



**Medical
Blueprints**

FRONTLINE WORKERS: WHO'S CARING FOR THE CAREGIVERS? REPORT #2803

BACKGROUND: Healthcare is the fastest-growing area of the U.S. economy, employing over 18 million workers. Women represent nearly 80% of this work force. Healthcare workers face a wide range of hazards on the job, including back injuries, harmful exposures to chemicals and hazardous drugs, latex allergy, violence, and stress. Although it is possible to prevent or reduce the exposures to these hazards, healthcare workers continue to experience injuries and illnesses in the workplace. Healthcare is involved, directly or indirectly, with the delivery of health services to individuals. These services can occur in a variety of work settings, including hospitals, clinics, dental offices, out-patient surgery centers, birthing centers, emergency medical care, home healthcare, and nursing homes.

(Source: <https://www.cdc.gov/niosh/topics/healthcare/default.html> and <https://www.osha.gov/healthcare>)

HEALTHCARE WORKERS AND STRESS: The care healthcare workers provide to others during COVID can lead to stress, anxiety, fear, and other emotions. How you cope with these emotions can affect your well-being, the care you give to others while doing your job, and the well-being of the people you care about outside of work. Some symptoms of stress that a worker might experience is irritation, anger, or denial; nervous or anxious; helpless; lack of motivation; overwhelmed or burned out; sad or depressed; and having trouble concentrating or sleeping. However, these can be managed successfully to reduce negative health and behavioral outcomes. Communicate and talk openly with coworkers and supervisors. Identify and accept those things which you do not have control over. Recognize during this pandemic that you are doing the best you can with the resources you have available. Keep a consistent daily routine when possible, such as getting adequate sleep, eating healthy meals, exercising, and take breaks during work to rest, stretch, or just check in with coworkers.

(Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html>)

NEW STUDY SHOWS PROMISE: More than 1,000 frontline workers of COVID-19 are being recruited for a breakthrough research trial that could be a game-changer for learning more about the virus. Things like why don't some people get the virus even when exposed to it? It could help in developing guidelines for returning to work and even as we develop new vaccines. "I feel like we are all in this together, and I wanted to play a part in trying to find a solution for what's going on with this pandemic," said Jody Huss, a vaccine trial participant. A team at Augusta University is getting support from the National Institute of Allergy and Infectious Diseases to take frontline health care research to a new level. They will separate those infected and not infected with the virus as part of what's called the SPARTA Trial. It's a study of police, firefighters, healthcare and dental workers and students for a year. They will test them for COVID-19 and for antibodies. When you have antibodies, "Hopefully, they will not be at risk for getting future infections," said Dr. Stephen Blatt, the medical director for infectious diseases at TriHealth. In this study, researchers specifically want to look at the antibodies produced by these workers to see if they can be reproduced synthetically in a lab for treatments and vaccines against the virus.

(Source: <https://local12.com/health/medical-edge-reports/new-study-on-frontline-workers-could-help-us-learn-more-about-the-coronavirus>)

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