

## MEDIA ADVISORY

### **Dealing with COVID-19 Anxiety & Stress on the Front Lines: Wolters Kluwer Podcasts Offer Physicians and Nurses Tools for Coping**

*Audio Digest and Lippincott NursingCenter Resource Collections Help Clinicians Confront the Coronavirus  
Pandemic Head-On*

**April 13, 2020 – Many frontline clinicians are finding themselves confronted with an often-overlooked aspect of pandemics like COVID-19 that can be as important as understanding its symptoms and progression – identifying and managing anxiety and stress in themselves and their patients. Recognizing this, [Wolters Kluwer, Health](#) is providing free access to podcasts and other resources aimed at helping those on the frontlines cope with the uncertainty and strain from COVID-19.**

Clinicians can freely access coping resources from Audio Digest including “[Coping with COVID-19 and Anxiety: Actionable Tools for the Care Team](#),” a podcast-style audio interview with clinical psychologist Martin Hsia, Psy.D, who offers an easy to understand clinical analysis of the mental health impacts of the novel coronavirus (COVID-19) pandemic.

The interview, part of Audio Digest’s updated [Infectious Diseases continuing medical education \(CME\) collection](#), addresses a wide-range of subjects that apply to physicians, nurses and other healthcare professionals as well as the general public. These include easing the stress levels of patients with anxiety and obsessive-compulsive disorder (OCD), providing accurate information about COVID-19 without adding to a patient’s anxiety, minimizing any impact clinicians’ own anxiety may have on their patients, and the importance of self-care on the job and while in isolation.

“Physicians and nurses are facing challenges many of us have never encountered before. In striving to provide the best care and support for patients, it is more important than ever that all frontline clinicians take the time to protect themselves first in order to best serve patients,” said Greg Samios, President & CEO, Health Learning, Research & Practice, Wolters Kluwer. “At Wolters Kluwer, we’re supporting healthcare professionals with immediate access to the most timely and accurate resources not only for treating patients, but for taking care of themselves during this unprecedented time.”

Lippincott NursingCenter is providing free podcasts and articles for nurses on the frontlines including “[Facing Moral & Ethical Dilemmas During COVID-19](#),” a podcast interview with Chief Nurse of the Health Learning, Research and Practice business at Wolters Kluwer, Anne Dabrow Woods, DNP, RN, CRNP, ANP-BC, AGACNP-BC, FAAN. Listeners get guidance on how to make decisions on supportive care when faced with equipment shortages and how to cope with the lack of social support for patients when visitors are restricted.

Articles in [NursingCenter’s COVID-19 collection](#) focus on helping nurses build resiliency, perseverance, and find moral courage in the face of unique challenges from COVID-19. The collection features interviews and articles from nurse experts who are also serving on the frontlines of the pandemic and includes contributions from the *American Journal of Nursing*.



Lippincott NursingCenter is continually adding new resources and expert insights to the [COVID-19 Resources for Nurses](#) collection, including guidelines from the Centers for Disease Control & Prevention and the World Health Organization along with newly published research from Lippincott's portfolio of medical journals.

In addition to the resources above, the [Audio Digest Infectious Disease CME Collection which includes updates on COVID-19](#) is available now on the Audio Digest Membership mobile app and online. The collection features lectures and interview from a diverse mix of experts spanning the circle of care and covering issues including mental health, clinical updates, preparing for emerging pandemic infections, and travel and hospital medicine.

### **More COVID-19 Resources**

Wolters Kluwer continues to make the latest evidence-based medicine and resources related to COVID-19 available for clinicians, health systems and consumers around the world. For more, please bookmark and visit the [Wolters Kluwer COVID-19 \(Coronavirus\) Resources & Tools](#) page.

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### **About Wolters Kluwer**

Wolters Kluwer (WKL) is a global leader in professional information, software solutions, and services for the clinicians, nurses, accountants, lawyers, and tax, finance, audit, risk, compliance, and regulatory sectors. We help our customers make critical decisions every day by providing expert solutions that combine deep domain knowledge with advanced technology and services.

Wolters Kluwer reported 2019 annual revenues of €4.6 billion. The group serves customers in over 180 countries, maintains operations in over 40 countries, and employs approximately 19,000 people worldwide. The company is headquartered in Alphen aan den Rijn, the Netherlands.

Wolters Kluwer provides trusted clinical technology and evidence-based solutions that engage clinicians, patients, researchers and students with advanced clinical decision support, learning and research and clinical intelligence. For more information about our solutions, visit <http://healthclarity.wolterskluwer.com> and follow us on [LinkedIn](#) and Twitter [@WKHealth](#).

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