

From the desk of Barbara Hernandez, PhD

Dear Friends,

During this national pandemic, it is important to know how to support colleagues and assist them to get more targeted support as needed. Your ability to intervene and support your residents and colleagues will be critical skills as we experience surge conditions in the future. Dr. ChenFeng and I have created the attached document to explain how mental health can be affected during times of extreme crisis, and what you as peers, administrators, and friends can do to help others. Please review this document and feel free to reach out to the Office of Physician Vitality at any time if you have questions or ideas for ways that we can support you or your staff.

I am available 24/7 by phone for any crisis or support needs that any of our providers may have. Please use my cell (909-801-4851) or pager (3334, bhernandez@my2way.com) for any after emergency needs. Additionally, I have opened my calendar for appointments until 9:00 pm M-Th for those who would benefit from an evening conversation after work. I can also be reached on weekends by phone or pager. My self-scheduling appointment site may be accessed at www.calendly.com/bhernandez2

Dr. ChenFeng continues to be available for sessions during business hours on week days and by pager and phone. She can be scheduled at www.calendly.com/jchenfeng

The Office of Physician Vitality is now virtual, so all sessions will be conducted online. Thank you for the very hard work and dedication to our patients!

With prayers during these challenging days,

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