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Therese Zink MD, MPH published **COVID Chronicles: How Essential Workers Cope**

In this book of essays hear the voices of the essential workers who kept the US moving forward during Year 1 of the COVID-19 pandemic.

Laugh, cry, and be inspired by the challenge, misery, and insanity faced by black, brown and white physicians, caregivers, nurses, and retail workers across the US. While the world was brought to its knees, they fulfilled their work obligations in hospitals, clinics, schools, group homes and stores, as well as balanced the needs of family and self. They got up each morning to face frustrated clients, patients, and families; inept managers who ignored science; and others who disrespected the careers they had committed their lives to, even considered them dispensable. At the core, these stories are about resiliency—the human spirit’s ability to negotiate dark times—essential workers staying safe and surviving, even thriving. Zink started her medical career with AIDS and now faced COVID. She struggled with a foot in two worlds: family doctor and daughter/sister. She cared for her patients and advocated for COVID positive family members living in a long-term care facility a 1000 miles away.

A must read for anyone burdened and disheartened during the COVID pandemic. Zink and those she interviewed show us pathways to hope.

AUTHOR: Therese Zink, MD, MPH is a family physician and professor in Family Medicine and the School of Public Health at Brown. When the COVID pandemic started, she was visiting faculty with a US Fulbright Award in the Occupied Territories of Palestine. She returned home to Rhode Island and struggled to care for patients via telehealth who were trying to quarantine in their 2- or 3-room homes with 6 or more family members. The unfairness of the pandemic for people of color and women was clear. When her 90-year-old mother and her 57-year-old special needs sister contracted COVID in their long-term care facilities the battle became personal.

SAMPLE SELECTIONS

When Dr. Anna masked up to make a grocery store run during the peak of the first COVID surge, she saw unmasked individuals barging into the store. Her fury burned. “How deeply arrogant to believe that you don’t need to protect yourself and others,” she said. “Wearing a mask is the smallest ask.”

~Anna, Internal Medicine resident in the ICU

Dr. Ben knew the nasal swabbing didn’t hurt but was discomforting to everyone: Eyes water at the very least. Girls aged eight to ten are the bravest, sitting still and afterwards quietly wiping away the tears running down the face . . . the tough guys grunted, “Where’d you go with that?”

~Ben, podiatrist working in the COVID testing tent

“COVID makes everything harder. It magnifies the dysfunction.”

~Jasmine, caregiver at group home

Like the Moms across the nation, when Susan finished her full-time job as a school nurse, she worked at her other full-time job—helping her kids negotiate online school. “This was earning me the “Worst-Mom-Ever Award, ’as the enforcer of all mandates.”

~Susan, school nurse

Available as ebook and paperback on Amazon and other venues

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www.theresezink.com

<http://www.theresezink.com/blog-tzinks-reflections/>

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Family Medicine, Alpert School of Medicine

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Other Works:

The Country Doctor Revisited: A 21st Century Reader (Kent State University, 2010). Stories, poems and essays about rural health care today written by rural health providers across the US.

Becoming a Doctor: Reflections by Minnesota Medical Students (University of Minnesota, 2011). A literary portrait of the many steps along the path to becoming a physician.

Confessions of a Sin Eater (2012). Zink’s own stories that explore the privilege and burden of doctoring.

Mission Rwanda (2014)

Mission Chechnya (2017)

Dr. Ann McLannly Global Health Books

--Follow along with Dr. Ann who navigates landscapes and cultures during conflicts that garnered little media attention when they occurred. Like the Global Health volunteers enmeshed with forces beyond their control, your adrenaline will pump as you become addicted to the intrigue, romance, and the challenge of practicing medicine on unfamiliar ground. Coming soon: *Mission Cambodia*