

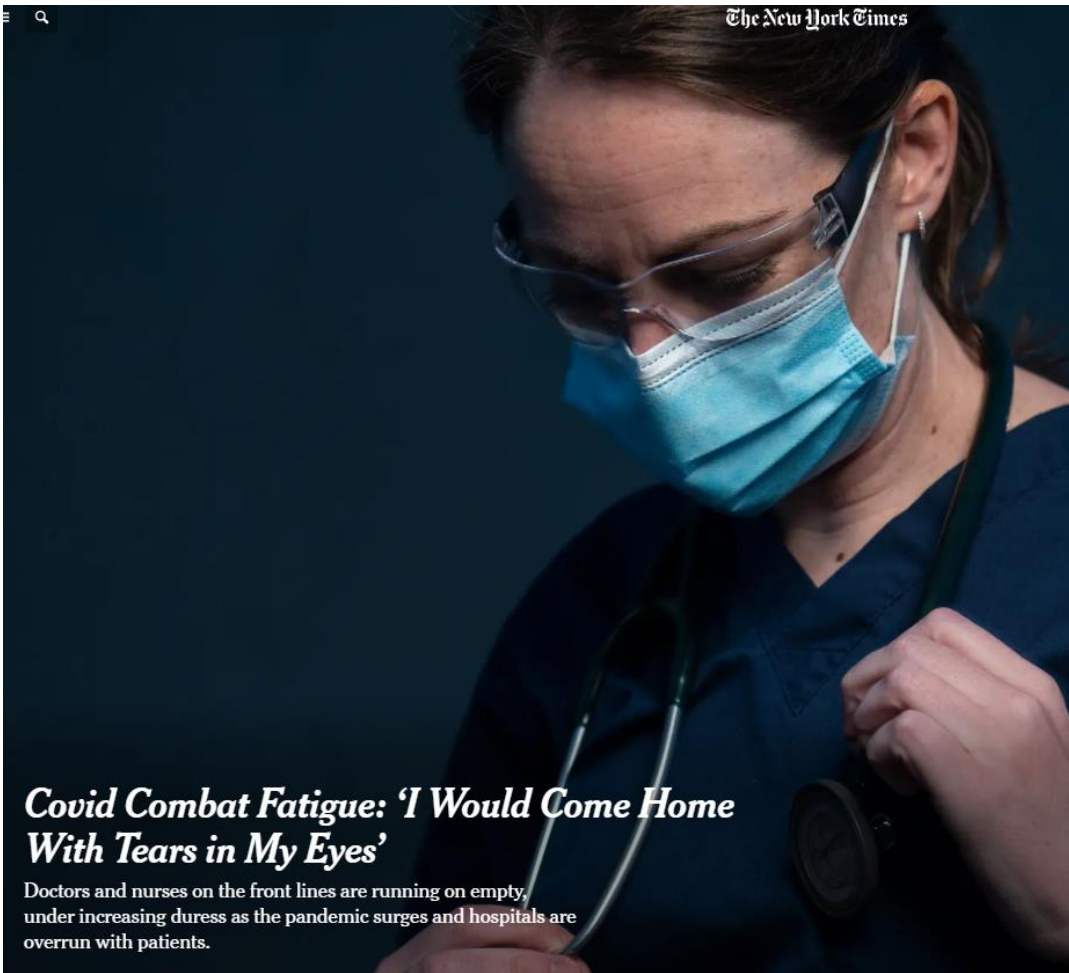
CMDA

Announcements

Nov 2, 2021

Sing Palat MD, Allison Villegas PA-C, Greg Gahm MD





CPR News

COVID-19 POLITICS MONEY ARTS ENVIRONMENT SCHEDULE SUPPORT CPR

Coronavirus Has Accelerated Health Care Worker Burnout And It's A 'Reckoning We All Have To Face'

By John Daley | October 9, 2020

▶ LISTEN NOW 4min 50sec

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[Covid Combat Fatigue: Doctors and Nurses Are Running on Empty - The New York Times \(nytimes.com\)](https://www.nytimes.com/2020/11/25/health/covid-combat-fatigue.html) Nov 25, 2020.
[Coronavirus Has Accelerated Health Care Worker Burnout And It's A 'Reckoning We All Have To Face' | Colorado Public Radio \(cpr.org\)](https://www.cpr.org/2020/10/09/coronavirus-health-care-worker-burnout-reckoning/). Oct 9, 2020.

Supporting You, Supporting Us

*Has the pandemic changed you, your life, the lives of those around you?
Of course it has! Life is like that.*

*During stress and uncertainty – we don't have to be perfect. Just be!
Below are some strategies to support yourself and those around you.*



Scan me for a copy!

THINGS YOU CAN DO FOR YOURSELF, FELLOW STAFF MEMBERS, & RESIDENTS



CREATE SAFETY

YOU

- Stable, healthy routines
- Eat well, get rest, exercise
- Limit 'doomscrolling,' news exposure
- Schedule 'unplugged time'

RESIDENTS

- Familiar routines, faces, items
- Comforting environment
- Use a calm, low pitched voice
- Use simple & clear directions

ORGANIZATION

- Provide adequate & timely info
- Provide sufficient supplies, tools
- Allow individuals to speak up
- Discourage & prevent discrimination

PRACTICE CALM





Healthy Doctors Give Better Care

Call Us (303) 860-0122

COVID-19 Care Line for Physicians

Overwhelmed caring for COVID-19 patients?
Access the free COVID-19 Care Line for Physicians at [\(720\) 810-9131](tel:7208109131).

[LEARN MORE](#)

<https://cphp.org/>



COVID Related Stress



It may feel like there's no end or answers in sight, that you're being stretched so far you're about to break, or that you're always alone, even on a crowded virtual conference call. If you or someone you know is suffering from COVID related stress or loneliness reach out. You're not alone. Support is just a call or text away. Whatever you need, whenever you need it, we're here to help.

Experiencing any of these issues?

CALL 1-844-493-8255

TEXT "TALK" TO 38255



Foundation for PALTC Medicine

FUTURES PROGRAM

20TH ANNIVERSARY

- <https://www.paltcfoundation.org/node/70>
- Intensive learning experience held during AMDA conference March 10, 2022
- PGY II-V, Advanced Nurse Practitioners, Physician Assistants
- Application deadline November 12, 2021
- CMDA is a proud sponsor

Updates

- Influenza updates
- CMDA Board motion
- Dues increase Jan 1, 2022 - Become a member today