



COVID-19 Resources – Wellbeing & E-Learning

This document is maintained by Velindre University NHS Trust Library and will be updated monthly. **New Items are highlighted in red.**

This document contains links to wellbeing and e-learning COVID-19 resources that you may find useful.

If staff need information on specific aspects of COVID-19 we can perform a targeted literature search for you – just get in touch with Library.Velindre@wales.nhs.uk

General Wellbeing Resources for Staff

[Academy of Medical Royal Colleges - COVID-19 - Mental health & wellbeing for healthcare professionals](#)

[HEIW - NHS Wales Staff Wellbeing Portal](#)

[HEIW – Wellbeing webinars](#)

[NHS England MindEd - Covid-19 Resilience Hub](#)

[Public Health Wales - Staying well at home](#)

[Self-Care and Stress Management during the COVID-19 Crisis: Toolkit for Oncology Healthcare Professionals](#)

Related Guidelines and Relevant Articles

[Addressing Postpandemic Clinician Mental Health: A Narrative Review and Conceptual Framework](#)

[Swartz R. et al.](#)

[Annals of Internal Medicine](#)

[A psychiatrist's perspective from a COVID-19 epicentre: a personal account](#)

[Isabella Pacchiarotti, Gerard Anmella, et al.](#)

[BJPsych Open](#)

[COVID-19 and mental health: Self-care for nursing staff](#)

[Gráinn, C. et al.](#)

[Nursing](#)

From moral injury to mental illness: we must protect the wellbeing of frontline covid-19 staff

Derek K Tracy, Mark Tarn, et al.

BMJ

Interventions to support the resilience and mental health of frontline health and social care professionals during and after a disease outbreak, epidemic or pandemic: a mixed methods systematic review

Alex Pollock, Pauline Campbell, et al.

Cochrane Database of Systematic Reviews

Life in the pandemic: Social isolation and mental health

Kim Usher, Navjot Bhullar, Debra Jackson

JCN: Journal of Clinical Nursing

Manage COVID-19 stress, anxiety by reframing your outlook

Sutton H.

College Athletics and the Law

Mental distress and influencing factors in nurses caring for patients with COVID-19

Min Leng, Lili Wei, et al.

Nursing in Critical Care

Occurrence, prevention, and management of the psychological effects of emerging virus outbreaks on healthcare workers: rapid review and meta-analysis

Steve Kisely, Nicola Warren, et al.

BMJ

Prevalence of anxiety in health care professionals during the COVID-19 pandemic: A rapid systematic review (on published articles in Medline) with meta-analysis

J. Santabábara, J. Bueno-Notivol, et al.

Progress in Neuro-Psychopharmacology and Biological Psychiatry

Psychosocial impact on frontline health and social care professionals in the UK during the COVID-19 pandemic: a qualitative interview study

Henry Aughterson, Alison R McKinlay, et al.

BMJ Open

Structuring mental health support for frontline caregivers during COVID-19: lessons from organisational scholarship on unit-aligned support

Julia DiBenigno, Michaela Kerrissey

BMJ Leader

The Bulle: Support and prevention of psychological decompensation of healthcare workers during the trauma of the COVID-19 epidemic

Hervé Lefèvre, Chantal Stheneur, et al.

Journal of Pain & Symptom Management

Witnesses and Victims Both: Healthcare Workers and Grief in the Time of COVID-19

Michael W. Rabow, Chao-Hui S. Huang, et al.

Journal of Pain & Symptom Management

E-Learning Resources for Staff

[HEIW - COVID 19 Training Resources for Nurses and Allied Health Professionals](#)

[e-L-H: E-Learning for Healthcare – Coronavirus: Learning for the Health and Care Workforce](#)

[Health Education England e-Learning - The Coronavirus e-Learning Programme](#)

(Currently free of charge for Health Professionals)

[BMJ Learning – COVID-19 Courses](#)