

A Moment of Wellness



Who's on your team?

By Amaryllis Sánchez Wohlever, MD

Last week, a family physician in rural Alabama shared how her team has been able to adapt and thrive during the pandemic. Her story began by acknowledging the teamwork that's infused their response with creativity and innovation. She then gave examples of the advocacy that's been equally crucial to ensure their needs are met so they can serve their patients well.

Likewise, many of us transitioned to telemedicine overnight, while others find themselves in unfamiliar new settings. Although such changes have not been easy for them or for you, physicians' resilience, depth of knowledge, and commitment to patients continue to shine daily throughout the nation. It is heartening to behold the daily applause all over the country praising medical professionals, who are now showered with expressions of gratitude when leaving the hospital. I've not known a time when we've needed such kindness more than right now.

Physicians have risen to the occasion while enduring the same emotional roller coaster we've all experienced. Yet, ours has additional layers, given concerns surrounding safety, insufficient PPE, uncertainty, and too many stressors to name. Perhaps more than ever, we must continue to advocate for our needs, the needs of our teams and our patients. As the medical experts with the deepest understanding of epidemiology, infection control, and public health in most settings, we must continue to educate and guide the response with confidence and poise.

In Episode IX of the Star Wars trilogy, Commander Poe felt insecure when left in charge after Princess Leia's death. Seeking wisdom, he asked Lando the secret of their success years before against the Empire, "when they had nothing." And Lando replied warmly, "We had each other. That's how we did it."

For physicians, speaking up and engaging in advocacy is no longer optional, and we're so much more effective when we do so together, with one voice. And here's the good news. As this crisis continues to unify physicians and remind the public that we are for them, this pandemic has the potential to transform medicine in all the ways we need — for the sake of the patients we serve and our noble profession.

Your Wellness Moment: Have you experienced a sense of unity and community during this crisis? If not, what will you do this week to find or foster that essential aspect of wellness? Perhaps it's time to assemble your personal Pandemic Team.

Resources

[Checklist to Prepare Physician Offices for COVID-19](#)

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