

Moral Support for COVID-19

As the UK HealthCare community prepares for the most significant pandemic medical crisis in over a century, there are many concerns over PPE, allocation of scarce resources, and at-risk family members. But what about the **moral protection and support services** healthcare providers need in a medical crisis? The UK HealthCare Ethics Committee and Clinical Ethics Consultation Service has **Moral Support Services** in the form of expertise and peer support to reduce:

- **Moral Distress:** constrained from “doing the right thing”. See: www.moraldistressproject.org
- **Moral Residue:** unresolved moral distress that lingers and affects your professional life.
- **Moral Fatigue:** feeling exhausted because of too many morally distressing decisions.
- **Moral Injury:** feeling directly responsible for an immoral act.
See: <http://moralinjuryproject.syr.edu/about-moral-injury/>

For **nursing staff** who have moral distress: contact our Nurse Ethicist, Joey Burke: jeburk2@email.uky.edu

For **physicians and other healthcare providers** who are struggling with either moral distress or moral injury, contact psychiatrist, Dr. Jeff Tuttle: drtuttle@jtuttlemd.com or by phone: 859-537-7332

For any UK HealthCare provider who needs someone to “listen to your story”, help you “tell your story” or even “find your story” in these extraordinary times, try a Narrative Medicine approach (an open-ended discussion) with Dr. Rob Slocum: robert.slocum@uky.edu

For **Ethics Consultation** about any active case or patient, or ethics questions about resource allocation call the clinical ethics pager @ 330-0365 or bioethics@uky.edu. You can also contact clinical ethics faculty directly: Dr. M. Sara Rosenthal: m.sararosenthal@uky.edu or Dr. Caroline Buchanan: Caroline.a.buchanan@uky.edu

As part of the UK HealthCare community, colleagues and experts are available to provide you with the *moral support you need in these difficult times*, and will be periodically updating this announcement.

We also want to remind you of **other forms of support** below:

- **For emotional and spiritual support** of staff, patients and families, there are chaplains in house 24/7 and are available by paging 859-330-1520. Chaplains are able to provide individual care, grief support, debriefings, crisis interventions, difficult decision making across the life spectrum. This is in addition to caring for people experiencing acute grief, trauma, stress, moral injury, isolation and anxiety.
- For **debriefings and emotional support through Palliative Care** for staff and clinicians, the Adult and Pediatric palliative teams are available to help host unit level debriefs or one-on-one debriefs. Contact Adult palliative @ 859-323-2209 or Pediatric Palliative at 859-227-6082.
- For **Stress Management Coaching** specifically tailored to healthcare providers, contact Dr. Rachel Wilson: RachelJWilson@uky.edu or cell: 541.551.1400.
- For any UK employee seeking **psychosocial counseling**, take advantage of free counseling services through the Work+Life Connections counseling service here: <https://www.uky.edu/hr/work-life/counseling/worklife-connections-counseling>