



# Blog of the Month

June 2020

The APMJ committee would like to invite doctors to share their reflections on working during the COVID-19 pandemic. We invite creative pieces in all forms such as:

- Written pieces (poems, prose or otherwise)
- Drawings, paintings
- Short films
- Photos
- Sculptures

As healthcare professionals, we will have all had our own emotional responses to the events happening around us during the pandemic. Your creative piece may or may not reflect your feelings about the pandemic itself. It may be the product of a project you have given yourself as an outlet during this difficult time. This is an opportunity for all of us to share and build a sense of community based on shared experience even during lockdown

For now, submissions will be shared on the AMPJ blog and on our twitter feed @APMJuniors with the hashtag #COVIDCreativity. Our hope is to showcase this work at our next conference when lockdown restrictions permit. Please keep an eye out to find out when this will be held so we can all share and reflect together!

*Our own Research Co-ordinator Ruth Porter submitted her own #COVIDCreativity:*

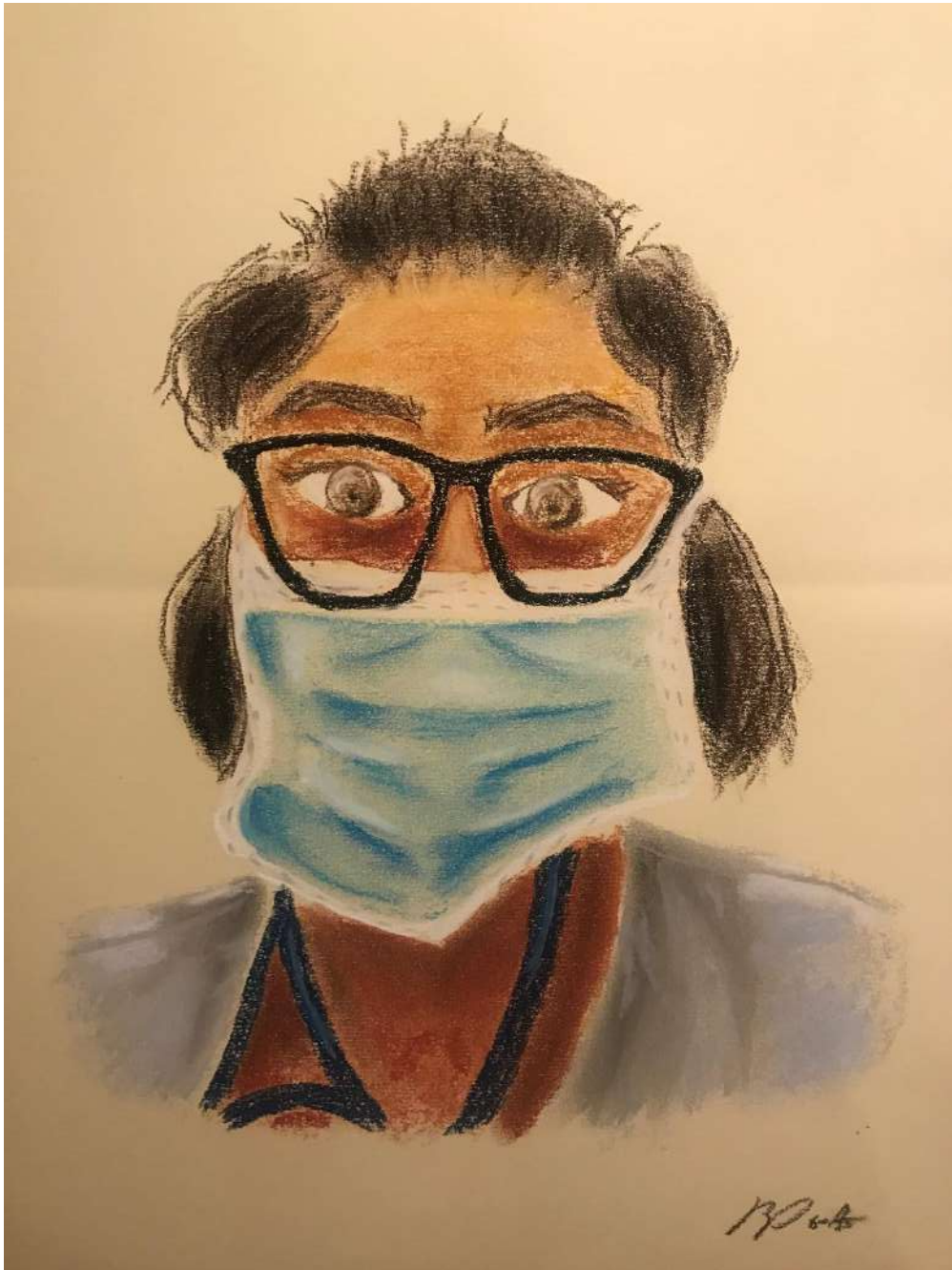
*Ward work in PPE: a self-portrait in pastel"*

*I am a general medical SHO working in Nevill Hall Hospital, Abergavenny, Wales.*

*Since staff have been required to wear face masks for all patient interactions, I have been trying to process how this has changed the way we interact. It has made me think about how other people perceive the things I say or do and how I see myself in my current role. Eyes are now a particularly key part of reading facial expressions. Drawing this self-portrait forced me to study my own eyes and reflect on how difficult it must be for others to read my emotions and intentions. I have drawn this based on a picture I took of myself while at work. I think my eyes appear shell-shocked and almost numb. Dark circles reflect how drained I am (physically and emotionally). I also generally feel less put-together and composed since replacing my work wardrobe with scrubs and constantly donning and doffing PPE. This sums up my much of my experience at work during the pandemic so far*



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The Association for Palliative Medicine of Great Britain & Ireland

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