

**ABIM/Harvard COVID Survey Project**

**Exhibit 1: Changes that decreased stress (sample quotes)**

<b>What decreased stress: Better protocols &amp; knowledge; reduced shortages of medication &amp; equipment; reduced sense of risk to self &amp; family</b>
More standardized protocols for treatment, PPE usage, pace of new recommendations has slowed, minimizing whiplash from changing guidelines.
Steroids work. Anticoagulation works. Non-invasive ventilation works. Managing patients is much less depressing when you have treatments that help.
Robust PPE and medication supply chain. We are in much better shape than we were in March. Reassurance that good hygiene does seem to protect us. Camaraderie and support from my colleagues and ICU staff.
I don't think I'm going to instantly die upon entering a COVID room like I did in April.
Systems much better developed for COVID care and practice has improved by incorporating evidence based treatment strategies earlier in the course of the illness.
Seeing over time that our PPE and isolation practices are very successful at preventing workplace COVID exposure.
Mortality is down. Better sense of treatment algorithm.
Frank discussions with my wife and family about how they feel about my job and the risk of them being exposed.
Knowing I can be around my family after working on the COVID ward, and not need to isolate myself all the time.