



Healthcare Compliance Northwest, LLC

To Whom It May Concern:

Re: Volunteer Psychiatric Health Practitioners:

I want to introduce you to our company, called Healthcare Compliance Northwest. We are in Spokane, WA. and are made up of five doctorate or masters prepared RN's and healthcare practitioners with over 100 years of healthcare experience. We specialize in psychiatric nursing/counseling, specifically anxiety, stress, trauma, and PTSD. During such a crucial time of the COVID-19 outbreak, our healthcare team is donating time to offer Crisis Intervention Stress Debriefing Services for COVID-19 healthcare providers. This can be conducted at the medical facility in groups less than ten or via Zoom meetings.

Crisis Intervention Stress Debriefing Services for COVID-19 Healthcare Providers

The wellbeing and emotional resilience of healthcare providers are critical components of maintaining essential health care services during the COVID-19 virus outbreak. Therefore, it is crucial to anticipate the stresses associated with this work and put in place supports for healthcare providers before burnout or PTSD develops. Monitoring and assessment of mental health and wellbeing of health care personnel will be necessary, along with efforts to ensure their successful reintegration with work colleagues, should they become infected. Therefore, both institutional supports and self-care strategies are essential.

Crisis Intervention Stress Debriefing (stress debriefing) is a formal version of providing emotional and psychological support following a stressful or traumatic event. The main goal of stress debriefing is to prevent the development of post-traumatic stress disorder and other adverse effects, such as exhaustion or burnout. Most stress debriefing interventions involve a single session that lasts between one and two hours, in days immediately following a stressful event. It is simply a supportive, crisis-focused discussion regarding a stressful situation. It aims at the reduction of distress and restoration of group cohesion and unit performance.

Crisis Intervention Stress Debriefing has three main goals:

- Lessen the impact of the stressful event
- Help healthcare providers recover from the effects of the stress
- Identify healthcare providers who might need extra help

Other goals include:

- Reduce the intensity of the healthcare provider's physical, mental, emotional and behavioral reactions to the stressful event
- Help the healthcare provider return to the level of functioning they were at before the incident
- Educate the healthcare provider that this is a normal reaction to an abnormal situation, discuss symptoms to watch for, e.g., nightmares or reliving the event, and ensure that healthcare providers have access to resources for ongoing support and help
- Offer ways to manage the stress and help providers understand their feelings and emotional reactions to the event

Crisis Intervention Stress Debriefing can help healthcare providers work through their feelings with the help of psychiatric practitioners who specialize in trauma and PTSD. If this is a resource that can be helpful for healthcare providers at your facility, my team and I would greatly appreciate the opportunity to work with you. Also, please look at our website for more information: www.healthcompliancenw.com.

Thank you,
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