

## TREATING PSYCHIATRIC PATIENTS IN A PANDEMIC

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**GENDER PRONOUNS:** SHE/HER/HERS

**My Role:** I am an Internal Medicine Physician working in the Psychiatry Department, meaning I oversee the medical illnesses of the psychiatric patients. It has certainly been challenging to work on managing the serious symptoms associated with COVID-19 in our patients whose treatment is complicated by mental health symptoms. To assist in Elmhurst's emergency response, I developed protocols for Precautionary Measures and Screening of COVID-19 for the Psychiatry Department. These include ways to reduce the risk of infection and prevent spread, as well as screening tools for front-line healthcare providers evaluating patients for COVID-19.

**On Managing Stress:** Along with caring for patients, I have been making rounds on the inpatient psychiatry floors to educate and update

staff members. Being able to engage with my colleagues in this way has also created a platform for staff members to ask questions and raise concerns, which, in turn, helps alleviate stress and anxiety. My Elmhurst family has been very supportive during this time, providing venting sessions, words of wisdom, and endless support, which has kept me feeling motivated and sane throughout all of this.

**Celebrating Pride during the Pandemic:** It will be hard to compare any future Prides to last year when I marched for the first time in World Pride to commemorate the 50th anniversary of the Stonewall Uprising with my friends and colleagues at NYC Health + Hospitals. This year, I plan on celebrating Pride peacefully at home and hanging a rainbow flag outside on my fire escape. For me, Pride is a reminder that it is important to stand firm in my commitment to equality and be proud, inclusive, and speak up against hate and bigotry.

