

## Department of Psychiatry and Behavioral Sciences Grand Rounds

McGovern Medical School at The University of Texas Health Science Center at Houston

### Staying Sane and Being Safe: Self-care Strategies for Managing Mental Health during the COVID-19 Crisis



#### Moderator:

**Vineeth John, MD, MBA**  
Professor  
Vice Chair, Education  
Director, Geriatric Psychiatry  
Director, Residency Training

#### Panelists:



**Ana M. Ugueto, PhD**  
Assistant Professor



**Amanda Helminiak, MD**  
Assistant Professor  
Associate Director,  
Residency Training



**Stephanie Klassen, MD**  
PGY-4 Resident  
Chief Resident  
(Wellness)



**Brandi Karnes, MD**  
PGY-3 Resident

**Wednesday, April 15, 2020**

12:00 – 1:00 PM

**Live Stream via WebEx**

**Objectives:** At the conclusion of the session, the participants should be able to:

- Summarize basic self-care strategies for the coronavirus pandemic.
- Develop ways to get physical exercise during the “stay at home” order.
- Identify specific ways parents can help manage anxiety in children worried about COVID-19.
- Discover ways mental health care providers can reduce anxiety in patients.

**Target Audience and Needs:** Psychiatrists, psychologists, nurses, social workers, residents, fellows and medical students need to be regularly updated with clinical best practices, research advances, and ethical issues pertaining to psychiatry and mental healthcare delivery, and implement them in clinical practice to enhance the quality of care, and improve patient outcomes.

**Educational Methods:** Educational methods will include lectures and panel discussions.

**Activity Evaluation:** Participants will be asked to complete a session evaluation.

**Accreditation/Credit Designation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Baylor College of Medicine and The University of Texas Health Science Center at Houston. Baylor College of Medicine is accredited by the ACCME to provide continuing medical education for physicians

Baylor College of Medicine designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.