Top Gun Project: COVID-19 Epidemic Peer Support and Crisis Intervention via Social Media helping frontline healthcare personnel in Wuhan, China

Pu Cheng M.D.
drbenpu@gmail.com
COVID-19 Epidemic in Wuhan, China

- Dec 2019: First case reported in Wuhan, China
- Dec 30th 2019: Whistleblowers reprimanded
  - Jan 16th 2020: first case reported in Japan
- Jan 20th 2020: Official announcement of human-to-human transmission
  - Jan 20th 2020: first case reported in South Korea
  - Jan 20th 2020: first case reported in United States
- Jan 23rd 2020: Lockdown of Wuhan
  - Jan 30th 2020: first case reported in Italy
  - Jan 31st 2020: first case reported in Spain
- Feb 4th 2020: Built God-of-Fire Hospital in 10 days dedicated to COVID-19 patient
- Feb 6th 2020: Built God-of-Thunder Hospital in 13 days dedicated to COVID-19 patient
- Feb 7th 2020: Death of Dr. Li, Wenliang, the whistleblower
  - Feb 19 2020: first case reported in Iran
- Feb 26th 2020: WHO reported new cases dropped in China
- Mar 12th 2020: WHO announcing COVID-19 outbreak a pandemic
- Mar 13th 2020: US declared National emergency

Per Wikipedia
Early Stage-Before intervention

Team building

- Established on Jan 24th 2020, 2nd day of Wuhan lockdown
- ATP model
  - Assertive team
  - Time limited service
  - Peer to peer
- Recruitment criteria: CBT/Motivational Interview/Crisis Intervention
- 45 members
  - All bilingual, fluent in both English and Chinese
  - All credentialed mental health professionals (US, Canada & Australia)
  - Psychiatrist, Psychologist, Social Workers, Counselors, Therapist and Registered Nurses
  - Most of the members located in North America, 1 in Australia, 1 in Wuhan
- Weekly meeting
- Case discussion, Lecture
Guideline

- Do no harm
- Confidentiality
- Peer-to-peer support
- Short term Crisis Intervention
- No conflict of interest (no political or monetary consideration)
Platform & Operation

- WeChat, most popular social media in China with 1.1 billion user, similar to WhatsApp
- 2 chat groups, similar to online chat room
  - Group 1: office for members
  - Group 2: place conducting intervention, 300 local healthcare workers
- On call system covering 16hrs per day
  - Voluntary on call by team members using spare time
- Group engagement then individual intervention
  - Consent received before Individual intervention
Techniques

- Gaining trust
  - Anonymousness
  - Reassurance
  - Empathy
  - Self disclosure
  - Shared identity
  - Time

- Intervention Techniques
  - Active/reflective listening
  - Validation
  - Psychoeducation
  - CBT
  - Motivational interview
  - Problem solving
  - Mindfulness
  - Music, sceneries, personal anecdotal
Emotional Stages of Healthcare professionals facing epidemic

- Stage 1: Bewilderment. Conflicting info
- Stage 2: Shock. Realizing danger
- Stage 3: Anger. Feeling betrayal
- Stage 4: Anxiety. Fear of crisis
- Stage 5: Burn out. Struggle to survive
- Stage 6: Desperate. Losing hope
- Stage 7: Acceptance. Facing reality
- Stage 8: Hope. Seeing light
- Stage 9: Recovery. Restoring normal
- Stage 10 (presumptive): Aftermath. Recover or Long term impact (PTSD)
Emotional Stage and Epidemic time line correlation (Approximate)


Modified on the original graph
Local resources

- Other local online support group
- Other National online support group
- Local mental health agency
- Local suicidal hotline
- Local volunteer group
Result

Wuhan Healthcare Personnel 1:1 session

- 58% doctor
- 26% nurse
- 11% lab
- 5% unknown

- Good feedback from individuals receiving intervention
Intra-team peer support

- Team member can also experience trauma
- Early signs
  - Fatigue
  - Anxiety
  - Fear
  - Anger
- Team leader shall try to frequently check every team member
- Intra-team support
  - Validation
  - Support
  - Encouragement
  - Rotation
  - Know when to stop
Utilization

- Social media
  - Widely used
  - Easily adoptable
  - Easily extended to other population
  - Instant reach out
  - Sense of security
  - Distancing
  - Engagement issue
  - Lack of feedback
  - Difficult to collect data

- Other things to consider
  - Licensure
  - Malpractice insurance
  - HIPAA
  - Free or billable?
Potential benefit to vulnerable population

- General public: Anxiety
- People who are in "suboptimal" mental health status
- Existing mental health patients
- Patient who contracted Coronavirus
- Patients who suffering from other illness but disruption of their routine due to Coronavirus epidemic taking too much medical resources
- Healthcare professionals
- Other special population:
  - Homeless
  - Detainees
  - Inmates
## Team members

- Pu Cheng, Psychiatrist
- Qi Ling, Psychiatrist
- Yongtong Li, Psychiatrist
- Peng Pang, Psychiatrist
- Bo Wu, Psychiatrist
- Junyong Jia, Psychiatrist
- Xiaocheng Dai, AMFT
- Liang Bao, Psychologist
- Yanye Maggie Li, LPC
- Jinghan Wang, MSW
- Pan Li, Therapist
- Ke Liu, LPC
- Wenting Kang, LCPC
- Xiaojin Lin, LCSW/MSW
- Ge Li, LMSW

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<tr>
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<td>Junhua</td>
<td>Wang</td>
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<tr>
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- Lu Liu, MSW
- Xiaoli Wang, LPC
- Xueling Fu, Psychiatrist
- Hong Wang, RN
- Esther Zhang, LMHC
- Yueheng Han, Psychiatrist
- Yunyun Lu, RN
- Xiaohui Zhang, Psychiatrist
- Fang Yang, Psychiatrist
- Xiaoying Chang, Psychiatrist
- Yu Quan, Psychiatrist
- Yongyao Chen, Psychiatrist
- Shumin Zhang, Psychiatrist
- Wei Jiang, Psychiatrist
- Liren Li, Psychiatrist