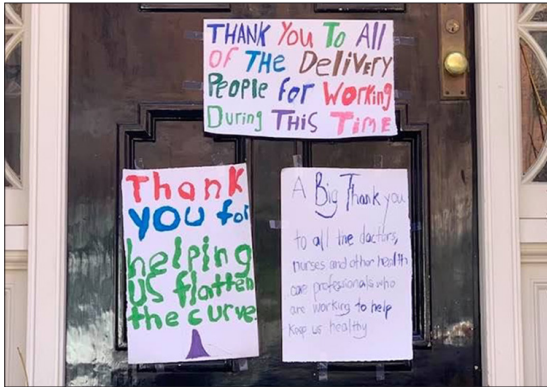


COVID-19

Patient
Care Services

May 6, 2020

*In appreciation for your selfless work and dedication
during these extraordinary times*



A grateful community shows its appreciation

Resiliency

New Program: Peer Support

Peer Support is 'emotional first aid' for clinicians, provided by peers specially trained in helping colleagues through difficult times. Peer supporters have been in your shoes; they are there to provide empathetic, non-judgmental support, and help you manage whatever challenges you may be facing.

You may wish to seek peer support if you experience:

- behavioral issues, such as insomnia or burn-out
- emotional issues, such as anxiety, fear, anger, isolation, or depression
- cognitive issues, such as indecisiveness, confusion, or obsessive thinking
- physical issues, such as fatigue, nausea, back pain, headaches

To request a peer supporter, go to <https://apollo.massgeneral.org/peersupport/contact/> and complete the Request Peer Support form. You will be contacted by a Peer Support specialist within 24 hours. For more information, e-mail: Wecarepeersupport@partners.org.

Spotlight: Shannon Stuart, RN

Shannon Stuart, RN, is not only a nurse in the Cardiac ICU, she's a first lieutenant in the National Guard, reporting for drill weekends once a month to keep her skills sharp and train with her fellow Guardsmen.

Stuart had only worked at Mass General for a short time when the pandemic hit and her unit was converted to a

COVID-19
Critical Care
Unit.

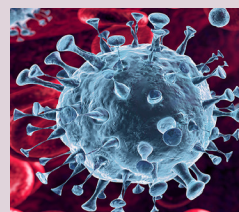


Says Stuart, "I work with COVID-19 every day... I've always wanted to make a dif-

ference... That's why I joined the Guard, and it's why I became a nurse... No one knew this was going to happen. But this is why we chose this career—to help people."

Said one fellow Guardsman, "You can tell Shannon's proud of what her team is doing at MGH. Like the Air Force's core value, she's putting service before self, and there aren't enough thank-yous in the world for that."

COVID-19 Research



Click on image to go to the Munn Center portal page to:

- access COVID-19-related research (Research for Review: Weekly Update)
- find opportunities to participate in COVID-19 research studies (COVID-19 Study Recruitment)