**COVID Relief Grants (Chancellor’s Fund) Applications**

1. Due to the COVID pandemic, some of my clinics have transitioned from in-person visits to virtual to limit possible exposure. I have spent more time and efforts to equip my home office to be suitable to conduct virtual visits including a noisy cancellation headset and microphone (as some patients did complain of noisy background given there are some construction work near my house). In addition, I will use the fund to get a computer with a bigger screen for all the patient-related work e.g. chart review, clinic visit documentation, as it is less efficient to finish all these work with a small notebook at home.
2. The Nephrology and Hypertension faculty practice is still conducting mostly telehealth office visits. I often work from home for other activities (charting, fellowship director tasks, and conferencing). I will use these funds for home office supplies – desk, chair, computer and teleconferencing supplies (Zoom camera/light, power strips, USB ports), and office equipment. Currently I am currently using my bedroom dresser and kitchen chair as my home office.
3. In December 2019, my mom died suddenly and unexpectedly. The devastation I experienced from this event still reduces me to spontaneous tears. Since this life event, I have shouldered my grief while raising a toddler, looking after my bereaved elderly father, selling my childhood home from across the country during a pandemic, facing anti-Asian sentiment, avoiding divorce, maintaining my academic profile while down a critical team member, exceeding my clinical targets to meet the demands of new patients, experiencing asthma exacerbations from wildfires, and caring for patients with COVID-19, among other struggles. I have attended grief support groups and paid thousands of dollars for counseling and therapy, and I have found that one of the most healing processes for me is writing. Due to lack of time and competing priorities, I have not spent as much time doing this as I believe would be beneficial. I would like to request Chancellor’s COVID support funding for a creative writing course at the Berkeley Extension School.
4. The COVID-19 pandemic has dramatically reshaped day-to-day work for virtually everyone, and I am no exception. Given that my work has predominantly been focused on epidemiologic research, the pandemic shifted me to a nearly exclusively work-from-home status. Part of the shift was to Zoom meetings for all research (e.g., collaborations inside and outside of UCSF, video patient visits) and educational activities (e.g., learning conferences, teaching medical students). In addition, a major focus of my research over the last year has been conducting data analysis in large claims and electronic health record datasets. As a result, working from home has required significant changes in setting up a home office to promote efficiency and productivity. My request for funding is for home office equipment in support of work-related needs, accommodating the fact that I am almost completely working from home. As someone who transitioned from fellowship to full-time junior faculty during the pandemic, I have also had relatively less financial margin for unplanned extra costs that honestly, hardly could have been imagined pre-pandemic. I was happy to hear that there would be the opportunity to have some much-appreciated relief from the challenges posed by COVID-19 from the Chancellor’s Fund. I am requesting $500, which will defray the costs of a high-resolution monitor to facilitate statistical analysis of large datasets, high-quality webcam/ring light for professional Zoom calls, and an ergonomic office chair for mitigating physical strain during extended work periods.
5. As a biostatistician, my computer and its peripherals equip my “lab”. We are paired 24/7, and their ergonomic performance plays a big role in my performance. During the pandemic, my sole home computer has been a 13” Apple laptop. Last November I added an external monitor. However, with this setup, I’m still relying on the laptop webcam, keyboard, and trackpad. This requires me to twist in my seat to type to my left while viewing the monitor in front of me. In addition, while facing the monitor to see others during Zoom calls, my own face is captured at an oblique angle by the laptop camera. Using the UCSF ergonomic website for advice, I understood that adding a monitor webcam and an independent keyboard and mouse would solve these problems. I chose wireless options for the latter two rather than also purchase a docking station. As of today, all three new items are in place and working well. I would be grateful for the Chancellor’s assistance in covering these costs ($226.98).
6. I am currently working from home and will likely need to work primarily from home for the foreseeable future given a highly adverse reaction to the COVID-19 vaccine that also means I would likely have a similarly adverse response to any potential breakthrough COVID-19 infection. Therefore, I am requesting funds to primarily support the purchase of office equipment for home use that have been previously recommended by an ergonomic professional. I am also requesting to purchase PPE (specifically, N95 masks) for instances in which I will need to be on campus in person. How I would use an award of up to $500 for professional purposes: Creating ergonomic office setting at home (total expected cost: $308.02): 1) Laptop stand ($54.90 per Amazon.com); 2) External keyboard ($99.00 per Amazon.com); 3) Apple Magic Trackpad ($129.99 per Amazon.com); 4) Estimated sales tax (8.5%): $24.13. Shipping expected to be free via Amazon. If I purchase these through UCSF purchasing, it is possible that the costs will be higher, but I do not currently have access to those estimates. PPE (total expected cost: $127.96): 1) 2 boxes of 20 N95 NIOSH-approved respirator masks, at $50.00 each, from Project N95; 2) Estimated shipping ($17.80); 3) Estimated tax ($10.16). If I purchase these through UCSF purchasing, it is possible that the costs will be higher, but I do not currently have access to those estimates. Total estimated cost: $435.98
7. In keeping with the central goal of becoming as a physician-scientist, I started 2020 with >85% of my time designated for research, and a fellowship to provide independent research funding through the A.P. Giannini Foundation. However, early in the year, the COVID-19 pandemic erupted across the world. As a recently trained specialist in Critical Care Medicine, I felt compelled to help to the best of my ability and sought immediate emergency credentialing at Zuckerberg San Francisco General Hospital, and at New York Presbyterian Hospital – Cornell University, where I worked for 1 month of near continuous ICU service. As I write this statement, I am acting attending for the COVID ICU service at ZSFG. Between, NYP, ZSFG and UCSF Parnassus campus, I have dedicated more than 260% of my planned ICU attending time in the service of patients and my medical community during this pandemic, totaling 16 weeks. For the purpose of comparison, a full time intensivist schedule is often considered to be 20-26 weeks of clinical time per year. In addition to a reduction in scientific productivity due to clinical demands, my scientific productivity has suffered as a result of reduced occupancy requirements, restrictions on breeding in the mouse colony, and supply backorders. Despite my long-standing dedication to becoming a physician-scientist, this exceptional time in history has called upon me to put our patients first, to give exhaustively in service of their clinical care and the support of my Critical Care colleagues, and reduced my ability to participate in laboratory-based research. Because of the disruptions in MUNI service and the need to now be at the hospital for service time at odd hours, every single month instead of a few months a year, I have needed to drive to work and pay for parking. As you know, this is a substantial cost and substantially increases my expenses. I am requesting funds to offset the cost of campus parking, which I require as a bench scientist and clinician to do my onsite work.
8. I am an attending physician who specializes in surgical pathology, primarily liver and gastrointestinal disease. My clinical work involves tissue diagnosis from biopsies and surgical specimens. I review material from in-house patients and from patients who will undergo definitive therapy at UCSF. I also review consultation material from community pathologists to provide a second opinion. These tasks involve teams of fellows, residents, medical students, and PAs. Pre-pandemic, my diagnostic work took place in my office at Parnassus, where I reviewed glass slides at a multi-headed microscope along with my team. At the onset of shelter-in-place, our department ramped up its digital pathology initiative so that we could review scanned images of slides, perform interpretation remotely from home, and minimize the number of people on site. This allows prioritization of on-site space and resources for activities such as intraoperative diagnosis (frozen sections), which requires a pathology team to be physically present in close proximity to the ORs. As we have settled into a year and a half of this workflow, more of us are coming to the office, but working from home is supported. My ability to work optimally from home has been compromised by an unexpected setback, namely deterioration in my father’s health during the pandemic. I relocated him to my home in April 2021, and I am juggling caregiving responsibilities with remote work and teaching for the foreseeable future. My department approved me for the COVID Care Modified Duties (CCMD) program for a three-month period from July to September 2021. I anticipate requesting a renewal of the CCMD program for another three months. This experience has renewed my empathy for learners and colleagues who are facing a myriad of challenges related to the pandemic. I will be more effective at my clinical tasks and teaching if I can improve my computer and physical setup at home to support remote work. I would like to acquire the following items: 1) Wireless headphones so that I am not anchored to a single spot at home while in meetings (highest priority); 2) Ergonomic chair and/or footrest; 3) Gel pads for cushioning my wrists and elbows when typing, to guard against nerve injury; 4) Bulletin board to display paper notes, reminders, and other short-term documents. Therefore, I am requesting $500 through the COVID Relief Fund, which will significantly defray costs of the above items. The wireless headphones are highest priority as their use will give me increased mobility and the chance to check that my family has their needs met during the workday.
9. I am applying for COVID-19 relief funds in order to purchase equipment for my home office. The COVID-19 pandemic has required me to work from home as much as possible, and I currently do not have a home office setup that enables me to do my work effectively. I had a baby in March 2020 at the beginning of the pandemic, and we strive to keep him home as much as possible to minimize his exposure to COVID-19. This means that I work from home in order to care for him whenever possible, including working many nights and weekends. Moreover, given that I am currently pregnant and knowing the worse outcomes among pregnant patients, it has become even more critical to work from home to decrease my own exposure risk. My academic work as director of the Refugee and Asylum seeker Health Initiative at UCSF (RAHI.ucsf.edu) includes doing research, applying for grants, organizing and hosting the annual UCSF Refugee Health Symposium, and creating educational refugee health content for our learners at UCSF. All of this work is being done from home. It has been challenging to do this work in a small apartment without dedicated office space or equipment. The COVID-19 Relief Funds would enable me to buy an office chair, mouse and keyboard, printer/scanner, and monitor which will increase my work efficiency and productivity.
10. The COVID-19 pandemic has impacted my workload in several ways. I had to move all my courses online from in- person. I see most of my patients in the Craniofacial Center at Mission Bay via video visits. As a result, I now spend a lot of time on my computer working from home at least 2 days a week. This has resulted in my sitting at my desk for long periods of time resulting in increased back pain. I am requesting these funds for an ergonomic Leap chair that will help me work from home in a more ergonomic fashion.
11. I am a junior faculty member in the Division of Hospital Medicine and like many of us have spent a significant amount of time over the last year working from home and continue to do so. Most all of the DHM meetings continue to occur remotely and will do so until next year. Additionally complicating the issue is that our division recently moved into a new office building and unfortunately as the office space is quite limited there, I lost the at work office space I was using previously. Thus, my academic work occurs exclusively from my home office. The reality for my home office is that I have not been able to invest in a standing desk or good quality office chair and now as I spend my academic time working from home this has become a much bigger issue, resulting in some significant lower back pain. If awarded funds from the COVID-19 Relief fund I plan to use them to upgrade my home office set up, specifically purchasing a higher quality office chair with better lumbar support as well as a new standing desk. I believe that the combination of these two investments will significantly improve my work quality while working from home.
12. The COVID-19 pandemic along with sheltering in place has made working challenging; internet and machine and program processing became more important than before. I am requesting funds to support the upgrade of my Stata processing speed to Stata 16 MP quad-core ($1,135). The faster speed will help facilitate instructing and teaching students data analysis online, via Zoom.
13. I am a clinician-educator and clinical leader in geriatrics and pulmonary medicine. I am a 2019-2023 HRSA Geriatric Academic Career Awardee, Director of Geriatric Consults for Subspecialties, Assistant Director of the UCSF Center for Geriatric Care, 2020-2021 Tideswell Emerging Leaders in Aging scholar and participant in the 2021-2022 cohort of the highly competitive Teaching Scholars Program. I work clinically in geriatrics, pulmonary and in the “OPTIMAL” (post-COVID) clinic and throughout the pandemic. I have contributed to service across UCSF and externally during the pandemic, including educational outreach to community organizations about COVID-19. I have exceled at these activities during a very challenging year professionally and a very exciting but demanding year personally, as I delivered my first child, George, in September of 2020. I have balanced childcare challenges, multiple viral illness, cross-coverage for shortages in our clinics, and alterations in my education work. If awarded the Chancellor’s COVID-19 Relief Fund award, I intend to use the award to purchase a standing desk so that I can make my home office as ergonomically safe as my work office. I am now frequently working from home during administrative and teaching time, and my current desk was purchased early in the pandemic (March 2020) but cannot be adjusted for comfort.
14. I would like to request equipment that would better enable me to effectively work and teach remotely. I rely on Zoom for meetings and teachings, but it has been a struggle to make my department-provided laptop work well with my home internet. I have tried many different solutions, including paying for a computer consultant to come to my home to try to improve my internet. Because of the house wiring that limits my internet speed (and can’t be changed easily), he suggested two items. My department has said they cannot pay for these. 1) USB hub so that I can better connect my peripherals and thus get a better connection. $89.99; 2) Webcam that will plug directly into my laptop port (vs. using an adapter) and thus get a better connection, $109.99.
15. I am a physician-scientist in the Department of Medicine in Pulmonary and Critical Care. I am an Assistant Adjunct Professor, which means that I am ineligible for additional bonus support for salary through the Pulmonary Division that normally pays for the increased clinical time that has been asked of the ICU attendings. In other words, my salary is capped until I am able to be promoted out of the Adjunct tract, which has been stunted due to COVID slowing and halting research during various parts of the 2020 and 2021. I am applying for COVID relief funds to establish a home office, which is necessary given the lack of allocated office space at Parnassus. I run a small basic science lab and am covering many overnight ICU COVID attending shifts, which results in needing to work from home during the day in between recovering from the overnight shifts and going back into lab. I also am the Associate Program Director of the UCSF Cystic Fibrosis Center and attend in clinic every other week for 1 day. These clinics have been conducted remotely to protect our patients during COVID. Due to these demands to work effectively and efficiently from home, I would like to request $500 to establish a home office. The funds would support purchase of the following: a second monitor, a printer, ergonomic office equipment (chair), an improved webcam for patient visits, and shelving. The cost of these supplies may exceed $500, but these funds would provide much assistance.
16. Since the onset of COVID, my work has been conducted remotely using my University sponsored laptop. I have a remote agreement with my Department Chair that indicates a majority of my work will continue remotely, with on-site work amounting to 1 week per quarter. I would like to purchase electronics and equipment to improve the ergonomics of my home office: 1) Monitor: ASUS VW22AT-CSM - LED monitor - 22" ($200); 2) Keyboard: Microsoft Sculpt Ergonomic Keyboard For Business ($56); 3) Mouse: Adesso iMouse E1 mouse ($40); 4) Laptop stand: Allsop Laptop Adjustable Curve Stand ($40). Shipping Costs: $50. TOTAL: $386
17. I am a surgeon-scientist running a basic science lab-based and clinical translational research program. As with many faculty, I am facing pandemic-related caregiving burdens. This additional caregiving burden has affected my research productivity, and while I was already working a "second shift" prior to the pandemic, now a significant proportion of my uninterrupted hours take place after 9 pm. I know many of my colleagues are facing similar challenges, but I do feel that those of us caring for the Pre-K to lower elementary school age kids are dealing with the dual challenges of lack of childcare and an unvaccinated population. I am requesting funds from the COVID 19 Relief Fund to purchase a desktop monitor for home office use. I cart my laptop to and from my lab but it would be helpful to have a desktop monitor at home to which I can connect my laptop. A 32” Dell desktop monitor retails at $449-499+.
18. I write to request $500 from the COVID-19 Relief Fund so that I may purchase an ergonomic chair (to replace a broken one) for home office use. Covid-19 and the accompanying work-from-home policy has impacted me physically and mentally, in ways that a great many others have experienced. As department Chair when the pandemic began and through June 30, 2021, I regularly spent 4-8 hours every weekday in meetings with administration; with faculty in my department and faculty mentees in other departments who were struggling to cope with teaching and research with young children at home; and with students and research staff who were also facing difficulty with stress, academics, and mental health. All the while I was also trying to support my teenaged son through social isolation and keep him motivated in school on Zoom. My own research and self-care were often relegated to weeknights and weekends; since March 2020, I worked most weekend days. The chair that I currently use in my home office is over 10 years old, and recently, the height adjustment on the chair has stopped working. I would like to replace the chair with the same brand and model, as it is one of the few that offers enough seat depth adjustment and a low enough lumbar support to fit my frame. Last year I also bought a sit-stand desk for my home office, to provide some relief for my back and right hip, and I paid for that purchase out of pocket. I would appreciate the requested funds to defray the costs to replace my office chair. I will seek to find a discounted price and any unspent funds will be returned.
19. With the continuation of remote meetings and weekly residency conferences, I have continued to work from home during my non-clinical days (about 60% of my time is spent at home). More recently, I’ve been working with the windows closed because of the poor air quality from the fires around Northern California. I would also like to purchase an air purifier for my home to clean the air in my house from the particles generated by the surrounding fires. After doing some research, I found an air purifier that is not only effective, but energy efficient, has a filter that is recyclable and a filter that is washable, and will clean the air in my entire apartment: the Blueair Blue Pure 211+. I am asking for funds to purchase this air purifier for $300 and a year’s worth of filters.
20. The main challenges for me during the COVID pandemic have been supporting my children and supporting hands-on training and debugging with my team. I have 3 children, ages 8, 6, and 1 (a pandemic baby). The disruptions to school have been the most significant – working at home with 2 kids who are also trying to work from home made it difficult to focus and limited my total work hours. Even when we were able to do in-person learning experiences, there were several shutdowns due to possible COVID exposure. Working from home has also limited my ability to support hands-on training and debugging on our advanced MRI systems for my team. We have made every effort to use zoom but it is less effective. I would use this award towards a purchase a laptop for shared lab use, specifically for use while doing hands-on experimental work. I envision this will primarily support zoom sessions, where it would be setup to provide a view of the equipment along as well as allowing for continuous dialogue. This would free up my team members laptops for work they are doing during the experiments.
21. Requested Item: Desktop Computer; Amount requested: $500. I am hoping to use the Chancellor’s Faculty COVID-19 Relief Fund towards purchasing a desktop computer. The COVID-19 pandemic has necessitated Zoom meetings that last for several hours on my nonclinical days, and I find that my laptop computer is insufficient for these meetings due to excessively slow speeds. It is also challenging from an ergonomics standpoint to interact with a small computer screen all day. I have purchased blue light glasses to decrease eye strain and a laptop stand to bring the laptop screen to an appropriate height, but this only goes so far. I attend numerous meetings as Associate Chair of Well-Being for my department and a member of the UCSF Medical Center Physician Experience Council as well as Vice Chair of the American Society of Anesthesiologists Committee on Physician Well-Being, and my inability to participate fully in virtual meetings is hindering my ability to support our clinicians’ well-being. I am also giving and recording presentations on Zoom and Screenflow for national meetings including the Society for Pediatric Anesthesia and the American Society for Anesthesiologists annual meeting as well as quarterly podcasts for OpenAnesthesia, which serves as a comprehensive resource for anesthesiology residents and physicians worldwide. Memory issues with my laptop have made it challenging for me to give and record these talks. If awarded the funds, I plan to use this computer to securely access the APEX system for my clinical work as well as the academic activities mentioned above. Unfortunately, the Anesthesia Department currently does not provide funding for a computer purchase for junior faculty.
22. As a result of COVID-19 pandemic, there are days when I need to work from home. As a pathologist, a significant component of my work involves reviewing high resolution images and working with multiple files open at the same time. Working from home would be a lot easier if I had the extra funds to purchase a large monitor with good resolution. This would allow me to work more efficiently and closely replicate the set-up I have at work. I am requesting an award of $500.00 under the COVID-19 Relief Fund that would allow me to purchase such a monitor and the accessories I would require to use it with my laptop.
23. My career development award through the NINDS (K23NS105918, 12/2018-11/2023; Mentor: Daniel Lowenstein, MD) has had recruitment delays due to COVID-19. Our in person participant enrollment for this study was stopped across all four recruitment sites for nearly the entire period of March 2020 through February 2021. Neonates are in a relatively immunocompromised state, and in our experience were among the first groups to eliminate (and the last group to re-instate) in-person recruitment because of the pandemic. During the interval where in-person recruitment was not possible, we met with a Parent Advisory Panel to review telephone-based and electronic consent processes in order to optimize remote participant recruitment. We also consulted with the UCSF Patient Recruitment Services to further refine our recruitment methodology in the COVID-19 era. However, given the limitations in contacting families with critically ill newborns in the necessary timeframe for sample procurement, remote recruitment strategies were largely unsuccessful. Now that in-person recruitment has been re-instated, we are again reaching our monthly enrollment targets. We expect our total study duration will be extended by 12-months owing to the restrictions in participant enrollment during COVID-19. We request $500 salary support for our Clinical Research Coordinator, Emma Scudero to overcome our expected shortfall and outside the support budgeted in the K23 award. The "COVID-19 Relief Fund" will be essential in our ongoing efforts to continue the recruitment and follow-up necessary for this project's successful completion.
24. I am a junior faculty member at the Department of Ophthalmology. I ran a basic vision research laboratory at Rock Hall, Mission Bay Campus, and have started my position almost four years ago. I am applying for the COVID19 relief award of $500 to support creative solutions to allow me to provide a home office to concentrate on grant writing at home. The grant was reviewed at NIH at 38% during the first round in March 2020. However, the pandemics paused a lot of academic events at the lab. This award will come promptly to help with this initiatives. Beyond my role as a junior faculty at UCSF, I am also the father of two daughters, aged 10 and 3. Due to the COVID19 pandemic, I face touch balances between research group management and childcare burdens at home. To write the first cohorts of publications and to apply for the 2nd RO1 grants (maintaining lab productivity and covering my salary at 70% from external funds) have been my major challenge. However, these are very critical to my career path before tenure evaluation by Year 6. The proposed use of the award will relieve many of the challenges described above. Thus I could still manage the lab, supervise four students, and take care of my kids during this challenging period. I plan to apply for this timely award. I will use the current faculty award to make a more efficient home office.
25. The COVID-19 pandemic will undoubtedly be one of the defining moments in our careers and a turning point with greater changes in our daily work than we will hopefully experience ever again over the course of our professional lives. These changes have been dramatic, including increased focus on delivering care from our personal spaces outside of the hospital, and coupled with the added workload of delivering care in the context of the ongoing pandemic. This has led to increased stress and a need to adapt on a daily basis. Furthermore, the challenge of delivering complex medical care for prolonged periods in the home using a personal laptop can be significant with increased stress, fatigue, and inefficiencies. However, these challenges could be mitigated by appropriate infrastructure to deliver care while outside of the hospital. I propose to use the COVID relief fund to acquire home office equipment (specifically monitors, connection hub, desk, office chair) with the goal of reducing personal stress, increasing efficiency, and delivering the highest level of patient care.
26. I am requesting assistance from the COVID Relief Fund to offset the cost of a home desktop computer purchase. Prior to the pandemic, I utilized desktop computers at the UCSF Library when performing statistical analysis, literature review, and manuscript/grant writing. In addition, I frequently utilized a desktop computer to review ultrasound images for our faculty group and lead a monthly Image Review session. These activities are significantly more challenging on the smaller screen, less powerful processor, and slower video card of a laptop compared to desktop. This has resulted in being less productive in my academic work and frequent interruptions to ultrasound image review and teaching sessions. Given the unclear trajectory of the pandemic and resultant extensions to the return-to-work date, I believe it is appropriate to optimize my home work environment by purchasing a desktop computer for the nature of my academic work.
27. I am applying for support for oﬃce equipment to optimize my presentations for national and international presentations I have been invited to give. This year my book was published— Inﬂamed: Deep Medicine and the Anatomy of Injustice, and the press the book has received has created opportunities to join virtual conferences around the world. I need to improve my lighting and audio for a desktop and mobile set up to be able to do these conferences well. Upcoming opportunities to speak include the UN Climate Change Conference, Grand Rounds at UCLA, Dell Medical Center at UT Austin, a conference with 4 million registrants on trauma and health and a program featuring acclaimed artist Ai Weiwei, my co-author Raj Patel and myself. I am requesting funding for two lighting set ups: one desktop and one mobile. Because my work at the intersection of food and medicine requires that I am giving presentations from the rooftop farm I am developing in Oakland whose program beneﬁts UCSF Children’s Hospital Oakland, I need the capacity to do Zoom conferences from a desktop and from my phone. 1) Lume Cube Mobile Creator Lighting & Audio Kit - $159; 2) Lume Cube Cordless Ring Light - $179. Total (with tax) - $364.
28. The COVID pandemic shifted the way we work, and now I spend my academic time (~40% of my FTE) working from home, on Zoom meetings. I suspect that academic work will be largely remote for the medium term future, given the ongoing Delta variant. My desk setup at home is an old antique desk and chair that worked well enough for the occasional work that I brought home before the pandemic. However, with increased hours working from home, I need to purchase a more ergonomic set up including a desk and office chair, as well as a larger monitor. I would be very grateful to receive funding from the COVID-19 Relief Fund to help offset the costs of this expense. Amount requested: $500.
29. I am a frontline healthcare provider and work as a general and pediatric emergency provider in the Zuckerberg San Francisco General and UCSF Mission Bay emergency departments through the COVID-19 pandemic. The COVID-19 pandemic put a strain on my clinical shifts given the uncertainty in personal protective equipment, pandemic-related census-shifting, limited hospital resources, and the overall mental well-being of our faculty, learners, and staff. However, I have continued to strive toward excellence in the clinical environment. Similarly, as a junior researcher, I utilized my research network to advance the science in diagnostics and therapeutics for both patients with COVID-19 but also assess risk factors for those providers caring for COVID-19 patients. During the early period of the pandemic, I put aside my scholarly pursuits, and I sought to utilize my expertise to make meaningful pandemic-related contributions. These contributions include: 1) NIH Operation Warp Speed ACTIV 4B Outpatient (Site PI), ACTIV 4A Inpatient (enrollment); 2) Children’s Hospital Association COVID-19 Emergency Department Epidemiology Research (PI, working group member); 3) UCSF Division of Pediatric Emergency Medicine Epidemiology and Center for Healthcare Value (PI); 4) UCSF Department of Emergency Medicine COVID-19 Provider Risk Factor (study team). My commitment to our patients and co-workers continued as I also worked through my duties at home. I worked to recreate and adjust my daily obligations, including my third-grader’s home virtual school, creating decontamination steps when moving from the hospital home, and seeking out personal protective equipment for myself/family/friends. Unfortunately, the pandemic has strained my scholarly productivity, and as a junior investigator, I am applying for grant opportunities, including NIH K funding for winter 2022. Therefore I would like to use this $500 fund for a grant reviewer and professional editor assistance. This mechanism would help me put the finishing touches on a mature draft of my NIH K award, seeking to enhance novel diagnostic strategies to evaluate injured children.
30. I am writing to apply for the COVID-19 Relief Fund in order to recuperate a portion of losses stemming from the COVID-19 pandemic. COVID-19 has had several personal financial, educational and professional negative impacts. I have had to cancel planned educational conferences for which I was slated to attend. Additionally, I had Global Health work opportunities that were postponed or cancelled. In addition, my board certification was postponed by a year which negatively impacted my ability to advance in academic rank and salary level. I have been financially impacted having lost funds dedicated to flight tickets which I was unable to use. I would use the funds from this grant to purchase home office equipment and computer hardware to better facilitate my ability to participate in virtual teaching and learning opportunities.
31. Since the COVID pandemic begun, how I perform my duties as an assistant clinical professor has changed and has required me to make additional financial investments in order to perform my job to the best of my ability. As a physical therapist, I spend anywhere from 20-40% of my clinic time doing telehealth rehabilitation. As one could imagine, doing through physical therapy evaluations and treatments remotely requires different methods than doing these things in person. I have invested in a subscription service called MedBridge in order to create personalized and interactive exercise programs with video instructions and patient education in order to help maximize patient engagement when working remotely. As an educator for the graduate program of physical therapy, I have also invested in subscriptions to make remote learning more interactive for my students, such as Kahoot. Furthermore, I have also invested in my own ergonomic needs, including a chair and wireless keyboard/mouse given that I work from home several days of the week. I am hoping to use these COVID-19 relief funds for two pieces of office equipment for home that would further improve my success and efficiency at work. One is investing in a computer monitor. Doing telehealth physical therapy evaluations requires me to make detailed observations in order to gather information that I would more easily make in person or be able to follow up with manual testing. Having a large monitor will better allow me to make these observations. Furthermore, both my clinic and teaching duties involve a high amount of multi-tasking and having the increased computer desktop space can optimize my efficiency. Second, I have been in need of a new desk, as my current desk cannot accommodate a monitor well. I would like to opt for a sit-stand desk in order to reduce bodily ailments associated with prolonged sitting and given that the price of sit-stand desks and regular desks are quite similar. Below is a proposed budget for the two items: 1) $230 FEZIBO Height Adjustable Electric Standing Desk, 48 x 24 Inches Stand up Table; 2) $319 Philips 343E2E 34" Frameless IPS Monitor, UltraWide.
32. While the Covid19 pandemic has established itself as a worldwide catastrophe impacting every one of us all, I have too been personally impacted by the pandemic in terms of my family life, professional life, and ability to achieve short- and long-term goals for myself. In March 2020, schools closed for what they said would be 3 weeks, but remained closed for more than 1 year. As a parent to two school-aged children, I immediately had to pivot to having my kids home all the time: we had to establish a new routine/ expectations for Zoom school, and given their young ages (5 and 7 at the start of the pandemic), I had to manage their schooling, physical activity, meals, and extracurricular activities. We had to reconfigure our small home to create a small “work space” for me and “school space” for our kids. My work pivoted to nearly 100% outpatient virtual visits, with no time to prepare and strategically reimagine my home work space. To further complicate things, I was pregnant, delivering our third child in August 2020. Our family has needed to hire help to care for our school-aged children, so we could manage our newborn baby as well as keep up with our work. For our first two kids, we benefitted greatly from the help of my parents, who live locally. However, given my mother is elderly and a severe asthmatic and immune compromised, we needed to balance her health and wellbeing against our growing family’s needs. And of course, as both of us are hospital-based physicians in our household, our Covid exposure is higher than most. As such, we have not been able to benefit from grandparent support during this pandemic, given my mother’s vulnerable state. Despite the hardships we have endured throughout the pandemic and are continuing to endure, despite our newborn baby (third child, we are now outnumbered!), I very much remain dedicated and devoted to my profession. I have continued to thrive at work. I was promoted to Associate Professor, and have taken on both a new medical directorship and educational leadership position. The school of medicine course which I now co-direct will soon begin, and this will require a home office equipment upgrade to ensure a seamless experience for our students. My medical directorship necessitates monthly meetings which I lead over Zoom, also requiring an upgrade in equipment. In addition, I was invited to speak at our annual professional society meeting this December, which is scheduled to be in person, in Chicago. However, this too may change to virtual, depending on the state of the pandemic. This award will come of great use to me and my family, allowing me to attend the meeting to speak to a national audience and allowing me to upgrade our home office equipment (internet speed/connectivity; ergonomic equipment; appropriate lighting).
33. I am applying for the COVID-19 Relief Fund to purchase an ergonomic office chair. Due to the pandemic, I have been working from home wherein I spend hours working at my desk. After watching the UCSF Ergonomics training course, I have made significant progress toward improving the ergonomics of my office setup including using a sit/stand desk. However, I have not been able to optimize my existing office chair to my petite body frame. More specifically, my current chair lacks the arm rest adjustment, neck, and lumbar support, which have caused me to experience neck and shoulder strain. The $500 award will allow me to purchase a new office chair that is designed for more petite people and will offer the support that I need to continue working effectively in my home office. This will reduce the likelihood of exacerbating my neck and shoulder strain and allow me to work more effectively as I continue working remotely for the next several months.
34. COVID has affected me in the following adverse way. Since Zoom is use used for classes and meetings almost constantly, the time to use a computer has been dramatically increased. In particular, when I directed a large pharmacy course from mid-October to mid-December, I used Zoom for eight hours a day for three days per week. Unfortunately, my home is a small 1-bedroom apartment, which does not have a separate home office space. Because of this situation, I have had to use a dining table as a work space. Also, I only have a laptop. Since the dining table is not height-adjustable and it is also difficulty to adjust the height of the laptop, my neck pain has been getting worse (When I work in my office, my department provided me with a height adjustable stand). In addition, due to the non-ergonomic design of the keyboard of the laptop, I was diagnosed with strained muscle between the third and fourth finger in the left hand in September, 2020 and have had to tape the fingers to prevent further injury while I am using the laptop. Since remote work is going to be continued at least until March 1, 2022, I am concerned that this home work condition may exacerbate my health conditions further. With COVID relief fund, I plan to improve the home work condition: a wireless keyboard and mouse ($50), a laptop stand ($50), and a height-adjustable monitor ($400) will be purchased. The dining table is large enough to accommodate to the equipment.
35. COVID has affected my home and work life in profound ways. I am the residency program director for dermatology, clinical pediatric dermatologist and mother of 3 children (13, 10 and 5 years). My husband is a 4th grade teacher at a private school in SF and went back to the classroom in October 2020. My 13 and 10-year-old are in SFUSD schools and were in remote learning for most of the year (all of the year for my 13-year-old). I spent a total of ~$20,000 on a learning camp for the older children so that my husband and I could work. The youngest was in UCSF childcare and was so happy for the whole year with wonderful teachers and friends. With three kids in different care situations with differing quarantine rules, we frequently had to test, isolate and miss work and school. I did and still do everything I could to not miss clinic sessions, but have to work from home periodically to accommodate all of this. I also work nights and weekends at home to make up for missed work time and to just get everything done. My research productivity suffered during COVID because the residency program, clinical work and my family took priority over academic pursuits. I am requesting $500 for a desk chair for my home so that I can work without injuring myself. I have a chronic overuse/nerve injury of my right arm and have had my work office evaluated and configured by UCSF Ergonomics. The chair seems to be the most important piece of equipment I have. I need equivalent furniture and supplies at home. If I have enough funds, I will buy a monitor, mouse and keyboard as well.
36. I am a Professor of Medicine in the Department of Medicine and the Division of Hospital Medicine. I am applying to receive support through the UCSF Chancellor’s Fund to help pay for the cost of a new computer monitor for our home office. Much of my administrative and teaching work is now being done from home and our old monitor is small and the resolution is fading. I could use the financial support to purchase a new monitor for my home office. I am proposing to purchase a 32-inch Philips 328E1CA monitor. It has received outstanding reviews and can be purchased through amazing for $389.99.
37. I am requesting funding to support the cost of a clinical research coordinator (CRC) to assist in completing a study that examines the use of expanded panel cell-free DNA testing in identifying confined placental mosaicism of rare autosomal trisomies in pregnancies complicated by severe, early-onset, unexplained fetal growth restriction (FGR) and managed at the UCSF Prenatal Diagnosis Center (PDC). Unfortunately, this project has been stymied by slow recruitment, which is due to the rarity of severe, early-onset, unexplained FGR, the current research climate, and the fact that this study did not begin enrollment until February 2020, just as COVID-19 restrictions came into place. Prior to the current restrictions, a CRC was physically on-site in the PDC and easily available to recruit eligible participants in real time as soon as a clinical provider notified the CRC of a new eligible patient. This anticipated version of the research recruitment workflow relied on on-site CRCs as well as participant identification by clinical providers. Once COVID-19-related restrictions were implemented, it was clear that this research recruitment process would not work. Currently, our outpatient CRCs are working remotely and thus not available on-site. Furthermore, our clinical providers are overextended by the stresses of providing safe and effective prenatal care in the setting of global pandemic; requesting that they take on the additional task of assisting with research recruitment is unfair and unsustainable. The current situation calls for a dedicated CRC with protected time to perform the tasks necessary for identification, recruitment, and enrollment of eligible subjects, as well as coordination of biospecimens. This CRC will review the daily schedule for the PDC and perform individual chart review to identify eligible patients; contact PDC patient navigators to notify them of eligible patients prior to their scheduled clinic visit; schedule telephone/video visits with eligible participants to review the study and obtain informed consent; coordinate biospecimen collection and pick-up; and track study progress.
38. I would like to apply for a small grant to purchase a color laser printer and other videoconferencing supplies (like a videoconferencing light, headset, etc). I am working a good portion remotely at this time, and it would be very helpful to set up a small home office with these items, which would help with telehealth and remote teaching/scholarship.
39. With the transition to working at home, I needed to work with patients via telehealth for multiple hours a day. This involved prolonged sedentary behaviors that would otherwise have been interspersed with periods of movement. This prolonged sitting started to increase the stiffness/tightness in my low back and hips. Though not always affecting me, this does occasionally become bothersome and with prolonged positioning, can make it more straining. This has affected my ability to provide more appropriate care for my patients later in the day as compared to my early patients. By adapting my environment to make it more ergonomic, my hope is to be able to work with patients with less restriction and worrying less about my body but more on theirs.
40. As a junior faculty with a growing family, COVID has substantially stretched my ﬁnancial resources, and this award would provide a very important relief for my family. The salary freezes implemented during the pandemic altered our ﬁnancial planning, and the pandemic reduced my wife’s ability to work full time. As a result, we moved for several months to live with family to get help with childcare and to address our ﬁnancial situation. I recently moved back to the Bay Area, and I need to make several purchases for my home oﬀice. I continue to work from home nearly every day. There are several oﬀice supplies that I still need to purchase, including a ﬁling cabinet. I would like to purchase an ergonomic oﬀice chair and have several other purchases I could use these funds for, including a standing desk.
41. I am requesting $500 for COVID relief to purchase a new chair to work from home. As I am seeing 20 patients per week on telehealth and I work from home for my research projects which are all clinical administrative database, it would be beneficial to have an ergonomic office chair.
42. I am hereby submitting an application to the UCSF COVID-19 Relief Fund of the Faculty Welfare Committee in which I am requesting $500 for the purchase of a desk for my home office. During the pandemic, I began working from home and have continued to spend 80 to 90 percent of my time working full-time from home. This is in part due to the periodic limitations on staff numbers allowable on site at any one time at our research facility. I direct a research laboratory, and I decided that it was more important for the laboratory scientists and postdoctoral fellows in my group to be on site than myself. I purchased a home printer and scanner at the outset of the pandemic to accommodate these changes. However, I have been working from my kitchen table or a mobile desk/bed tray that is not able to sustain the weight of my printer and barely sustains the weight of my laptop. I am immunosuppressed, and although I am triply vaccinated it is likely that I will continue primarily working from home for quite some time for my own protection. I would like to purchase a desk that is sturdy enough to hold my office equipment and will be significantly more ergonomic than my kitchen table. The Fallon Desk from Wayfair would be extremely useful for this purpose. The desk costs $479, plus taxes (with free shipping).
43. The Covid pandemic has adversely impacted me in a number of ways. I have had to increase my time doing a variety of activities related to maintaining my research laboratory that normally would be shared with my lab members who have had to be away from work for Covid leave or during periods of time when the numbers of people that could be in the lab was limited. This has included ordering supplies, taking care of mouse colonies and updating laboratory safety protocols. As a result, I have had less time to focus on important priorities, such as grant and paper writing. I am also a single parent of two school age children and my family life has been strained by the pandemic. For example, when my children need to stay home for virtual school, I have to obtain additional childcare, with significantly increased cost. Even when they are able to go to school, there are additional costs and time involved; for example, their usual means of getting to and from school, such as carpools, have not been feasible. For a variety of reasons, often the only possibility is for me to try to work remotely from home. I am requesting $500 for office equipment for home use. The budget items would be a router in order to have stable internet connection for zoom meetings as well as online research and an office chair to enable proper ergonomics during the extended time I spend working at my desk.
44. COVID has impacted our family in that we have required more space to work from home, required more childcare as duties have shifted, and had direct impact on my health with less steps and unfortunate weight gain. As we are working from home more and have less in person interactions, this is impacting my health. Typically, in the office I get up and walk from room to room and see patients and talk with staff. At home and doing telehealth, I am largely in front of a computer all day. I track my steps and found that on my days that I work from home, I am getting <1,000 steps! Unfortunately, this is significantly below my baseline of typically 6-8K steps. I would love to have the chancellor’s funds to get a standing desk and an under the desk treadmill in order to increase the amount of time on my feet and my step count.
45. Due to the ongoing COVID-19 pandemic, our daughter’s preschool has not increased their hours back to the pre-pandemic hours. My partner and I are both physicians, however, I am a research faculty with 80% of my professional effort dedicated to research. Therefore, much of the home responsibilities have fallen on me, including ensuring that our children get to and from childcare every day. This has limited the business hours that I have available to work on my research and often necessitates that I work after the kids go to bed. These changes to my work routine have necessitated that I optimize my home working environment to maximize productivity. As part of that process, I acquired a sit/stand desk to help me focus (especially during the evenings).
46. I registered to take my boards this year (in neonatal-perinatal medicine), which cost $2900. Due to COVID-19, my department decreased the amount of CME funds which are available to $2000 per person. I would appreciate any amount that can make up the difference. I have young kids and it isn’t a great year for me to pay $900 out of pocket to fulfill a professional obligation.
47. I am a Pediatric Gastroenterologist working full time at UCSF Children’s Hospital Oakland. COVID Pandemic has adversely affected a lot of us. COVID pandemic was at peak when I returned to work after maternity leave. It was a tough decision to come back leaving young infant home, going to hospital for my on call duties and carry the risk of exposure to my young children husband and elderly parents who were staying with me. During this time, I was also committed to exclusively breast feeding my baby which is a full-time job in itself. Grateful that we were provided with option of telehealth from home. Constant use of computer and mouse over 8-10 hrs a day along with breast feeding duties has led to me developing de quervain’s synovitis and thoracic outlet syndrome. I have been managing my pain by physical therapy and postural changes, but I would really like to use this COVID relief fund to buy myself Ergonomic desktop set up.
48. I write to request funding from the COVID relief fund to enhance my outpatient Pediatric Gastroenterology telehealth experience with additional home office support to promote proper ergonomics and decreased physical stress. As a 1.0 FTE clinical provider, I offer at least 7 half-day telehealth session per week. Since working from home, I have resorted to using my long term UCSF-sponsored 13” MacBook Pro lap top in a stationary environment all day for primary chart preparation, video communication and documentation. I find myself squinting at the small screen (particularly with many windows open) and slouching in my dining room chair. Support from the COVID relief fund would allow me to enroll in a telehealth ergonomics course for healthcare professionals and invest in home equipment to dock my lap top with an external monitor that can be moved up and down and to purchase lumbar back support and foot support to promote a neutral posture. I would also like to invest in a wireless mouse to move the cursor, instead of relying on the touchpad on the laptop. 1) 2-Hour Telehealth Ergonomics for Healthcare Professionals Course (see link above): $80; 2) Computer Monitor (Dell 24 Monitor): $209; 3) Logitech Zoomable Webcam: $100; 4) Logitech M720 TriathlonWireless Mouse: $40; 5) Everlasting Comfort Lumbar Support Pillow: $40; 6) Everlasting Memory Foot Rest Pillow: $40. Total $509 (plus any additional cables, chargers, etc).
49. COVID-19 has affected everyone in a myriad of different ways. For me, I graduated fellowship and started working as a pediatric infectious disease attending in July 2020, emerging as an attending physician right as the pandemic was emerging on the world. My life as a new infectious disease attending, who also works in infection prevention and control, has evolved to include an array of new meetings, all in zoom format. Additionally, I have received an increased number of requests to give informative presentations to different groups, again via zoom or other web-based conference formats. This new emphasis of my career on meetings, and specifically meetings via video-conference format has been a challenging adjustment, but is exacerbated by the fact that my home computer predates my start of fellowship and is not able to function properly in these video conferences. As a result, in order to attend meetings at off-hours (which occurs with some frequency), I either need to drive into work to use my work computer, or try to make do with my phone, but this limits my ability to visualize slides and other members of these conferences. I thus have a strong need to replace my home computer, but I am presently diverting much of my salary towards payments of student loans. This award would help make replacing my home computer more manageable and would thus increase my productivity at work.
50. Due to COVID-19 my child has had significant health challenges that require increased supervision. I have needed to take some intermittent leave. When I am not on clinical service, I can only rarely be at my desk in the CSB. Using my laptop all the time is very uncomfortable. It would be most helpful to have a larger screen for home. I would like to buy a used Mac Thunderbolt monitor. I purchased with personal funds a non-mac screen and it is not functioning well – I have moved it to my office space. The Thunderbolt screen and necessary adaptors cost appx 600$, so I am requesting a 500$ grant.
51. I am submitting an application to the Senate’s Committee on Faculty Welfare for COVID relief. The COVID pandemic has presented me with a number of professional challenges similar to many other UCSF faculty. My 3 children were in distance learning program requiring me to assist in providing child-care during work hours while my wife was working. This has required me to do my work meetings and telehealth visits at home – usually in the garage or outside using my laptop. I would be requesting $500 to assist in a more appropriate home office and work equipment setup as I am now needing to continue to work from home many days.
52. COVID-19 has adversely impacted my life in the following ways: I do most of my clinic visits by telehealth and I only have a laptop, which is inefficient since I have to switch between Zoom and Apex on a 13 inch screen several times a day. This translates into spending more time in front of a screen to prep and close patient charts, which has added countless hours of work and negatively impacted my work/life balance. In addition, my sister, who is a per diem healthcare worker and primary caregiver of our elderly parents, has had periods of weeks to months without any shifts available. As such, I have been financially supporting them. An award of up to $500 would greatly impact my work efficiency because I could use this fund to purchase a computer monitor so I could look at my patients on Zoom and have Apex up on a separate screen for reference and charting. In addition, if there was left over money, I could use it to purchase a printer/scanner/fax as there are always documents that require a wet signature or forms that need to be faxed.
53. I had a recent surgery on last Friday that requires me to work from home, to attend meetings and to advise students virtually, and to continue my federally funded research and project grants offsite. However, my current working laptop computer has limited memory and storage space, and also with children continuing virtual distance learning at home since the COVID 19 pandemic, it is difficult to conduct virtual online meetings without interrupting children and other adults in the household. Therefore, I requested the fund of $500 to purchase office equipment for home use to facilitate my professional work as outlined below: 1) G-Drive USB-C External Hard Drive $329.95 plus tax (for memory and storage space); 2) AirPods with Charging Case $159.00 plus tax (for meetings and advising students).
54. For our family, it was a significant investment to create four Zoom-enabled workstations at home as our school-age children were participating in school fully online from March 2020 through April 2021. For my pediatric practice, I needed to upgrade my home tech situation to be able to see patients via telehealth. This meant purchasing a more reliable laptop, headset equipment, and a desk for my home office (a closet/nook off our kitchen).
55. I am applying for a Covid-19 relief fund in the sum of $500 from the Faculty Welfare committee to purchase a new laptop. My current laptop is too old to support the newest version of Zoom. Because of the pandemic, I am using Zoom almost everyday for regular clinical and non-clinical activities. Having software that is not the most updated is not ideal for this task. Additionally, due to Covid, I use my laptop to transition more often between my “home office” and the hospital, now that we are doing less in-person gathering. My department does not fund the purchase of computers for faculty. Though $500 will not cover the cost of a new laptop, it will help.
56. One of the most severe negative impacts of COVID is the disconnect among my lab members. Although we have regular zoom meetings, we are not able to socialize and interact in person. With vaccination, now we can have small group in person interactions. I would like to apply for the COVID relief fund of $500 to facilitate such interactions, by providing snacks. This fund is necessary as we are not able to charge such cost onto federal grants.
57. Due to COVID, I had to work remotely from home. I suffer from a bad back (had scoliosis spinal fusion surgery when I was 16). Due to that, I thus had to purchase office equipment, including a standing desk, webcam and a more ergonomic keyboard.
58. Professionally, prior to the COVID-19 pandemic, most of my funding to support my research came from a private foundation and a professional association. The private foundation and professional association that funded my work had significant financial challenges due to the pandemic and they thus significantly cut funding (even on a very well scored peer-reviewed application). I ended up having to lay off a staff member and lost two additional staff members to other positions at UCSF. I have since re-established funding for myself and a smaller iteration of a team and we are slowly re-emerging from a year of significant financial scarcity. Personally, I have a school-age child. When the pandemic started, his teacher essentially stopped teaching and my wife and I thus had to supervise him while working plus help to provide some schooling. While the distance learning program at his school last year was adequate and he did return in person last spring, the hours were far less than we were accustomed to and I thus had additional time constraints on my ability to work the hours that I used to work. I also have been very involved in our school district’s efforts to re-open for (safe) in person learning and devote a significant amount of my outside of work time to these efforts, including taking vacation days to allow me to contribute to this important community effort. Because of the financial scarcity of my funding, including my prioritization of salary support for myself and for as many team members as I could retain, I put off setting up my home office. I still use a dining room chair and an old kitchen table for my workspace at home. I would ergonomically benefit from having a height-adjustable desk and chair that fit my height (I am not tall and have short legs). The desk I have identified costs $599 (https://www.upliftdesk.com/uplift-v2-standing-desk-v2-or-v2-commercial/). The $500 from the Faculty Relief fund would help support my purchase of this desk or a similar desk.
59. COVID has limited my ability to attend variety of conferences and lectures. It also became a barrier to socializing with colleagues. Although now we can use ZOOM to attend conferences and interact with colleagues, the virtual experience is still not the same as in person ones. With this relief fund, I would probably invest on headphones or ipad to allow better virtual experience on ZOOM.
60. I live in San Francisco in a small home with two children. We are not set up to work from home and seek fund for the set up of a home office. Expenses include an ergonomic chair (instead of dining chairs that we have available), laptop accessories to help with sitting at a small computer all day and office supplies.
61. COVID19 adversely affected impacted my work (and life) in profound ways. My three children are all in school, however none of them are old enough to be vaccinated. Whenever a friend or even one of them has so much as a runny nose, their cohort is shut down. On these days, I work from home with my tiny laptop on my lap. With these funds I would buy myself a proper monitor, printer and minimal office supplies (post-it notes, folders, printer paper) to set up so I can work somewhere that is not my kitchen. This will hugely impact my ability to work more efficiently when I have to work from home. In total, this adds up to $650 so my submitted request is for the full $500 if possible.
62. I am requesting financial support ($500 total for cost of desk, chair, and set up) from the COVID relief fund for a standing desk to help with ergonomics and daily function. I have spent a majority of the last year working from home with residual musculoskeletal symptoms given the amount of time Zooming with patients, students, trainees (precepting), faculty (leading CME or committee meetings), and hours spent at a sitting desk for curriculum development and patient care coordination. I would appreciate support in ensuring my work station at home is promoting a healthy environment for productivity and joy/meaning in medicine.
63. As a result of COVID, I work from my one-bedroom home that I share with my partner who is also working from home. Given this limited space for multiple working adults and to make our home more appropriate for my full-time work, I need office equipment for my home. This includes the following items: 1) computer monitor(s) and appropriate adapters to connect to my laptop to conduct data analysis and write papers and grants more efficiently; 2) equipment to improve the ergonomics of my home office (e.g., standing desk, modified keyboard, modified mouse) to prevent exacerbation of already existing pain; 3) improved lighting for meetings and conference presentations over Zoom as well as telehealth visits; 4) noise cancelling headset to improve concentration and for use during frequent video conferencing meetings.
64. As has been widely noted in both academic journals and the public media, the COVID-19 pandemic has placed disproportionate stress and responsibility specifically on women who are often both the primary caregiver at home while also working full time. As a mother of two children under the age of 5, a full time faculty member, and partner to a full time male ER physician, I have felt the relentless stress of competing demands of not only my job and job description, but also of losing childcare, having reduced childcare, and needing to be both full time parent and pediatrician/researcher/educator simultaneously. My partner, a young (i.e. <65 years), healthy, adult ER physician, has gone above and beyond his official job requirements to serve on the front line since the pandemic began in March 2020 which has been a necessary effort. The result of which has placed much of the household and child rearing responsibilities on me given his erratic and often extended clinical hours. Given these competing demands, I have worked with my department leadership to find as many opportunities as possible for telehealth/remote work without compromising clinical care. The Chancellor’s Fund would allow me to purchase office equipment to create a more ergonomic and functional space within my home including a larger monitor for charting ease in EPIC, a headset and webcam for telehealth appointments, and a home printer.
65. COVID has affected my workflow in that my childcare situation has made it so that there is no after school program and I have to tackle work meetings along with childcare at home. After child pick up, or when I am unable to access my office due to staffing restrictions, I am taking my meetings by zoom. While I do have a laptop, much of my work now is doing statistical analyses and managing large state contracts with my remote study team. I would like the additional fund to purchase an Ipad to use as a dual screen (using Sidecar) and report reader (cost $799, I will fund the remaining cost) for home so I can multitask easier in my meetings, making my work more efficient as I work with my study team members and do the needed tasks of our work group on my main laptop. Currently, zoom often interferes in my programming which has called technical difficulties during team meetings and teaching. COVID has been a strain on everyone and trying to support my research teams and ensure they have remote capabilities have strained my funds such that buying additional items such as this for my own home use has become difficult.
66. Like all my colleagues, my amount of work from home time has increased exponentially since the beginning of this pandemic. Having a functional home office is vital to maintaining productivity. While I have been able to acquire many pieces to augment my office, I am still in need of a comfortable office chair. The $500 COVID-Relief money would go a long way towards helping me to pay for a suitable seat.
67. I am an Assistant Adjunct Professor of Pediatrics and of Medicine in the Divisions of Pediatric Endocrinology and Endocrinology and Metabolism, developing a robust research program investigating the skeletal effects of gender-affirming medical therapy in transgender and gender diverse (TGD) youth. As the COVID-19 pandemic set restrictions in motion, my clinical research pilot study on the skeletal effects of gonadotropin-releasing hormone agonist therapy in early pubertal TGD youth was adversely affected – resulting in a 4-month pause in recruitment and study visits. As such, my study is projected to require additional funding beyond my current funding period which ends on June 30, 2022. I am seeking a $500 award to directly support my research study to cover the costs of study participant hotel reimbursement ($250), parking stickers ($10), serum separating tubes ($20), clinical research center costs ($85), and laboratory sample processing ($135). This additional amount, while seemingly small, will be extremely helpful in allowing my study to complete a final study visit that is expected to occur beyond June 30, 2022.
68. I am writing for consideration for the COVID19 relief fund of $500 to be used to procure office supplies including an office chair and web camera setup for my house. During the pandemic I have been spending a significant amount of time working from home trying to support colleagues in low resource settings with COVID clinical technical assistance. To maximize the impact of these sessions, I would like to upgrade my home office setup.
69. As a junior faculty member and parent to two young children, both my personal and professional lives have been significantly impacted by the COVID-19 pandemic. Although my appointment includes protection of 75% of my time for research, the pandemic has necessitated that I contribute more clinical time to meet the demands for pulmonary and critical care providers. This shift has reduced the amount of time I have had to complete critical data collection and analysis for my research program. In addition, despite schools having reopened, in person instruction time has been interrupted by positive cases and/or my own children developing infectious symptoms necessitating they stay home until testing is complete. As a result I continue to work from home frequently, relying on a set up that does not meet all of my work needs. I am therefore requesting $500 in COVID-19 relief funds to cover the cost of programmer time to pull clinical research data from APeX as well as to purchase a printer for my home office.
70. I am requesting the UCSF Chancellor’s Fund for COVID-19 Relief Fund to be used to support critical home office equipment for virtual meetings and remote teachings: a conducive computer monitor, video camera, and microphone to improve current remote work setup and daily virtual zoom experience. These specific types of equipment continued to be used daily, and I have been using personal devices that are significantly smaller, underpowered, and often challenged by poor visibility despite having fast internet connections. During the Pandemic, I relied on a significantly smaller screen from a personal computer, and UCSF issued laptop during virtual teaching, meetings, and projects. In several instances, I had to resort to a personal laptop to conduct meetings since my video camera on the desktop currently had poor visibility. In addition, as a junior faculty member, I have big data informatics projects for the department of physical therapy and research projects requiring several virtual collaborative meetings a day. While I am incredibly grateful for the library resources to loan a microphone temporarily, this fund will contribute a comprehensive remote work set up to sustain my key responsibilities: upcoming virtual courses, ongoing virtual collaborative project meetings, and heavy data analysis work, which often require multiple screens to navigate. Further, a significant part of my informatics work requires visually engaging data, especially for dashboard and department’s operational projects. The COVID-19 Relief Fund will immediately impact my daily work by improving the quality of equipment needed to sustain my professional endeavors.
71. The COVID-19 pandemic has affected my family in many ways. I have two small children who attend daycare. The new rules for their daycare state that if any household member is ill, the entire household has to be isolated. These are appropriate rules and I appreciate the daycare’s vigilance in preventing outbreaks at school. However, it has also resulted in a number of sick days I have had to use to care for my sick child or await testing results before resuming participation in daycare. Additionally, I have spent some personal money on equipment to make the telehealth experience better from home. I purchased a new wide screen monitor so that conducting visits and charting simultaneously was easier, and I also purchased a webcam. I would like also to upgrade my mobile phone since I do plenty of emailing and corresponding with patients on my mobile. Due to the salary freeze, I did not have any increase in my salary though I advanced in ranking from Assistant to Associate Professor in 2020. My department chair is actively working on this, but any amount from this Relief Fund is greatly appreciated.
72. I am applying for the amount of $500 from the COVID relief fund. I am a primary care clinician at the San Francisco VA with my clinic in Eureka, CA where I care for patients via Telemedicine. I am also the remote clinical director and Deputy Chief of Primary Care. As part of my clinical and administrative duties at the San Francisco VA, I must travel to Eureka, CA about every 3-4 months to see patients and oversee clinical operations in person. Unfortunately, COVID has made finding a place to stay where I can be isolated from others (not eating out) very difficult within the VA lodging reimbursement. The VA reimburses $101 per night, but it is not possible to find a long term stay with a kitchen within this budget limitation in Eureka. I would use the $500 in order to go to Eureka more frequently, safely, and without out-of-pocket costs.
73. The COVID-19 global pandemic has no doubt adversely affected all faculty over the last 18 months. For me personally, this has led to a huge shift in the way I deliver care to patients in Pediatric Rheumatology. More explicitly, there is ongoing demand from patients for the continued use of telehealth. During shelter in place and also to minimize exposure, this has required the conversion of home space into an office. If awarded this money, it would be put toward optimizing this home work space, including a sit/stand desk to help with ergonomics, which is critically important given the amount of screen time work now demands. Additional items with costs include an anti-fatigue standing mat, upgraded teleconferencing video camera, and dual screen compatible with my laptop to improve ergonomics and visibility. While these funds will not cover all these expenses, it would help alleviate some of the financial burdens caused by the pandemic.
74. Thank you for the opportunity to request funds to partially cover costs incurred to set up a home office/desk that is ergonomically friendly as I spend up to 12 hours per day conducting meetings, teaching and caring for patients from home via Zoom. Prior to the pandemic I spent minimal time on my laptop doing work from home compared to now. The make-shift office I previously had quickly caused posture related neck and eye strain. To remedy the physical side effects of my work from home environment, I purchased an ergonomic back supporting desk chair, a sit-stand desk, and a computer monitor. Below are the price tags from the chair and desk purchases I made. As you can see the cost well exceeded $500. The $500 grant/fund would aid in recouping some of the personal costs I invested to be able to work, teach, and care for patients from home without added physical strain to my body.
75. I am a Pulmonary Physician and see patients in the Pulmonary Clinic at our Mt. Zion campus. When the pandemic started we switched to doing all telehealth visits and I have done these visits at home. We started to see patients again in the clinic since June 2021 but still have telehealth visit sessions. I currently work from home doing telehealth visits 3 days out of the week and go to the clinic to see patients in person 2 days a week. For telehealth visits I need to use an iPad for the Zoom portion of the visit, as I only have a laptop to use at home. It is small and cannot accommodate space for both the Zoom window to see the patient as well as a workspace for documentation on Epic. My current iPad is old and in need of replacement. I would like funding to purchase a new iPad.
76. In March of 2020, the entirety of my clinical and education work shifted to the virtual environment. I am thankful that I had this option to continue working and caring for others from the safety of my home. While thankfully the fears of becoming entirely overwhelmed by COVID have not come to fruition, COVID has dragged on for the past 18 months while we still await a return to normalcy. I have adapted much of my clinical work and education as best as possible to the remote Zoom environment with over 80% of my work being remote. In March of 2020, I outfitted my office with that this would be for about a month and have made minimal adjustments since. It wasn’t until January 2021 that I finally decided to hang up decorations that had previous been on the walls of my UCSF office. Similar to many in this situation, I’ve noticed an increase in back and leg pain in part due to remaining sedentary for a larger portion of my day. As such, I would use the COVID-19 relief fund money to buy an office desk that can convert between sitting and standing so as to improve my physical health while I care for the mental health of others.
77. I am an Associate Professor in the Division of Experimental Medicine, starting in July 2020, so although I’m no longer new, it feels like it, since I’ve almost never been able to go into work. We have two children: four year old Theo and 12 year old Taranom Chloe. Thankfully, Taranom finally started in-person school this autumn, however Theo is still at home with us. Although my wife Salumeh contributes to the majority of the child-care, I contribute to his care too. I would like to apply for noise-cancelling headphones (Bose 700: $382) from the relief fund, which will enable me to be more productive whilst working from home with the distraction of a highly energetic and rather noisy at times four year old around.
78. As a pediatric resident during the pandemic, most of my outpatient rotations, formal learning and connection with my cohort/program became virtual. Those that could occur within the hospital had added layers of complexity as we navigated COVID precautions while still trying to establish and maintain relationships. Several items became essential for me: personal protective gear within the hospital and my computer at home. When the pandemic started, I needed an added layer of plastic eyewear or a face shield on top of my glasses; unfortunately, wearing two sets of eyewear was awkward and got in the way of basic patient care. After going through numerous sets of disposable eyewear, I finally invested in a pair of prescription Stoggles which have made a world of difference for me. I was able to focus more on my patients, procedures and reading with one less barrier between us as well as decrease my use of one-use or limited use PPE. Like many, my time using a computer increased dramatically during the pandemic. From virtual patient visits to my own personal therapy and resident recruitment to boards studying, my outdated computer got a lot of use. As the pandemic wore on, it became less and less reliable. At first it was just small things that didn’t work or would need to be restarted, but after needing to return to the hospital to complete notes and prepare problem lists for the oncoming day team because my home computer would not turn on, it became clear that I needed a new one. Having an updated computer with fast, reliable access to Epic and other work-related programs has allowed me to complete tasks more efficiently so that I can then enjoy more, screen-free time with my family. Investing in a new pair of glasses and a new computer were not on the top list of things to buy this year but were needed personal expenditures during this pandemic. I hope that you will consider applying some of the COVID relief fund towards these purchases. They have made an incredible difference for me this year at work, helping me to be the doctor I want to be despite the challenges we faced this year.
79. I am writing for consideration for the COVID19 relief fund of $500 to be used to procure office supplies including a monitor and web camera setup for my house. During the pandemic I have been spending a significant amount of time working from home trying to support colleagues in low resource settings with COVID clinical technical assistance. To maximize the impact of these sessions, I would like to upgrade my home office setup.
80. Due to COVID 19 pandemic, my family’s income decreased as my spouse needed to reduce her work to help care for school-age children. I am a highly active primary care physician and educator at UCSF. I have had to take care of patients virtually as well as host educational sessions from my home. I have a laptop computer with a relatively small screen. In order to do my job effectively, I need an additional monitor with costs $250.
81. The COVID-19 pandemic has impacted my family dramatically. My son was born in January 2020, and I returned to work immediately prior to the institution of Shelter in Place as a new Infectious Diseases Assistant Professor. This time was difficult given the need to staff a new COVID-19 service while my newborn son was home with an immunocompromising condition. As I was a new employee, my life insurance had not yet activated, which was another source of stress in my family. Things became more difficult when our UC Berkeley childcare closed its infant section—leaving it nearly impossible for us to find alternatives due to the high demand. Our childcare costs ballooned past what we had expected, and even now, with our son finally attending the childcare he should have attended last year, the hours have been reduced to 8:30-4:30, impacting our careers significantly. I am requesting the $500 emergency fund to purchase a monitor, keyboard, and trackpad for my home office, where I need to be more frequently that expected until I can drop off or pick up my son.
82. Starting a lab and launching an independent career is a challenge regardless of the circumstances, but the pandemic has introduced an added layer of complexity that has made this a tougher time than usual. Shutting down a lab within a year of opening has adversely impacted our ability to generate data- and it is hard to establish a new lab without data. We found new and creative ways to be productive and used the time to write grants, analyze existing data and meticulously plan new experiments. However, once we returned to the bench, we realized the number and frequency of clinical samples which we relied on for our work had slowed down to a trickle, slowing us down even further. Working from home also required some creative solutions as my partner and I took turns helping our small children with remote learning and setting up “offices” in quiet corners around the house. It has also been difficult to recruit students and postdocs to the lab- a challenge that continues as more PhD students choose Industry over Academia in search of a livable wage. My recent Postdoc hire has rescinded her acceptance in favor of a job in Industry to help her family through COVID-related hardships. While I cannot fault her decision I am left in the precarious position of moving a funded project forward which has already been delayed by a year because of COVID while simultaneously trying to secure additional funding for the lab, continuing my clinical duties, and managing a lab with new rotation students. There is an increased awareness of the hardships faced by women in science during the pandemic, yet the reality is that this has not lessened the requirement for preliminary data when applying for NIH funds. This award would allow me to consult with a Biostatistician at CTSI to work through power calculations for grants and statistical analysis of existing data, expediting my ability to submit grants and papers for publication.
83. Personally, COVID has impacted caregiver burden for me in terms of caring for both my children, which in turn has result in loss of work hours needed to complete research in the setting of a busy clinical practice. Despite, adding on aftercare through school (only available 4/5 days) and additional avenues of care, it is not possible to “outsource” the entire burden of care. Unfortunately, this was never more apparent then when I recently had a breakthrough infection necessitating 15 days quarantine and recovery time. For the reasons described above, the time that I would have spent running statistics/cleaning datasets has been sacrificed for multiple COVID related reasons. I would use this $500 for CTSI support with statistical analysis to use to complete an outstanding project looking at quantitative assessment of sexual function in women who have underwent cystectomy (IRB approved project which is almost completed save for the quantitative statistical analysis).
84. Since 3/2020 I have spent increased time doing remote work from my home office due to childcare gaps. My current home computer in now more than 6 years old and due to replacement. I am requesting $500 from the COVID-19 Relief Fund to help defray the charge of an updated laptop which will support my telehealth work.
85. I am writing to request funding to support professional efforts that have been impacted by covi-19. My 1.0 FTE clinical practice in behavioral neurology at UCSF has shifted to being almost entirely telemedicine and home-based. I have been relying on personal computing equipment for this practice, including my personal laptop and monitor. I am requesting $500 of the relief fund to support the purchase of a high-resolution, larger screen computer monitor. Accurate, precise, and detailed observations are critical in cognitive assessments, including the neurologic examination and when reviewing neuroimaging (e.g., MRI, CT, PET). Small details on the images (e.g., size and morphology of the hippocampus) can make a big impact on how I understand and frame my patients’ symptoms. Using a higher-quality computer monitor will enable more precise observation throughout my evaluation. I also often have many windows open simultaneously (e.g., apex, PDFs, imaging, articles); a larger screen will enable more efficient scrolling between these pieces of information.
86. I am pleased to submit this application for the 2021 COVID-19 Relief Fund from the Faculty Welfare Committee. I am a recent hire at UCSF. I started my new position as Assistant Adjunct Professor, Step 2 on 08/01/2021, and am based in the Division of HIV, Infectious Diseases, and Global Medicine. I was recruited by Dr. Payam Nahid and Dr. Diane Havlir given my background in tuberculosis clinical trials research, and I am an active member of theUCSFCenterfor Tuberculosis. I amsupported by an NIH/NIAIDMentored ClinicalScientistResearch Career Development Award (K08 AI141740) which leverages my active role in two ongoing Phase 3 tuberculosis therapeutic clinical trials and their pharmacokinetic/pharmacodynamic (PK/PD) sub-study to examine the safety, tolerability, and PK/PD of new and repurposed drugs for MDR-TB treatment. The COVID-19 pandemic has impacted my research program by introducing significant delays in the conduct of the parent studies for my K08, namely the two clinical trials and PK/PD sub-study mentioned above. Now that I am at UCSF, my attention has been focused on onboarding my K08 and working to onboard the PK/PD sub-study in a new site, Vietnam, through the existing UCSF-VNTP collaboration led by Dr. Nahid, who serves as my primary K08 mentor at UCSF. The COVID-19 Relief Fund would assist with covering research costs for the new site for the PK/PD sub-study, and more broadly, for new unanticipated costs owing to my move to UCSF. These would include, but are not limited to, [1] translation costs of study documents to Vietnamese, [2] regulatory and ethics review submissions in Vietnam, and [3] statistician time to devise an analysis plan for the deliverables planned in the last two years of my K08 award (of note, in my previous institution, statistician time was provided free of charge through an existing NCATS and institutional award to faculty). I would plan to use any leftover funds from the COVID-19 Relief Fund for office equipment for use in my new home office, which for example would include [1] a standing desk converter and [2] a headset/headphones/microphone for teleconferences.
87. Like many faculty, I have faced professional challenges related to COVID-19 in addition to increased childcare costs related to the pandemic. Additionally, as a clinician educator, I do not have independent grant funding, so rely on our small divisional professional development funds, which were cut in the budget, meaning that we have no funds to attend continuing medical education courses, nor to purchase needed equipment to improve work environment. I would use the funding to pay a fee to attend a virtual CME course, as well as to buy home office equipment to provide a more efficient and ergonomic work environment since we are being asked to remain hybrid as much as possible.
88. I recently transitioned from being a 5th year clinical infectious diseasefellow to Assistant Professor in the Division of HIV, Infectious Diseases, and Global Medicine. Over the last 18 months, I was responsible for the implementation of the UCSF Long-term Impact of Infection with Novel Coronavirus (LIINC) cohort (NCT04362150, www.liincstudy.org), which was one of the first COVID-19 recovery cohorts in the country. Over the last year, we have conducted over 1200 in-person research visits with over 450 individuals who had COVID-19. While our initial efforts focused on immunology to inform vaccine development, our attention has now turned to the many challenges facing individuals as they recover from COVID-19, particularly the impact of “long COVID,” a type of post-acute sequelae of SARS-CoV-2 infection (PASC). Recently, we leveraged our experience with LIINC to apply to participate in a SARS-CoV-2 recovery consortium through the NIH, entitled Researching COVID to Enhance Recovery (RECOVER; https://recovercovid.org/). UCSF has since been selected as a finalist among 300 submissions nationally and we are planning to begin a massive effort to recruit and study nearly 1000 additional individuals over the next year. The workload of managing our large recovery cohort with limited support staff has had a major impact on my personal life, in particular my ability to work while at home. For 18 months, I have been performing onsite work for 12 or more hours per day to manage all aspects of the cohort as well as data analysis and publications. These long hours, including weekends, have been driven in part by my lack of a suitable work setup at home, where I live with my partner who is 6 months pregnant and a physician-in-training. While I need to be on-site during the day to see participants, I would be able to work remotely more easily in the mornings and in the evenings if I had an appropriate home office space, which could reduce the need for on-site work to 9am-5pm (rather than 7am-9pm). This will be particularly important as we launch RECOVER and as I become partially responsible for the care of a newborn. I am therefore requesting $500 in funding to support the purchase of a 32” widescreen computer monitor (the same that I have in my work office) to set up a home office that will allow me to have more flexibility to work from home in the mornings and evenings. I believe this will improve my quality of life and ability to spend time with my family while still maintaining a high workload.
89. Due to COVID, I have been working from home, which has been a struggle for many reasons but also partially due to an inferior information technology (IT) set up. At my office pre-COVID I had a dual monitor set up with my docking station, which was extremely helpful for doing work – reducing neck strain, allowing increased efficiency during meetings, and facilitating the editing of documents. This has not been possible since the pandemic began. I propose to use the COVID-19 relief fund to purchase a dual monitor display, 17”-19” each, with associated cables, to connect to the home docking station I have set up for myself. This would greatly increase my efficiency when working from home. (Additionally—when my 3rd year olds join me “at work”, it sometimes helps to have a monitor on which I can play videos while I work—not for longer than 10-15 minutes but it can be a huge help when trying to complete an email or finish writing a few paragraphs!). I have in mind two 19” monitors and associated cables which are $118.99 at the moment (x2) at Amazon, but if I am obligated to go through bear buy they would be $249 x 2 for 2 17 inch monitors. A cable converter would be required for each from VGA to HDMI or display port; these are usually $10-$20 each.
90. As a result of the COVID-19 pandemic, my academic career has been stalled. I am part of a dual-physician household with two small children. My husband has significant clinical duties, and I have assumed increased responsibilities of child care, including education and supervision. I have also maintained my clinical duties including endoscopy, clinic, and the gastroenterology consult service. We have had less support from my elderly parents due to our desire to minimize the risks of COVID-19. As a result, I have had less time to develop my R01 application, which is the next critical step for my career advancement as an independent physician scientist. If awarded, I would utilize the funding to pay for a consultant to provide critical feedback to my R01 grant application. I would also utilize the funding to purchase a new laptop computer to be used in my home office and in the laboratory. This funding would directly address several of the challenges faced during the pandemic by providing me with grant-writing support and equipment that I need to generate a successful R01 application.
91. I am applying for the UCSF COVID-19 Relief Fund through the Committee on Faculty Welfare. The COVID-19 pandemic has had a powerful impact on innumerable faculty members across the UCSF campuses. I am an Assistant Professor who primarily runs a basic science lab that opened at the end of 2019, only to be shut down a few months later due to the pandemic. Even with the return to research, the pandemic has made it difficult to hire and train new lab members, and we often depend on zoom for meetings as my own schedule has become much more unpredictable. As a front-line ICU provider, I have also had to take on more clinical weeks and overnight shifts to cover the critically ill COVID-19 patients in the ICU. Outside of my clinical work, I also frequently have to rearrange my research commitments in order to work remotely when my children have to stay at home for “COVID-rule out testing” for runny noses or similar symptoms. With my split duties between the laboratory, hospital and home, I depend on my laptop a great deal due to its portability. However, the limited screen size and speaker volume of the laptop make it cumbersome when spending long periods of time outside of my main office analyzing data or conducting zoom meetings. I would like to use the $500 funds provided by this proposal to optimize my home office environment with the purchase of items that will allow me to use my laptop to dock at a station without eye strain or struggling to hear clearly. These items include (1) two larger computer monitors to optimize efficiency (24-27”, less than $200 each on Bearbuy); (2) external speaker/headphones (~$30); and (3) cables and adapters (USB C-USB-HDMI, ~$25-50).
92. As an infectious diseases physician at Zuckerberg San Francisco General Hospital and head of infection control for the hospital, I have had the opportunity and the duty to serve ZSFG’s patients and staff throughout the COVID pandemic. I have had over the past one and a half years unusually high demands on my time, have had to remain in hospital late and work most weekends to keep pace with the demands of the clinical COVID work and hospital infection control duties that I carry out. My wife is also a UCSF physician and a clinical leader in her area, and so we have faced unusual demands of a dual-physician household, caring for our two daughters, and swapping schedules and days when each of us can go into the medical center, staying late when we do come in, and working very intensively from a makeshift home office we established for the pandemic. I am seeking $500 to defray the costs I have incurred to obtain a computer monitor capable of displaying our EPIC computer system output, and teleconferencing equipment (headphones, and a microphone) that I use daily to conduct hospital calls and meetings related to COVID.
93. COVID has impacted me by preventing in-person interactions with my collaborative workgroups and students. Although I am thankful that we have Zoom and it has simplified virtual communications, the ability to have informal conversations, make personal connections between official meetings or just casually share a few minutes of downtime with a colleague is essentially gone. Even simple activities such as taking roll at a meeting, conducting a confidential vote on an issue, or solving a problem in real-time with a student (such as what might have been completed on a whiteboard in the past) need to be approached in a different manner now. I give a few lectures yearly to groups of > 100 students; in-person lectures to groups of this size continue to be conducted virtually. The number of small-group sessions that we can now hold in-person are more limited. A small group session I used to facilitate in-person, with hands-on activities, has now been converted to a large group session, requiring us to remove all of the hands-on components and create a simulation. While we have tools such as Poll Everywhere, a virtual blackboard and the Chat function on Zoom, it continues to be challenging to engage students and have interactive teaching experiences while on Zoom. I would use an award from the COVID relief fund to purchase a Ring light for use in my home office. Currently I share use of one Ring light with other members of my family who also work from home or are engaged in school from home; it would be of benefit to have a dedicated light for my own use. I often have to take calls from different locations throughout my home, as I share an office with another family member. I would also use these relief funds to purchase a wireless printer with scanner. I spend a significant amount of time writing, editing and reviewing documents. For me, the most accurate way for me to review and edit is from a printed copy. Estimated cost of ring light - $39.99; Estimated cost of wireless printer/scanner: $139.99; Estimated total: $179.98.
94. Prior to the pandemic, I worked exclusively from my campus office, which had undergone two ergonomic consultations to minimize risks after I developed two work-related injuries involving neck and wrist strain. With the transition to working at home, I moved to ad-hoc spaces at home for work, which involved moving around other people because my family of four lives in a San Francisco condo with limited space available to create a home office. As a result, I have experienced novel neck and back strain over the past 18 months. In July 2021 we rearranged a corner of our kitchen to fit a small permanent desk that I could use at home and hacked a keyboard tray underneath it, which has improved my situation. However, I still experience neck and back strain given my use of an older desk chair. As a result, under this year’s option to request funding for office equipment for home use, I am requesting $500 to purchase an ergonomic desk chair.
95. During the beginning of the COVID epidemic, I worked as a psychiatrist in the Psychiatric Emergency Services and on the inpatient unit at the Zuckerberg San Francisco General Hospital. I also worked as the psychiatric consultant in the ZSFG Emergency Department. During the summer and spring of 2020, I was one of the few psychiatrists willing to work in PES and the ED. Many of my colleagues who work in outpatient clinics did not want to take on the extra risk of contracting COVID by coming to do shifts in PES. Psychotic, agitated or intoxicated patients do not always wear their mask or socially distance, even in the ED. Despite the risk and the uncertainty of those early days, I felt it was my responsibility to the UCSF community as a physician and a past UCSF trainee to be there for our most vulnerable patients with serious mental illness. I used my own funds for PPE and cleaning supplies, I brought in snacks for our PES nurses, I invested in comfortable shoes to run between PES and the ED, I did not visit my grandma for many months, even though she had hip surgery. My husband who is a teacher lost his job and developed panic disorder that showed up as chest pain. He is still struggling with it to this day. During the epidemic, due to working many hours in cramped, nonergonomic spaces, I developed chronic neck pain that required two spinal epidural injections and countless hours of acupuncture. If I was awarded these funds, I would use them to set up my home office and put them towards purchasing a new laptop. My current personal laptop is from 2011; I bought it when I was a third year medical student. It is quite slow and crashes frequently. It probably contributes to my stress and neck pain. Additionally, I could use the funds to secure a more ergonomic home office chair. That would likely help with my overall health.
96. COVID-19 had a tremendous impact on my life. As the Associate Medical Director of the Zuckerberg San Francisco General Adult Urgent Care Center, the COVID-19 pandemic required additional efforts clinically and administratively to meet the needs of our underserved patients and community. As a parent of two young children with no external resources for childcare support, I had to juggle my professional and personal obligations. I was not able to work completely remotely because of my profession position, and I had to conduct multiple videoconference meetings at home to support my team and clinical staff while caring for my children during their distance learning. My partner is also a UCSF faculty member at ZSFG with clinical obligations, so my work schedule has changed daily since March 2020. To continue my commitment to diversity, equity, and inclusion, I have continued facilitating virtual DEI Champion Training sessions for faculty and staff. I would use the award to purchase a webcam (~$100) and light (~$50) so that I can continue to meet with staff and stakeholder virtually. I could more effectively engage with faculty and staff participating in the DEI Champion Training sessions and residents and staff attending my didactic sessions.
97. I remember the day when we went shelter in place officially, but COVID had already impacted my teaching regimen in a class I was currently teaching in the Department of Physical Therapy and Rehabilitation Science a few weeks prior to this. I am an Assistant Clinical Professor and work as an outpatient neurologic physical therapist at the Faculty Practice at the Mount Zion along with specialty clinics at Mission Bay and Parnassus. On March 16, 2020, I went full time teaching remote to our first year DPT students and went full time doing telerehabilitation with my neurologic patients. Concurrently my husband also went full time remote after having a job that was primarily in the office. Suffice it to say, it was a big challenge in figuring out how to work from home in our current living space. Throughout the past 18 months, the DPT program has limited class sizes for in person classes and restricted us from having any in person hands on lab with patients with neurological disorders due to the current COVID crisis. We were able to shift to remote teaching over zoom for lectures and labs with adjustments in our teaching style, engaging student learners, and minimizing zoom fatigue. Additionally, I currently still see patients over zoom at least 1 full day at home and in other specialty clinics that are hybrid in person and virtual. Given the current set up for doing this at home, I have encountered difficulty maintaining a good office set up with lack of equipment and resources to see patients effectively and teach remotely. I would like to use the Covid 19 relief funds to acquire an adjustable camera, headset, office chair along with any other office equipment that will help me better serve my patients, reduce my frustration when demonstrating exercises/movements, and improve my sitting posture to reduce neck and shoulder pain I have been experiencing. I feel like having the appropriate equipment will help me do my job more effectively, improve my posture, and hopefully reduce zoom fatigue.
98. Changes in school schedules due to COVID-19 cost us an additional $25k in childcare costs this year alone. Professionally, we have continued to adapt to working consistently from home. Items that could facilitate productivity and work from home would include an extension monitor, or an iPad to extend our laptop monitor as well as serve as a note taking device. Also, objects to beautify the room which has become an office, with plants, or to encourage exercise, such as a yoga mat, would be welcome.
99. As a faculty member whose work is divided between 25% FTE in the inpatient setting, and 75% FTE informatics research, the pandemic has impacted my work from home in a significant way. Conducting my work from home involves long hours seated at a table on which my laptop and monitor are placed. With a herniated disc in my lower back, the seated position has been quite challenging for me, and since the onset of work from home due to the pandemic, I have had to repeatedly go through rounds of physical therapy to reduce the symptoms (clinical documentation of physical therapy to treat the symptoms of the herniated disc are available upon request). Furthermore, some of my inpatient clinical service blocks have occurred during these periods, limiting my mobility during inpatient rounds due to pain. A sit-stand desk has been suggested by the physical therapist, and could substantially mitigate the recurrence of these symptoms.
100. To support home office equipment during COVID-19, I request $500 for an ergonomic office chair.
101. As a clinician-scientist, the COVID-19 pandemic has continued to adversely affect my research. As a junior faculty in a crucial stage in my career (working on the K to R transition in funding), the pandemic made it more difficult to conduct my qualitative research, particularly in regard to recruiting research participants and conducting interviews with vulnerable populations. The COVID-19 pandemic widened the research divide and made it difficult to recruit older participants with language barriers (a major population in my research). Furthermore, the costs of conducting research in understudied populations (such as Spanish, Cantonese, and Mandarin-speaking populations) can be high, with increased costs to translate recruitment and consent materials, increased time to explain and bridge digital divide, and increased costs to transcribe interviews. The COVID-19 relief funds would allow me to transcribe Spanish and English audio-recorded interviews (English interviews cost $1/min vs Spanish interviews cost $5-7/min to transcribe). I am currently supporting the research of two medical students (one who finished Deep Inquiry research and the other completing his master’s research as part of the JMP at UC Berkeley). One student is interviewing 8 English-speaking men and 8 Spanish-speaking men to understand the intersection of masculinities and access to depression care; the other is interviewing 15-25 English and Spanish-speaking Latinx patients to assess the effects of COVID-19 on access to depression care. The relief funds would help me to support the students with transcription costs.
102. I would like to submit a petition to receive funds from the COVID-19 relief fund as I have been adversely impacted by the pandemic and the dramatic changes required in my daily work life. I am a clinical nephrologist who also holds various education roles within the UCSF School of Medicine, as well as the Internal Medicine residency and Nephrology fellowship, therefore, I spend a significant amount of time teaching and during the pandemic, I have struggled to find a way to quickly learn to do this in a virtual learning environment (VLE). Due to prolonged time in the VLE, I have developed significant need for equipping a space within my living quarters to be able to do this work without harming my physical health. Should I receive this assistance, I would use the funds to purchase a standing desk with an ergonomic design and secondary monitor to be able to multitask.
103. During COVID, my clinical time converted from one day of telemedicine/three days in-person to three days a week at home doing telemedicine/one in-person day. At home, I have set up a desk in our son’s room. I have found over time that my office chair is causing buttock and back pain, making it challenging to sit for the entire 8 hours of clinic. I have also found that my monitor isn’t big enough to run a split screen with APEX, which limits productivity. I am seeking funding to help support the purchase of a new office chair and a new external monitor. The 500.00 requested won’t cover the total purchase price, but it will help offset the cost of the items I need to be more productive at home.
104. I am an Associate Professor in the Department of Anesthesia and the Director of Anesthesia Medical Student Clerkships and the Clerkship Director for F2 Anesthesia 110. In these teaching roles- I provide a significant amount of time directly teaching formal didactics. With the changes in gathering due to Covid-19 almost all these didactics are now by Zoom. I try to make synchronous Zoom didactics as interactive as possible. However, I find when I am projecting my slides- I cannot see my participants. Furthermore, I really like to utilize the whiteboards during my in-person lectures as part of my teaching materials- which I cannot do currently. In reviewing my evaluations, it’s clear that students and learners really enjoyed these forms of learning and presentation style. I request Covid-19 Relief Funding of $500.00 to purchase an iPad to use as a second monitor and virtual whiteboard. The iPad will act as a second computer monitor so that I can see my learners while I give a PowerPoint lecture. Furthermore, I will utilize the iPad touch screen to substitute for the in-person whiteboard.
105. Due to the COVID-19 pandemic I continue to be encouraged/required to work remotely at least several days per week despite the fact that I do not have optimal home office space or equipment. I had two children attending high school remotely for the entire previous academic year, so I prioritized all of our potential desk and work spaces for their school needs. As a result I have been working at home for the past 1.5 years with suboptimal office space and equipment with poor ergonomics, which has generated a significant amount of physical stress. I would benefit greatly from funds that I could use to purchase more comfortable home office equipment including a high quality desk chair and external computer monitor to create a more ergonomic and productive work environment.
106. COVID-19 has transitioned my academic work—research and administrative—from our in-person office space at Mission Hall to a small makeshift room in our flat that shares a door with my daughter’s bedroom. As an emergency medicine doctor, I work irregular hours so may do my academic work at irregular times. This was more feasible when we had office space but COVID-19 moving work home, finding quiet time at home to work has been challenging. This is in addition to the strains on child care and clinical stress of working in an emergency department that many others are feeling. If granted, I would use the award for: 1) In-ear, noise canceling headphones to conduct meetings and video editing; 2) A filing cabinet to organize and secure papers and forms that have moved from my office to home; 3) An ergonomic keyboard to replace my current keyboard to prevent repetitive strain injury to my wrists and shoulders.
107. Due to COVID-19, I have shifted my lab’s focus to study this disease, and so my research group has become very busy with this important work. However, at the same time, I have had reduced time to dedicate to research, due to challenges of home-schooling and caring for my two children as a single mom. I would use these funds to help pay for manuscript editing services that would help me to complete two non-COVID-19 (malaria and Zika) papers that have been put aside due to the urgency of the pandemic-related research.
108. I am writing to explain the how COVID has adversely impacted my professional activities and am asking for funds to help cover the purchase of home office equipment that would help mitigate the negative impacts of COVID. Due to restrictions on in-person meetings and large group gathers, I have had to participate in work meetings online. In addition, as a School of Medicine lecturer, I have had to give all my large group instruction remotely. Currently, I do not have a video conference camera for my office desktop computer and have been using my laptop in my office. This limits my ability to use my office desktop computer for remote meetings and lectures. In addition, I do not have appropriate lighting in my office nor a video conference light. This has impacted the ability of students and learners to visualize me during lectures. I am therefore, asking for a video conference camera and light for my office work computer.
109. I am an assistant professor in the In Residence series, I provide operating room care and airway management for high-acuity patients, and I have two young children. During the COVD-19 pandemic, I have had to take on increased clinical care responsibilities in the face of limited childcare, which has reduced the time I am able to spend doing my own research. Since my work involves epidemiological modeling of secondary data sources, quite concretely, I have had less time to spend doing statistical analyses that underlie my investigations. To help mitigate the impact of COVID-19 on my research progress, I request a $500 COVID Relief Fund award to be spent on statistical analysis through the Clinical and Translational Science Institute (CTSI) at UCSF. I have previously worked closely with CTSI statisticians in a tutorial-like manner, since I prefer to do the analyses largely by myself although do not have an advanced degree in statistics. It would therefore be helpful both for my work and for my professional development to collaborate with a CTSI statistician for a small number of hours in order to learn how to do these analyses to a higher standard, while making progress in my research.
110. I hope to use support from the COVID19 relief fund to purchase an ergonomic seat cushion to reduce my back pain when working from home. Working with the ergonomic team at UCSF helped me design my clinical office space to reduce back pain when there but I don’t have the same equipment at home. When home, I work from my kitchen table seat and after hours of zoom meetings, my back is often quite sore. These funds will help me purchase the McCarty’s SacroEase Delux Model seat with adjustable lumbar pad that can be placed on top of our kitchen table chairs.
111. As for many of us, the COVID-19 pandemic has strained the professional and personal lives of many of our faculty, including me. As an Adjunct Assistant Professor in the Division of Pulmonary and Critical Care Medicine based at Zuckerberg San Francisco General, I have had to balance increased clinical duties caring for patients in our COVID-19 Intensive Care Unit, continuing to provide patient care on our Pulmonary consult service and Medical ICU, and trying to transition from K award to R01 as a primary researcher. While we have shared cubicles at ZSFG, the lack of space that has felt safe to work from and the requirement to share that space required that I work from home. To support more productive work at home, I am requesting $500 to support a work setup (desk and/or chair) to use to create a protected and productive environment for my continued academic success. Like many of us, I have been forced to use my dining table, sofa, or share a desk with my partner at home to make this new normal work. With rapid deadlines and limited down time, a new desk/table would reduce the stress of having to find space daily and allow me to focus on being more productive. This budget would also support ergonomic alternatives to my current set up. While office furniture does not seem like a novel need, it would greatly support my core activities such as grant writing, manuscript-writing, and preparing teaching materials.
112. COVID has been a challenging time for all of us. In my case, my home personal support network has been diminished as financial challenges have forced those around me to move. In addition, our academic team of Global Health Researchers has been forced to work from home, and our ability to facilitate team morale has dropped. Consequently, I spend most of my academic time at home, with a bevy of projects that need external support. This fund would allow me to purchase some home office equipment that is sorely needed to communicate with my team, and fund a few hours of statistician time to finish off projects that have been held up by COVID.
113. I started as an Assistant Professor at UCSF after graduating fellowship 1 year ago. Moving to San Francisco with a 1-year-old was challenging in it of itself, let alone having to move during a pandemic. As I adjust to work as a junior faculty member, my family is adjusting as well. Like many others, having to balance working from home with children has been very challenging. I am requesting funding for home office equipment specifically computer monitor and printer.
114. I work as a faculty psychologist in the Department of Psychiatry and Behavioral Sciences. I spend approximately 75% of my time providing direct clinical care to adolescents and families impacted by eating disorders, and 25% of my time providing supervision and teaching to trainees in our department. During the COVID pandemic, I have worked from home, providing clinical care and supervision via Zoom. I am typically on Zoom for 7-11 hours per day. Without a monitor, keyboard, and mouse at home, I was having sigficiant challenges with pain at the beginning of the pandemic. I have since been able to bring those materials home from my work office to use at home. However, beginning in 1-2 months, I will need to work several days per week on campus, and several days per week at home. I will need to bring my UCSF-issued equipment back to campus in order to use it there. As such, I am requesting funding to purchase at-home office supplies to alleviate pain. I am requesting the following: 1) 27” Acer Monitor: $241.91; 2) Logitech wireless keyboard and mouse: $99.99. Total: $341.90
115. COVID has adversely affected my ability to meet the increased demands of clinical care and resident education in my role as a junior faculty member. Transportation: I recently started a dermatology clinic at the John Muir/UCSF Berkeley Outpatient Center, which helps to improve access to our patients in the East Bay. Many patients had been waiting several months to see a dermatologist, and wait times had increased during the pandemic. This has been a rewarding experience for me; however, as I live in San Francisco and do not own a car, it has also increased my transportation time and costs to and from that site. Office space and infrastructure: With our growing faculty, office space at our Mt. Zion location is at a premium. As a junior faculty member, I have shared space with other attendings on the days I have clinic at that site. COVID precautions place limitations on how many people can share the office, and it is also difficult to set up confidential meetings with resident mentees without dedicated office space. Proposed use of funds: I am applying for $500 from this fund. I propose to use the funds to establish a home office that allows me to complete my clinical, teaching and administrative tasks without the need to depend on office space at work (i.e. to do so remotely and virtually). This will improve my productivity and help to mitigate burnout. If there are remaining funds, I would use the money to assist with transportation to my Berkeley clinic, which will help to defray my increased costs.
116. I am an Assistant Professor of Medicine and Infectious Diseases physician based at San Francisco General Hospital. Prior to COVID-19 my research was focused on Tuberculosis transmission in East Africa. The COVID-19 pandemic placed many hardships on my career primarily through (1) increased caregiving needs and (2) increased COVID-19 clinical and public service demands that detracted from my TB research agenda. Regarding caregiving demands and costs, I have a 3-year-old and a 6-year-old and there were many times throughout the year when I did not have sufficient childcare. During the pandemic the hours of operation of my son’s preschool were cut short. My daughter is an SFUSD student, and thus had more than a year of remote learning. To do my work, I had to pay for a full-time learning pod for my daughter. This not only was this an unexpected financial burden, but the pod had limited hours. In addition to increased caregiving demands, as an infectious disease doctor, I gladly stepped up to provide more clinical care in the hospital and COVID-19 community-based service (education, vaccination, and testing) for the Latinx community in San Francisco. While I have thoroughly enjoyed COVID-19 service, it has come at the expense of my research in tuberculosis, and it has had a significant impact on my work-life balance. If granted the support from the fund I will put it towards a printer and partially cover conference fees to attend the virtual Union World Tuberculosis Conference. Attending this conference will allow me to get updates on the latest Tuberculosis research and network, especially as my TB work has partially been put on hold due to COVID-19 work. If the conference is not covered under this fund, then I would use remaining funds for scientific writing consultations for grant or manuscript writing.
117. My dependent care costs increased exponentially during the pandemic when both of my sons (ages 6 mo. and 5 years in Spring 2020) lost their spots in daycare/preschool and we had to unexpectedly hire a 40 hour/week nanny which cost $1,100/week over the course of the year. In August they were able to start school again, and our costs have recently reduced; however, we are still reeling from the unanticipated 65K+ we paid for nanny care in 2020/2021. In this context, COVID relief funds of $500 would help alleviate costs of some of the home office supplies I have been intending to purchase but have been putting off to save money. Specifically, I would like to buy a standing desk and a wireless headset.
118. COVID-19 has impacted where and how I get my academic work done. My childcare has been significantly impacted and can be somewhat unpredictable. I have a 4 year old and a 10 month old, and frequently I need to work from home if one of them is home sick, awaiting a COVID test to return to preschool, or preschool is closed due to a potential COVID exposure. I find myself unfortunately trying to squeeze in extra hours of academic work time at night after the kids are asleep and on weekends when my husband is home. I have also had multiple cold and flu symptoms (thankfully not COVID) that have made me unable to come to work clinically some days, therefore being able to work well and efficiently from home has become crucial for me. My goal for this COVID relief funding is to improve the efficiency of my home office. I would like to use the money towards purchasing a new computer and a printer.
119. I am writing this application to request $500 in funds in order to purchase office equipment for my now “home office” in my bedroom. I am currently an health sciences associate clinical professor in the department of Psychiatry and Behavioral sciences in the School of Medicine. Within this department, I am also the Clinical Director of our outpatient autism and neurodevelopmental program. In this role, I provide clinical care, supervisor staff members, and teach fellows and medical students. Throughout the pandemic our program has seen an incredible increase in demand for services. Children with developmental disabilities were adversely impacted and their parents were struggling to maintain services and school support. Given this increase in demand, everyone on our team has been asked to take on many more cases. Over this past year, my productivity reached to 120% of my expectation. Moreover, in the evenings, I also provided 3-hours of therapy to front-line and UCSF employees through the COPES program our department developed. The pandemic has changed our work practices significantly. The department encouraged us to work from home and transfer our care to Telehealth services. We did this for many months exclusively. In early, 2021 I drafted a proposal to return to work in order to do in-person evaluation and diagnostic testing sessions for our children suspected of having autism. Working in a telehealth format has been exhausting with the zoom fatigue and the poor ergonomic of my “office.” At the start of the pandemic I purchased a very cheap chair on amazon and have been using my tiny desk in my bedroom to create an “office space.” I often am sitting at my desk for 8+ hours a day and unable to step-away given the high need of virtual telehealth sessions. Also, our department will be moving buildings in 2022, but they are informing us that we will all be expected to continue to work from home part-time because there is not enough office space for us. I am writing this grant in order to get additional funds to purchase a sit-stand desk and a new chair. With the ongoing need for in-home work, I need these purchases in order to improve my work experience.
120. I am a Critical Care Medicine-trained physician scientist studying ARDS, running clinical research studies related to COVDI-19, and carrying a heavy administrative load as the medical director of the MICU and COVID ICU. I am also the mother of two children under 5. My work environments are noisy and crowded. These include a cubicle in a communal workspace at the UCSF-affiliated hospital and trauma center, Zuckerberg San Francisco General, the Intensive Care Unit, and my “home office” which is a desk in the hallway outside my children’s bedrooms. They have often been out of group care for viral exposures and runny noses etc so when I am home working they are frequently nearby and generally easy to hear on conference calls etc. I am requesting funds for a high quality, noise canceling headset device with a microphone that filters ambient noise as well as money to purchase some do not disturb indicators in my shared workspace. I find it nearly impossible to focus in my work environments and I am requesting support to help me improve my productivity and diminish what is somewhat unprofessional ambient noise from young children, ambient noise in the ICU, and colleagues having conversations at nearby cubicles.
121. In 2020 I transitioned from a postdoctoral fellowship to Assistant Professor at UCSF. My research progress was limited and delayed by the need to transition data collection to remote format. I am also the parent of two young children whose schools were closed for over a year as a result of the COVID pandemic. During this time, my work hours were significantly limited due to childcare responsibilities and responsibility for remote learning. Like many colleagues, I practiced creative approaches to combining work and caregiving such as speaking to 100 people on Zoom with a toddler on my lap. Due to COVID, I am focused my limited work time on essential research tasks: resubmitting a K01 application to NIH and shifting ongoing projects to virtual formats. My ability to pursue additional grant funding, collect data and submit articles for publication were substantially delayed. I currently have an unfunded pilot project under IRB review and am requesting funding to support this project. This project focuses on addressing the dearth of US postpartum care as one possible site for improving perinatal health outcomes and reducing inequities. The postpartum months are the highest risk period for serious birth-related complications such as blood clots, hemorrhage, depression, anxiety, psychosis, and suicide; however, most parent-infant dyads in the US receive extremely limited postpartum healthcare compared to other industrialized countries. We seek to identify healthcare practitioners and postpartum families’ visions for optimal postpartum care, understand current barriers to implementing this type of care, and explore how to expand existing exemplars of effective postpartum care. This research involves individual interviews with clinicians and postpartum people. I am requesting $500 in COVID relief funding to provide participant payment in the form of gift cards that will allow me to ethically launch data collection for this project.
122. I am a full-time Assistant Adjunct Professor in the Department of Obstetrics, Gynecology & Reproductive Sciences. I manage a growing research program focused in the areas of developmental toxicology, genomics and environmental health. Like many people, the pandemic has negatively affected my professional life. Due to reduced (or lost) staffing, major delays in the ability to complete experiments, and the added personal responsibilities at home (e.g., I am a father to two young girls), I have struggled to meet my goals in terms of grant submissions, manuscript writing, and funding support. As the labs have opened up, I am facing new challenges as I am trying to catch up on lost time with experiments and training of staff. I am requesting funds to enhance working conditions in our laboratory and my current computer setup to improve productivity and performance in analyzing data, making figures and presentations, and writing manuscripts and grants. I am unable to get these items through my department/unit. 1) I request funds to purchase a new monitor (Lenovo ThinkVision P24h-10) [$235] and docking station (Lenovo ThinkPad USB-C Dock Gen 2) [$190] compatible with my personal laptop. I spend numerous hours working on my CPU at home and in the office. A good portion of my time is devoted to analyzing big data and creating figures. I believe enhancing the visual framework would improve performance and reduce physical strain. 2) Laboratory notebooks [$75]. We are in major need of laboratory notebooks for record keeping in our laboratory, especially with new staff/interns. Total funds requested: $500.
123. COVID has limited my ability to attend variety of conferences and lectures. It also became a barrier to socializing with colleagues. Although now we can use ZOOM to attend conferences and interact with colleagues, the virtual experience is still not the same as in person ones. With this relief fund, I would probably invest on headphones or ipad to allow better virtual experience on ZOOM.
124. The COVID19 pandemic has impacted my family in a variety of ways. We have had to move to a larger home so that there was more space for both my partner and myself to work from home. Our childcare expenses have increased significantly due to daycare closures, decreased daycare operational hours and more stringent screening requirements for daycare attendance. I have had to cancel clinics while waiting for clearance from occupational health and have also noted an increase in no-shows or last-minute cancellations, all impacting my income, which is largely productivity-based. Finally, I have experienced a significant increase in requests for video visits and inbox burden. I would like to use these funds to purchase a desk and an office chair where I could work from home.