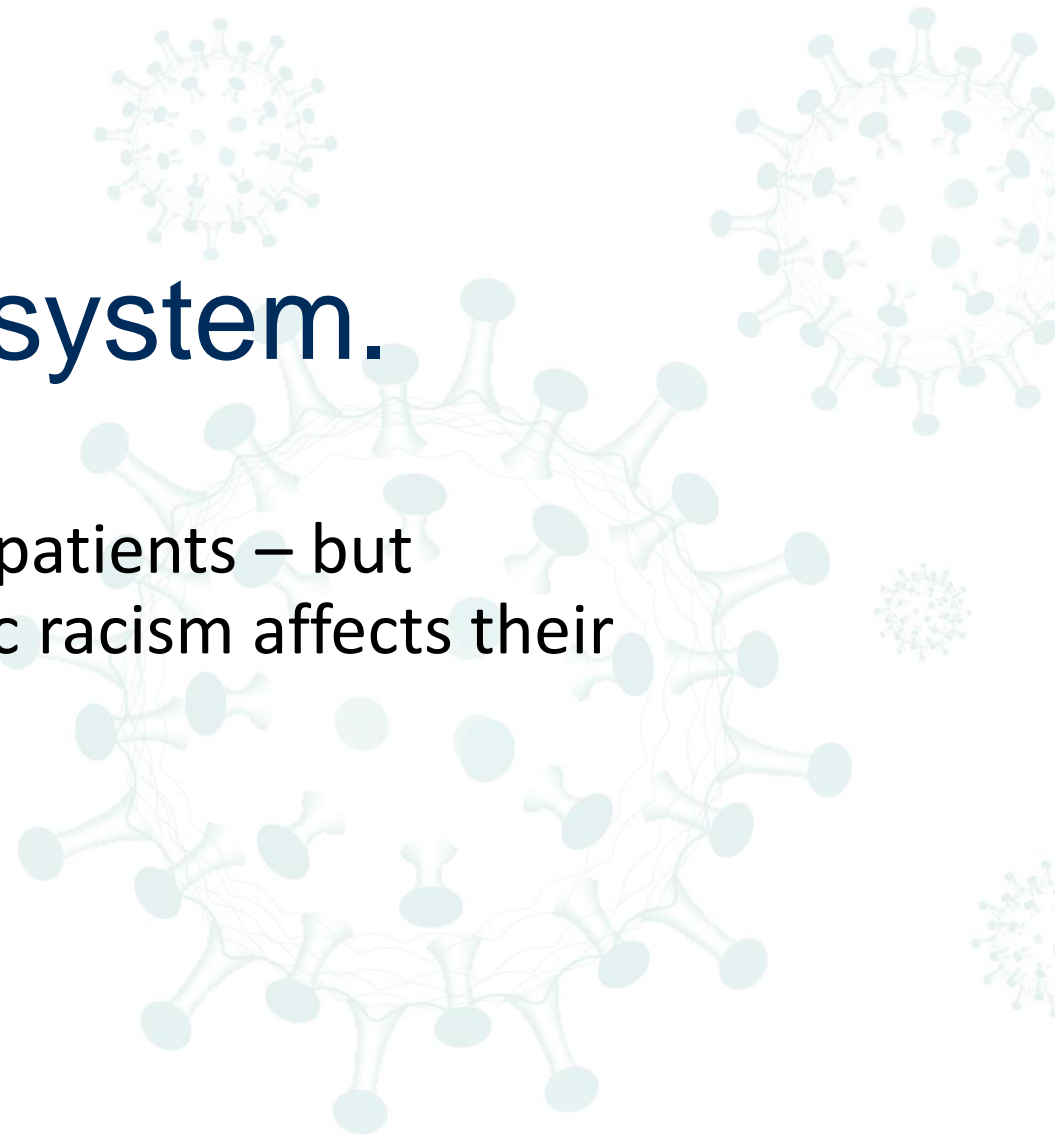


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Individuals are a part of a system.

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





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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.





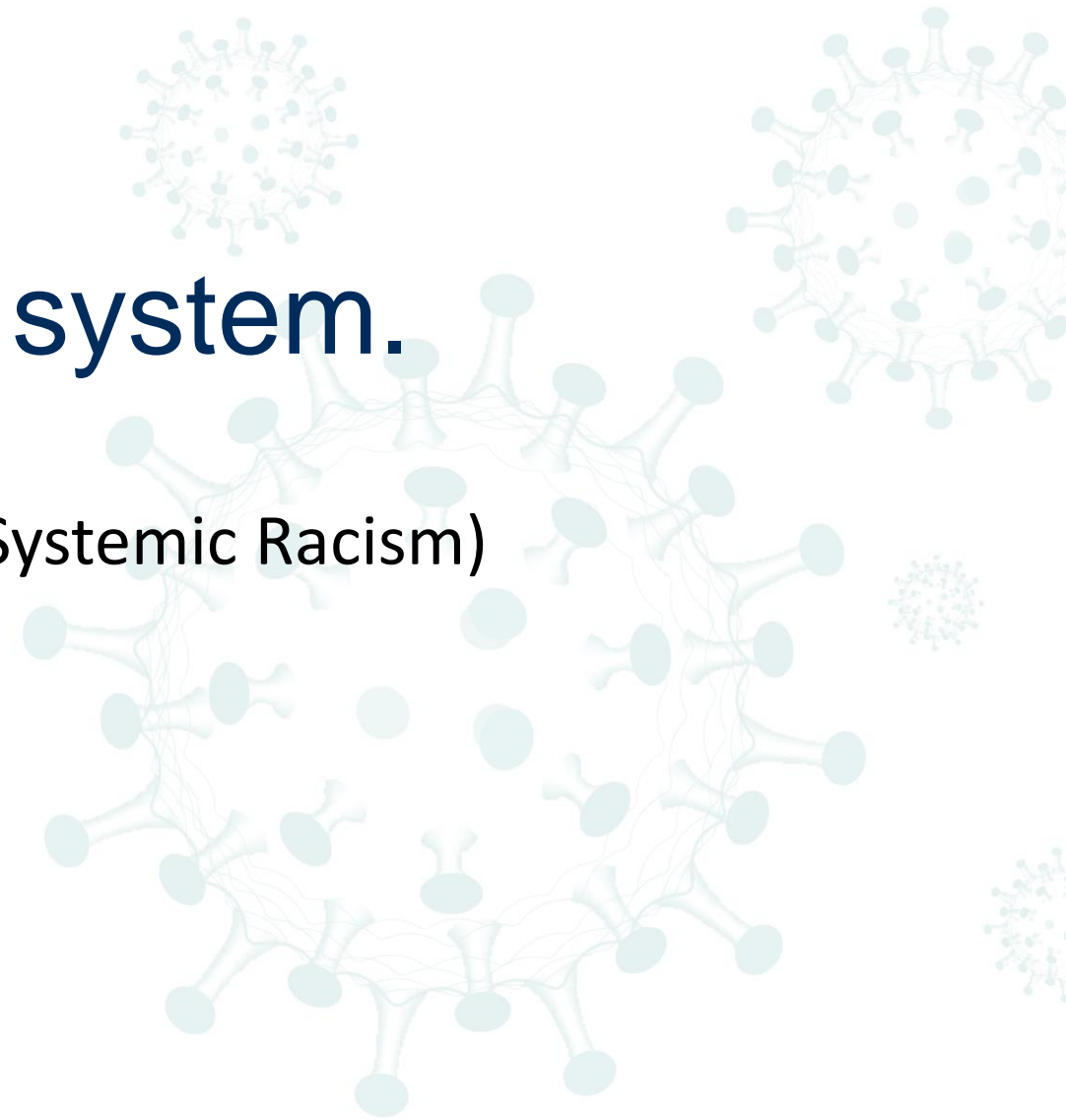
Generational Trauma in BIPOC Communities

- 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.



Individuals are a part of a system.

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





Ally.
Sponsor.
Advocate.

A
CULTURE
SHIFT.





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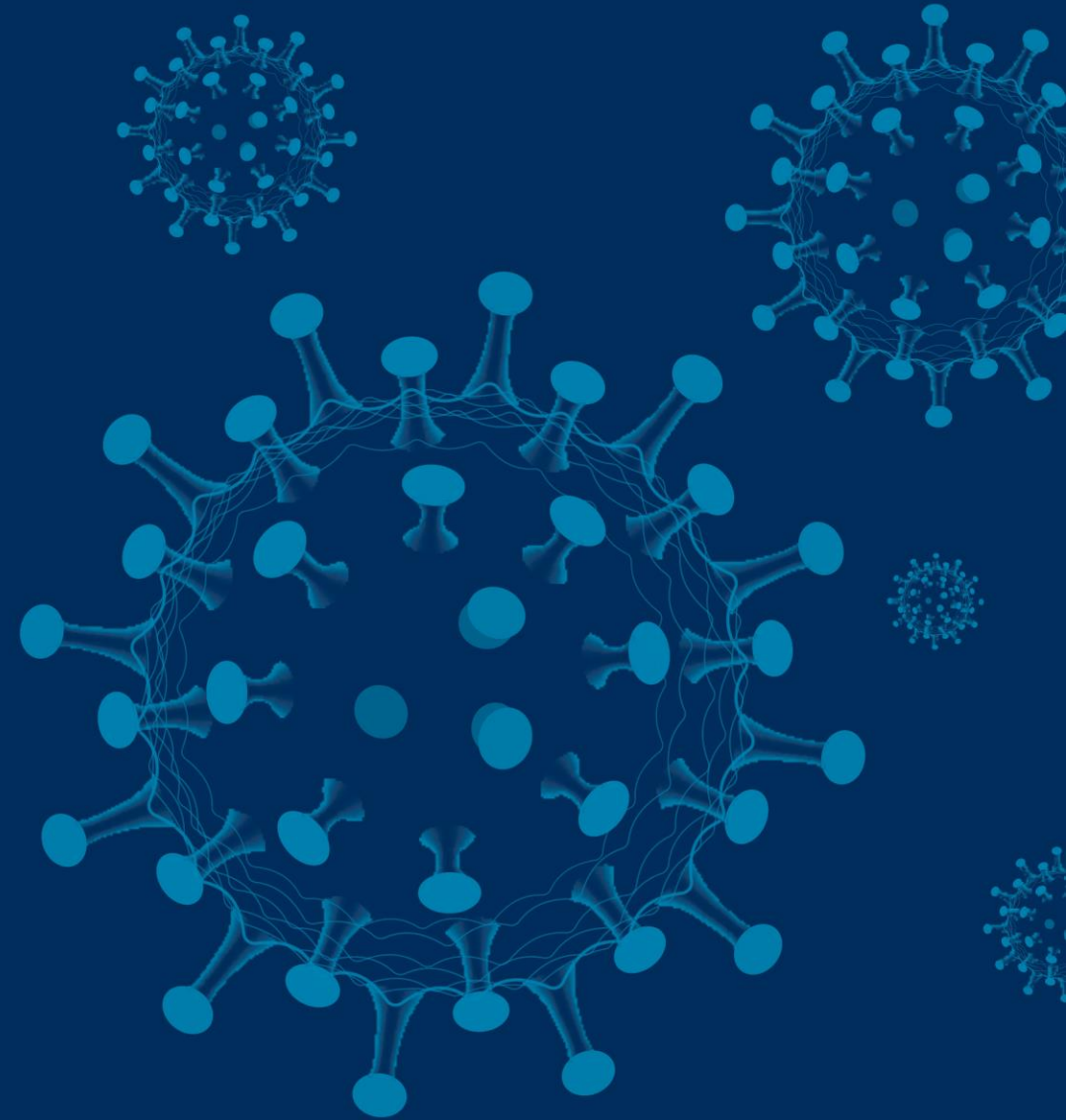




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Panel Discussion



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