

Brief letter of a doctor to his psychologist in the COVID-19 outbreak era



Daniele Santini , Giuseppe Tonini

To cite: Santini D, Tonini G. Brief letter of a doctor to his psychologist in the COVID-19 outbreak era. *ESMO Open* 2020;5:e000801. doi:10.1136/esmooopen-2020-000801

Received 21 April 2020
Accepted 22 April 2020
© Author (s) (or their employer(s)) 2020. Re-use permitted under CC BY-NC. No commercial re-use. Published by BMJ on behalf of the European Society for Medical Oncology.

Medical Oncology, Campus Bio-Medico University of Rome, Rome, Italy

Correspondence to
Professor Daniele Santini;
D.Santini@unicampus.it

Dear Laura,

I am at work everyday. Work is so much harder now as we are living on live wires! These masks always leave me with a constant, dull headache and an annoying plastic taste. It's so difficult to sleep well due to the recurring nightmares and frequent awakenings. I always feel a little guilty when I see my children during the evenings, but I wouldn't be able to behave differently. I haven't been able to see my mother for a long time. She is alone with her fears and hopes. When I'm alone at night, I am silently moved when I perceive the fatigue and fear of my colleagues who are either near or far away from me. But I am fine. Strangely enough, I feel good. I too send you a heartfelt hug in the hope that I shall soon see my personal

pusher of serenity and certainties! Warmest wishes to you and all your family.

Contributors writing ideation.

Funding The authors have not declared a specific grant for this research from any funding agency in the public, commercial or not-for-profit sectors.

Competing interests None declared.

Patient consent for publication Obtained.

Provenance and peer review Not commissioned; internally peer reviewed.

Open access This is an open access article distributed in accordance with the Creative Commons Attribution Non Commercial (CC BY-NC 4.0) license, which permits others to distribute, remix, adapt, build upon this work non-commercially, and license their derivative works on different terms, provided the original work is properly cited, any changes made are indicated, and the use is non-commercial. See: <http://creativecommons.org/licenses/by-nc/4.0/>.

ORCID iD

Daniele Santini <http://orcid.org/0000-0002-9118-3337>