



Title of the piece: The Mask of a COVID-19 Healthcare Worker

Prompt chosen: Describe a moment during your Community Health Pandemic Response Experience, where you saw in practice what you believe it means to be a 'good doctor'.

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Description:

This piece is a reflection of my time volunteering in a primary care office during the COVID-19 pandemic. Specifically, I focused on a couple of conversations I had with a few employees I worked with closely. They shared some emotional parts of their personal journey with me during this time. Looking at this drawing as a whole it is one face, but can be split into two separate parts. When covering the left half it depicts a face that seems ambitious and positive. When covering the right half it depicts a face that seems sad and burdened. In the outline of the face there are words describing each side. These words surround the face completely and create a cycle, from positive to negative and back to positive. I created this piece to demonstrate the cycle of emotions and the character of a healthcare worker during the pandemic. The face was also drawn in a more abstract manner to resemble a "mask". This can be interpreted in many ways. How I interpret it is based on what I saw during my clinical experience.

Healthcare workers had to face much sadness, uncertainty, and suffering constantly throughout their day. This was unlike the "normal" struggles they had to face at work before the pandemic, now it was something that impacted all aspects of their life. They themselves along with their family, friends, coworkers, and community members were all impacted by COVID-19. Although I heard many of the personal struggles they had or the losses they experienced due to the pandemic, without hesitation they stepped up to provide care for others. One may say someone who wears a mask is "faking" an attitude, I interpret it as the strength they put forth to do what was needed of them during this time. It was not an attitude they "covered" their sadness with, but a characteristic from within that is able to shine through. The positive side of the face reflects this strength and is made up of the characteristics and virtues I believe deem a "good" doctor. Being the face of bravery and providing care and support for others during a dark time is something I believe is a quality all "good" doctors strive to maintain and one I hope to carry on in my career as well.