4.L. Round table: Mobilising coping and support strategies: learning from healthcare workers’ experiences of COVID-19

The panel workshop starts with two 10-minute presentations followed by a moderated panel and subsequent discussion with the audience. The presentations introduce the workshop topic using a scoping literature review conducted at RKI on HCWs’ experiences during the COVID-19 pandemic, and a summary of key findings of a mixed-method study on coping strategies and support needs of HCWs during COVID-19 in Germany, highlighting support needed and received and crucial sources of support. The panel highlights the most effective reported coping mechanism, addresses gaps in support strategies, and collects suggestions for how to make use of the suggested solutions. These as well as lessons to be learned for policy and practice will be discussed with panel members and attendees, connecting the perspectives of health policymakers, management, and professionals. The aim of the workshop is to contribute to the wellbeing of HCWs, who represent one of the most important pillars of a health system.

Key messages:
• Healthcare workers’ coping mechanisms and support strategies during the COVID-19 pandemic are an important source of health workforce resilience.
• Lessons learned from the COVID-19 pandemic on supporting health care workers must be jointly implemented across sectors.

Speakers/Panellists:
Megan Evans
Robert Koch Institute, Berlin, Germany

George Valiotis
European Health Management Association, Brussels, Belgium

Bernhard Gibis
Kassenärztliche Bundesvereinigung, Germany
Conclusions:

About 10% of children suffer from symptoms related to COVID-19 after 12 weeks of the diagnosis. Symptom clustering using link analysis was used to assess long COVID symptoms up to 12 or more weeks among children. The study group consisted of 759 cases aged <18 years detected between March 2020, and May 2021. Interviews were conducted at 1st, 3rd and 6th month of diagnosis. The ongoing self-reported COVID symptoms up to 12 or more weeks after infection was the dependent variable. Multivariate logistic regression models were used to predict predictors for long COVID. The effects of social determinants on the susceptibility and outcomes of COVID-19, including death, were well studied among the adult population. There is a need for sound evidence for children.

Key messages:

- Girls and children with symptomatic onset represent symptoms such as fatigue, headache, and muscle-joint pain. Girls and children with symptomatic onset have a higher risk of long COVID.
- One out of ten children may suffer from long COVID.
- The effects of social determinants on the susceptibility and outcomes of COVID-19 usually cause a mild infection among children with COVID-19.