

Resilience among nurses during the COVID -19 pandemic

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As purported by the public health community, health care workforces should be prepared for fighting against COVID-19 for an extended period until herd and acquired immunity is achieved. In this context, COVID-19 is expected to have a profound psychological impact on nurses and health care professionals. This presentation will present a psychotherapeutic approach, called Acceptance and Commitment Therapy (ACT), which aims to lead to better psychological flexibility and mental health in individuals. Dr. Chong will discuss the principles of ACT, how it can be applied in the building of resilience among health care professionals, and preliminary findings regarding the role of psychological flexibility regarding stress and burnout among frontline nurses in Hong Kong and Switzerland.