Epidemic – Pandemic Impacts Inventory Supplemental Healthcare Module (EPII-SHM)

Julian D. Ford, Ph.D., ABPP¹
Alice S. Carter, Ph.D.²
Damion J. Grasso, Ph.D.¹
Margaret J. Briggs-Gowan, Ph.D.¹

¹University of Connecticut School of Medicine ²University of Massachusetts, Boston

PURPOSE: The EPII Supplemental Healthcare Module (EPII-SHM) includes supplemental items to assess the impact of the coronavirus pandemic across personal and social domains on individuals working in healthcare settings. There is a brief version of this module avialable. The intent is to administer this supplement along with the main EPII module.

DEVELOPMENT: Candidate items were constructed by a team of clinical and developmental psychologists with expertise in assessment of stress, trauma, resilience, and coping. Feedback from professionals across multiple disciplines (e.g., social work, pediatrics, medicine, anthropology) was incorporated in selecting and refining final items for of the measure, which was accomplished via expert consensus.

PSYCHOMETRICS: Because the EPII-SHM is newly developed, there are no psychometric properties yet available. Use of the EPII in research studies will help to establish psychometric properties and will likely result in refinement of the tool.

SCORING. Optimal scoring procedures are not yet determined and will be informed by future research.

PERMISSIONS. Researchers are welcome and encouraged to use the EPII in their research studies. Researchers may disseminate the survey using a paper format or may convert items to an online survey format so long as the integrity of the instructions and items is maintained. Users shall not modify items without permission from the developers. Please inform us of your intention to use the instrument by sending an Email to Dr. Damion Grasso at dgrasso@uchc.edu with the following information: (1) Principal Investigator(s), (2) Purpose of research study, (3) Population(s) studied, and (4) Study location(s).

Suggested Citation for Main EPII Module

Grasso, D.J., Briggs-Gowan, M.J., Ford, J.D., & Carter, A.S. (2020). *The Epidemic – Pandemic Impacts Inventory (EPII)*. University of Connecticut School of Medicine.

Suggested Citation for EPII Supplemental Healthcare Module

Ford, J.D., Carter, A.S., & Grasso, D.J., & Briggs-Gowan, M.J. (2020) *The Epidemic – Pandemic Impacts Inventory (EPII) Supplemental Healthcare Module (EPII-SHM)*. University of Connecticut School of Medicine.

Epidemic-Pandemic Impacts Inventory (EPPI) Supplemental Healthcare Module

INSTRUCTIONS

Front-line healthcare workers caring for <u>coronavirus pandemic</u> patients may be impacted in many ways, both at work and at home. Healthcare workers include medical, dental, nursing, physician assistant, respiratory therapy, and other clinicians, and medical and nursing aides and assistants, patient services staff, social work, food service, janitorial/environmental services, and all other employees and volunteers who have direct contact with or work in the immediate settings where <u>coronavirus pandemic</u> patients receive health care. Please choose the answer for each item that best describes your experience "N/A" means that the item is not applicable to you.

	Have you experienced the following safety or health concerns at your workplace since the beginning of the <u>coronavirus disease</u> pandemic?						
1.	Being at risk of contracting COVID-19 virus from patients or co-workers.	YES	NO	N/A			
2.	Inadequate/unhygienic personal protective equipment (PPE).	YES	NO	N/A			
3.	Insufficient staffing or equipment to properly care for COVID-19 patients.	YES	NO	N/A			
4.	Inadequate/unavailable cleaning/disinfectant supplies.	YES	NO	N/A			
5.	Insufficient/unavailable vital drugs or medical supplies.	YES	NO	N/A			
6.	Insufficient/unavailable viral infection testing kits.	YES	NO	N/A			
7.	Insufficient support (e.g., PPE, equipment, supplies) from government or other external authorities.	YES	NO	N/A			
8.	Delays in receiving results from testing for viral infection.	YES	NO	N/A			
	e you had the following stressful experiences at your workplace s navirus disease pandemic?	ince the b	eginning (of the			
9.	Extreme suffering and desperation of patients.	YES	NO	N/A			
10.	Contact with distressed family members who cannot be with a loved one.	YES	NO	N/A			
11	Telling family members they cannot be with severely ill or dying loved ones.	YES	NO	N/A			
12.	Making update phone calls to patients' families with no positive news.	YES	NO	N/A			
13.	Comforting family members whose loved one is dying or has died.	YES	NO	N/A			
14.	Being with severely ill patients who remind you of your own loved ones.	YES	NO	N/A			
15.	15. Being with severely ill patients who remind you of yourself or your health risks.		NO	N/A			
16.	Helping severely ill patients phone or video chat with loved ones.	YES	NO	N/A			
17.	Comforting patients in severe physical and emotional distress, or who are close to death.	YES	NO	N/A			

18.	Deaths of patients despite heroic efforts by the treatment team.	YES	NO	N/A
19.	Deaths of patients who remind you of your loved ones.	YES	NO	N/A
20.	Deaths of patients who remind you of the risks involved to yourself.	YES	NO	N/A
21.	Caring for severely ill or dying patients who cannot communicate.	YES	NO	N/A
22.	Caring for frail elderly patients.	YES	NO	N/A
23.	Caring for patients medically compromised due to pre-existing conditions.	YES	NO	N/A
24.	Providing care to coronavirus patients that involves high risk of exposure (for example, intubation, proning, nebulizer, high flow oxygen).	YES	NO	N/A
25.	Providing outpatient healthcare services that involve high risk of exposure (for example, dental procedures, physical exams)	YES	NO	N/A
26.	Being in close contact with patients without adequate PPE.	YES	NO	N/A
27.	Putting off your own basic needs (for example, food, bathroom breaks) for prolonged time periods due to continuous urgent demands.	YES	NO	N/A
28.	Having no break from disruptive noise and wearing uncomfortable PPE.	YES	NO	N/A
29.	Not being able to comfort patients or their family members with physical closeness and touch.	YES	NO	N/A
30.	Difficulty making a connection with patients because of wearing PPE.	YES	NO	N/A
31.	Not being able to get to know patients as a person.	YES	NO	N/A
32.	Caring for patients who are nonresponsive in a coma for days or weeks.	YES	NO	N/A
33.	Having a supervisor give you duties or instructions that are inconsistent with what you believe is best and ethical practice.	YES	NO	N/A
34.	Being given duties or directives without having the opportunity to have input or without your input being taken into account in ultimate decisions.	YES	NO	N/A
35.	Feeling fearful of reprisal from co-workers, supervisors, or administration if you voice concerns about the safety of yourself, your co-workers, or your patients.	YES	NO	N/A
	e you experienced the following with your co-workers or supervisors sinnavirus disease pandemic?	nce the be	ginning o	f the
36.	Separation from co-workers whom you usually count on for support.	YES	NO	N/A
37.	Illness and uncertain recovery, or deaths, of co-workers.	YES	NO	N/A
38.	Co-workers treat you or each other with irritability, impatience, or disrespect.	YES	NO	N/A
39.	Supervisors treat you or your coworkers with irritability, impatience, or disrespect.	YES	NO	N/A
40.	Stigma from others because of your (actual or perceived) coronavirus exposure as a healthcare professional/worker ("treated like we're lepers").	YES	NO	N/A
41.	Not being able to comfort or support co-workers with physical closeness or touch.	YES	NO	N/A
42.	Feeling blamed or judged negatively by co-workers.	YES	NO	N/A

43.	Insufficient support from your workplace	e supervisors or ad	ministrators.	YES	NO	N/A
44.	Insufficient support from co-workers on your immediate work team.			YES	NO	N/A
	e you had the following reactions to y lemic?	our work since the	e beginning of the	e <u>coronav</u>	irus disea	ase_
45.	Feeling unprepared for a catastrophic surge in severely ill patients.	DEFINITELY	SOMEWHAT	ГОИ	AT ALL	N/A
46.	Feeling unprepared to help patients who are dying.	DEFINITELY	SOMEWHAT	ГОИ	AT ALL	N/A
47.	Feeling unprepared to tell patients that their prognosis is bad or uncertain.	DEFINITELY	SOMEWHAT	ПОИ	AT ALL	N/A
48.	Feeling unprepared for the moral dilemma of having to deny lifesaving treatment due to shortages or rationing.	DEFINITELY	SOMEWHAT	ПОИ	AT ALL	N/A
49.	Feeling unprepared for the moral dilemma of choosing between being exposed to the virus with inadequate protection versus providing lifesaving or palliative care.	DEFINITELY	SOMEWHAT	NO1	AT ALL	N/A
50.	Smelling or tasting death when you're with severely ill patients.	DEFINITELY	SOMEWHAT	ГОИ	AT ALL	N/A
51.	Mourning for patients who have died.	DEFINITELY	SOMEWHAT	ТОИ	AT ALL	N/A
52.	Feeling shocked and discouraged when patients seem to improve but then deteriorate severely or die.	DEFINITELY	SOMEWHAT	ПОИ	AT ALL	N/A
53.	Feeling guilty because you aren't suffering as much as your patients or co-workers.	DEFINITELY	SOMEWHAT	ГОИ	AT ALL	N/A
54.	Feeling guilty because you aren't in as much danger as other coworkers.	DEFINITELY	SOMEWHAT	ГОИ	AT ALL	N/A
55.	Feeling unable to stop thinking about your patients or co-workers or work responsibilities when not at work.	DEFINITELY	SOMEWHAT	NOT	AT ALL	N/A
56.	Feeling unable to stop thinking about patients who are alone and their families.	DEFINITELY	SOMEWHAT	NOT	AT ALL	N/A
57.	Feeling unable to stop thinking about patients who have died and their families.	DEFINITELY	SOMEWHAT	ГОИ	AT ALL	N/A
58.	Blaming yourself for not doing enough.	DEFINITELY	SOMEWHAT	ГОИ	AT ALL	N/A
59.	Blaming yourself for mistakes you believe you may have made.	DEFINITELY	SOMEWHAT	ГОИ	AT ALL	N/A

	e you experienced the following impa e <u>coronavirus disease</u> pandemic?	cts on personal a	nd family or hom	e life sinc	e the beg	inning
60	Family and friends don't understand the danger that you face at work.				NO	N/A
61.	Family and friends don't understand th exhaustion caused by your work.	e emotional and ph	ysical	YES	NO	N/A
62.	Having to thoroughly decontaminate you come home from work.	ourself and all your	clothes when	YES	NO	N/A
63.	Forced separation from your children or spouse/partner for a week or more due to work or self-quarantine.			YES	NO	N/A
64.	Being unable to connect with friends be you feel too physically or emotionally e		ing so much or	YES	NO	N/A
65.	Being unable to eat well, exercise, and	l maintain normal ro	outines.	YES	NO	N/A
66	Being too busy or exhausted to do acti sense of happiness.	vities that give you	pleasure and a	YES	NO	N/A
67.	Being unable to enjoy activities that sh	ould give you pleas	ure.	YES	NO	N/A
68.	Being unable to share in childcare as r should.	nuch as usual or as	you think you	YES	NO	N/A
69.	Seeing or hearing misleading or false son social media or the news media.	statements by peop	le in authority	YES	NO	N/A
70.	Feeling that the public is not being vigilant enough to prevent virus transmission.				NO	N/A
71.	Feeling that the public doesn't recognize or appreciate the danger that you and other front-line workers face.				NO	N/A
72.	Feeling that the public doesn't recognize emotional exhaustion that you and other			YES	NO	N/A
	e you had the following reactions <u>whil</u> ase pandemic?	<u>e you were</u> at wo	rk since the begi	nning of tl	he <u>corona</u>	<u>ıvirus</u>
73.	Feeling that going to work is more of an ordeal than usual.	DEFINITELY	SOMEWHAT	NOT	Γ AT ALL	N/A
74.	Having periods at work when you can't seem to concentrate or remember things.	SOMEWHAT	NOT	Γ AT ALL	N/A	
75.	Having periods at work when you space out and don't remember DEFINITELY SOMEWHAW what's happened.				Γ AT ALL	N/A
76.	Feeling emotionally numb or in emotional shock, like you don't have any emotions at work. DEFINITELY SOMEWHAT NOT AT AI				Γ AT ALL	N/A
77.	Feeling unusually frustrated, angry, impatient, or irritable at work.	DEFINITELY	SOMEWHAT	NOT	Γ AT ALL	N/A
78.	Feeling unusually on-edge, worried, anxious, or insecure at work.	DEFINITELY	SOMEWHAT	NOT	Γ AT ALL	N/A

79.	Feeling guilty when you're not at work or taking a break.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
80.	Feeling hypervigilant, like you can't ever let down your guard and relax at work.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
81.	Feeling unable to stop worrying about and missing your loved ones when you're at work.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
	you had the following reactions in ynavirus disease pandemic?	our personal or fa	mily life since the	beginning of the	
82.	Feeling unable to be involved with your children or spouse/partner due to work or exhaustion.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
83.	Feeling unable to be involved with friends with whom you live due to work or exhaustion.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
84.	Feeling more frustrated, irritable, and impatient than usual with family members.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
85.	Feeling afraid that you are contaminating your family members.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
86.	Feeling guilty that you're putting your family at risk of virus exposure.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
87.	Feeling disconnected from friends.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
88.	Difficulty falling asleep due to feeling on-edge or unable to stop thinking or worrying about your or others' safety or your responsibilities.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
89.	Waking up at night and not being able to go back to sleep.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
90.	Having nightmares that wake you up or that you can't seem to get over.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
91.	Feeling vaguely unsafe and insecure even when you know you are safe.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
92.	Feeling as if something terrible you can't anticipate will happen to you or your loved ones.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
93.	Thinking that your family would be better off without you.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A

94.	Feeling guilty that you're letting your family down due to your work.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
95.	Feeling guilty that your emotional state burdens your family members.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
96.	Feeling hypervigilant, like you can never let down your guard and relax when you're not at work.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
97.	Feeling as if your home and neighborhood are no longer a familiar place.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
98.	Feeling unable to stop worrying about and missing loved ones when you're separated due to quarantining.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
99.	Feeling hopeless, like the future is not going to get better.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
100.	Feeling helpless or like you're failing because you can't accomplish your most important goals.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
101.	Feeling alone, even when you're with other people.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
102.	Feeling unexpectedly sad, tearful, or despairing.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
103.	Feeling hypervigilant, like you can/t ever let down your guard and relax.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
104.	Feeling as though you'll never have a normal happy life again.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
	Reactions with you	ır children or spou	se/primary partne	r	
105.	Feeling more frustrated, irritable, and impatient than usual with your children.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
106.	Feeling emotionally numb and distant when you're with your children.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
107.	Feeling guilty that you're letting your children down when they need your help.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
108.	Feeling more frustrated, irritable, and impatient than usual with your spouse or partner.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
109.	Feeling emotionally numb and distant when you're with your spouse or partner.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
110.	Feeling afraid that your relationship with your spouse or partner is in trouble or falling apart.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
111.	Feeling guilty that you're letting your spouse or partner down when s/he needs your help.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A

112.	Feeling confident that your spouse or partner can count on you.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A
113.	Feeling that your relationship with your spouse or partner has grown better or stronger this crisis.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A

ŀ	Have you had the following thoughts or feelings since the beginning of the <u>coronavirus</u> <u>disease</u> pandemic?						
114.	Feeling proud about what you've been able to accomplish at work.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
115.	Feeling as though you've made an important difference in patients' lives.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
116.	Feeling confident that your patients and their families can count on you.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
117.	Feeling as though you've made an important difference for co-workers.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
118.	Feeling confident that your coworkers can count on you.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
119.	Feeling that you have handled your work effectively and with skill.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
120.	Feeling better prepared for your work in the future by what you've learned.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
121.	Feeling that you've grown as a person in this crisis.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
122.	Feeling that you have been able to grieve losses you've experienced.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
123.	Feeling that you've grown as a worker or professional in the crisis.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
124.	Feeling as though you've made an important difference for your family.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
125.	Feeling confident that your family can count on you.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		
126.	Feeling optimistic about the future.	DEFINITELY	SOMEWHAT	NOT AT ALL	N/A		

Has your work providing healthcare or support services for patients with the coronavirus illness had other impacts? **Please briefly describe these here:**

Thank you for sharing your experiences.