

“I have a very busy psychiatric private practice in RI. I usually see 25-30 patients a day. Now doing tele-psychiatry and averaging over 35 a day. I offer video/FaceTime but 90% decline due to lack of the technology or discomfort about their appearance/condition of their home. Therefore I’m alone in my office with only their voice. I’m handicapped as the doctor since I only get a part of them. I can’t see their body language or face when they tell me “things are o.k.” These contacts feel like a dry, barren experience. Now there is more annoyance than anxiety. Initially I found myself providing reassurance (“this won’t last forever”) now I get questions about “when will things return to normal?” (As if I have a clue!). Lots of requests for benzodiazepines early on. Less so now. The majority seem to have accommodated to staying home, and hanging out with their families. Overall, I’m surprised at their resilience. THX BUSM!”

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