



Expert Panel on effective ways of investing in health

Drafting group meeting on mental health of health workforce and other essential workers

(Virtual meeting)

4 March 2021

Minutes

1. Approval of the agenda and the minutes

The agenda was approved without changes as well as the minutes of the previous meeting.

2. Nature of the meeting

The second drafting group meeting on *mental health of health workforce and other essential workers* took place on 4 March 2021 via MS Teams. The meeting, which was chaired by Professor Pedro Pita Barros, chair of the drafting group, was a non-public meeting.

No declarations of interest that could in any way interfere with the topic discussed were submitted from any member.

3. Points discussed

Feedback/comments on the draft opinion

The chair and rapporteurs gave a preview of the main elements added in the current draft and how specific sections of the opinion have been expanded. The rapporteur presented the identified specific individual, organisational and societal factors increasing or decreasing a risk of adverse psychological outcomes. It was suggested to further elaborate the gender-specific aspects of mental health. Importance of primary care as well as access to care was highlighted.

Participants discussed in detail the possible innovative short and long term interventions/actions to improve mental health at individual, organisational and societal levels. Some participants highlighted the role of leadership and a need to define a supportive environment. The problem of scarcity of research on effectiveness and cost-effectiveness of interventions was mentioned as well as importance of prevention on primary, secondary, and tertiary levels. Participants further discussed how best to optimise the effectiveness of interventions, how to make them sustainable and what the implementation strategies would be.

Concerning the other essential workers, members agreed to compare the lists of other essential workers as defined in different countries.

COM referred to the work of the European Agency for Safety and Health at Work. The group addressing the mental health impact of COVID19 on the Health Policy Platform was mentioned, where references to relevant literature are available.

Planning and organisation of the work in the drafting group

In order to take advantage of group interactions the members decided to meet in smaller (focus) groups to discuss conditions for the delivery of interventions to support the mental health of health workforce and other essential workers in a cost-effective, affordable and inclusive manner.

4. Conclusion

Members agreed to provide concrete contributions to the different parts of the opinion to have an updated draft before the meetings of focus groups.

The Chair thanked everyone for active participation and valuable discussion to move forward with the opinion.

5. Next meeting

The next meeting of the drafting group is preliminary scheduled for 16 April 2021 via MS Teams.

6. List of participants

EXPH Members

DE MAESENEER Jan
GARCIA-ALTES Anna
KRINGOS Dionne
LIONIS Christos
MCKEE Martin
MURAUŠKIENE Liubove
PITA BARROS Pedro
ROGERS Heather-Lynn
SICILIANI Luigi
STAHL Dorothea
WIECZOROWSKA-TOBIS Katarzyna
ZACHAROV Sergej
ZALETEL Jelka

Researchers

BLYTHE Jenny
KIRKBY Victoria
MARQUES Diogo
MATEUS Ceu
PETELOS Elena

COM

BIGDELI Leyla (EMPL)
CARVALHO Artur (SANTE)
TAMSMA Noline (SANTE)
DAJKA Bela (SANTE)

VOLOSINOVA Viera (SANTE)