Date: April 26, 2020

The Daily Digest - GW Clinical Enterprise

This email is intended to serve as a digest of all messaging for our clinical faculty, students, and staff. We will send this email at the close of business each day, as we are managing daily operations during the COVID-19 pandemic.

This content will also be available at www.COVID19GWHealth.com - please refer to that site often, as we will be posting updates on a regular basis.

If you have feedback, please feel free to send to SMHSNews@gwu.edu

1. The GW Covid-19 Intelligence Unit supports the GW Covid-19 Incident Management Team to scan the scientific, technical and lay literature to provide a concise weekly update for use by GW's front-line clinicians, administrative and operational leaders.

For more details and the Weekly GW Covid-19 Intelligence Reports see these searchable GW resources:


GW Covid-19 Intelligence Reports: https://guides.himmelfarb.gwu.edu/SituationReport

2. Light a Candle to Honor Those Affected by COVID-19
The GW Medical Faculty Associates

1. No Updates for Today

GW Hospital

1. Furry Walks and Wash are offering discounts for healthcare workers on petcare services including dog walking and grooming.

2. To celebrate and thank the countless heroes for their dedication and bravery in the face of the COVID-19 pandemic, adidas is offering a 40% discount to all healthcare workers across the United States. To redeem the offer, simply go to adidas.com/us/discount-programs

The GW SMHS

1. TOMORROW: Global Unity Celebration for the Class of 2020 - Click here to register for this Zoom Event

Gold Humanism Honor Society members & Students4COVID invite the medical student class of 2020, their faculty, and all physicians to say the Hippocratic Oath together on Monday, April 27, at 8 a.m. EDT / 5 a.m. PDT.
We will all stand united, globally to celebrate and take the sacred #HippOath together as one!

2. We have heard from members of our community that they want to support our mission during this time of need. The [GW COVID Response Fund](https://smhs.gwu.edu/wellness/resources/covid-19-wellness-resources) was established to support the work of our faculty, staff, and students during this crisis.

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**Staying GWell**

https://smhs.gwu.edu/wellness/resources/covid-19-wellness-resources

1. Resources to Maintain Wellness - From the GWell Center for Healthcare Professionals Wellness Toolkit

**Toolkit: Support Your Physical Wellness**

To the best of your ability: Eat well, exercise, and get enough sleep.

- **Activity:** [Nike Training Club](https://www.nike.com/), [J&J 7 Minute Workout](https://www.jnj.com/), YouTube, [Class Pass Go](https://www.classpass.com/) ($)

- **Sleep:** Combine an intentional wind-down period with meditation, [CBTi app](https://www.cbtiaustralia.com/), reading, music...

- **Meals:** [InstaCart](https://www.instacart.com/), Meal prep kits, [GrubHub](https://www.grubhub.com)... we are lucky to have &pizza, but diversity!


Please find guidance from the GWell Center for Healthcare Professionals Wellness Toolkit. You can find the full toolkit here: [https://smhs.gwu.edu/wellness/sites/wellness/files/Resources%20to%20Maintain%20Wellness_4_2_2020.pdf](https://smhs.gwu.edu/wellness/sites/wellness/files/Resources%20to%20Maintain%20Wellness_4_2_2020.pdf)
2. **Resources For Coping with COVID-19 For Healthcare Worker**