

COVID-19 resources for residents and fellows

Updated Aug. 12, 2020

The AMA has curated a selection of resources to provide guidance to resident and fellow physicians during the coronavirus (COVID-19) outbreak.

Wellness and burnout

Mental health and coping

Centers for Disease Control and Prevention (CDC)

Five ways to view coverage of the coronavirus

American Psychological Association (APA)

Managing mental health during COVID-19

American Medical Association (AMA)

Headspace

A mindfulness meditation app with guided meditations, articles and videos to help improve mental health. Headspace is offering access for health care professionals throughout 2020.

Physician support line

A national, free and confidential support line service for physicians and medical students to help navigate the intersections of their personal and professional lives.

Support resources when confirmed with COVID-19 for residents and families

Helping children cope

Centers for Disease Control and Prevention (CDC)

Coronavirus & emerging infectious disease outbreaks response

Center for the Study of Traumatic Stress (CSTS)

Parent/caregiver guide to helping families cope with COVID-19 (PDF)

The National Child Traumatic Stress Network

Updated guidance on best practices if you've been exposed to patients with COVID-19

Centers for Disease Control and Prevention (CDC)

Interim infection prevention and control recommendations for patients with suspected or confirmed COVID-19 in health care settings

Centers for Disease Control and Prevention (CDC)

Personal Protective Equipment (PPE)

Strategies to optimize the supply of PPE and equipment

Centers for Disease Control and Prevention (CDC)

Training for health care professionals

Centers for Disease Control and Prevention (CDC)

Including donning/doffing and respiratory protection.

PPE: Questions and answers

Centers for Disease Control and Prevention (CDC)

N95 respirators, surgical masks and face masks

U.S Food and Drug Administration (FDA)

PPE for infection control

U.S Food and Drug Administration (FDA)

FAQs on shortages of surgical masks and gowns during the COVID-19 pandemic

U.S Food and Drug Administration (FDA)