



Mental well-being of healthcare workers in two hospital districts with differing COVID-19 incidence

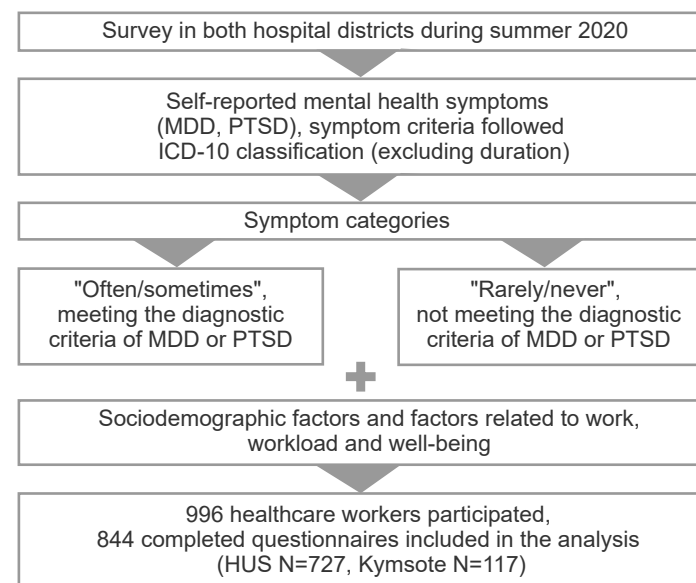
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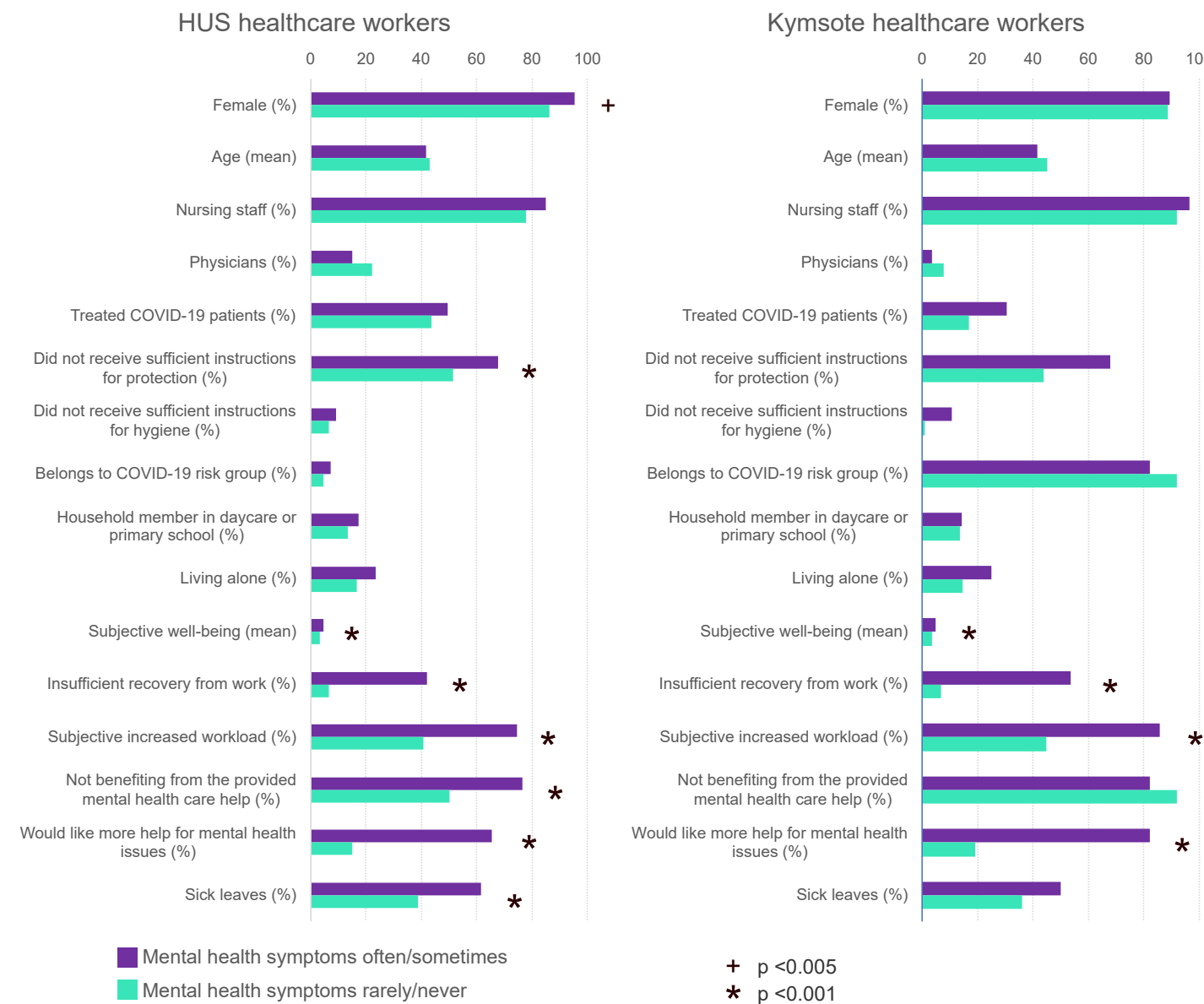
1 Introduction

- Healthcare systems and healthcare workers have been under considerable strain during the COVID-19 pandemic in many countries.
- This study assesses the mental well-being of Finnish healthcare workers from two hospital districts with differing COVID-19 incidence rates (HUS, Hospital district of Helsinki and Uusimaa/Helsinki University Hospital with higher incidence; and Kymssote, Social and Health services in Kymenlaakso region, lower incidence) during the first wave of the COVID-19 pandemic in spring 2020.

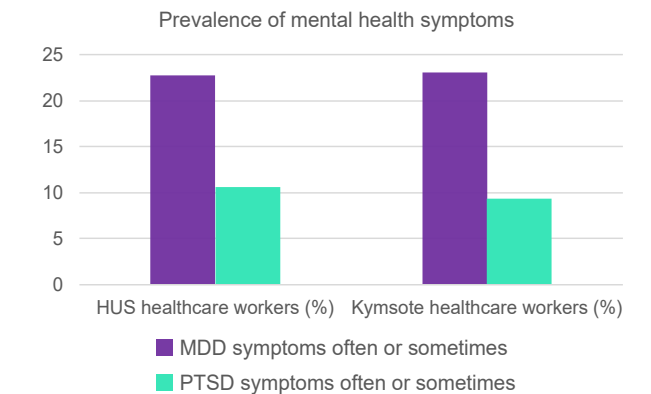
2 Methods



3 Results



- The degree of mental health symptoms did not differ between HUS and Kymssote districts (p=1).



4 Conclusions

- Workload of healthcare workers should be carefully monitored during a pandemic to keep it moderate and ensure their adequate recovery in each region, regardless of the local disease burden.
- The importance of sufficient, well-designed instructions for healthcare workers and their need to feel safe and protected at work.
- Controlling the epidemic to keep the burden of the healthcare system as low as possible is essential for healthcare workers' well-being.