



## Seminar E

# Self-care for Primary Care Providers



### Ms. Karen W.Y. TAM

*Senior Clinical Psychologist*

Ms. Karen TAM has joined the Oasis - Corporate Clinical Psychology Services (CCPS) for more than a decade now. Being an experienced clinical psychologist, and the head of Oasis, Ms. Tam is responsible for steering the development of psychological services for HA staff, with the objective of enhancing their psychological wellbeing. In her clinical practice, Ms. Tam delivers various evidence-based treatments, utilizes a wide range of holistic orientations and techniques, as well as organizes related training courses to provide psychological support and professional interventions to staff who may be experiencing emotional, psychological distress or facing critical incidents (e.g. workplace violence, sudden death).

Healthcare workers often deprioritize their own health and psychological wellbeing in favour of patient care, seemingly the natural instinct for the primary care providers. However, during this unprecedented time of the COVID-19 pandemic, health care providers must first take care of themselves and adjust their own mindset to be able to care for their loved ones. It is therefore essential to prioritize self-care and to allow personal time. Through maintaining both physical and mental health, it helps to build resilience and enables healthcare workers to handle the challenges ahead.

This presentation will highlight the practical steps for health care providers to better understand and to adopt personalized self-care strategies during the COVID-19 pandemic. Psychoeducation and experiential practice on self-care and relaxation skills can help promote mental health and reduce stress among health care providers. Existing self-help materials on overcoming stress, depressive symptoms, anxiety, and insomnia related to the pandemic will also be introduced. In addition, seeking for psychological support from specialist psychological services would be another means of early intervention for those with mental health problems.