

Short Communication

An Epidemic: Corona Virus (Covid-19), A Cavernous Impact on the Health of the Healthcare Professionals and Workers

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The present epidemic, coronavirus has scattered almost in the entire world and has affected all aspects, which are related to human beings. The World Health Organisation has announced COVID-19 as a universal emergency on 30 January 2020. It has left a permanent effect on everybody in the world and if it is stated that the great sufferers are those people, who are providing treatment to the patients, it wouldn't be wrong. These people are dedicated their day and night to the treatment of these patients continuously without rest.

Actually COVID-19, it is a public name, which is given to the scientific name like SARS-CoV-2 and it has been studied and discovered by the study group of coronavirus of the International Committee on Taxonomy of Viruses³, they recognized the symptoms of it as with severe acute respiratory syndrome coronavirus (SARS-CoV)^[2]. In fact, initially it came in limelight in 2002 and with the passing of time it re-appeared after ten years later with a new term, as the Middle East respiratory syndrome coronavirus (MERS-CoV).

It is reported that the total number of people as of writing worldwide, 12,170,408 on the other hand the world has perceived untimely death of 552,112 humans worldwide. And total number of

the people, who have recovered 7,069,188. The great gush in the numbers of cases worldwide, put the WHO to announce it as Pandemic, keeping the health care of the public in attention.

As the epidemic spread, the problems and difficulties of the health care professionals have also increased for these people have to come into the close contact of these patients to treat them so they are at the high risk of infection. The risks involve surgical interventions, examination of patients as well as the health care providers are unable to maintain distance from the patients. So, if sufficient precautionary measures are not followed the health care providers come under the effect of this infection, exposing themselves to the patients.

The healthcare professionals and workers have been affected by the Covid - 19 tremendously all over the world. The health care providers of front line have mortality rate up to 1.4% while other countries like Italy, it extended up to 9%.⁸. It has taken place just the health care providers exposed to the patients while treating them. In spite of escorting all the instructions of WHO as well as CDC and managing the patients properly, even then the healthcare professionals and workers are coming in the grip of this epidemic crisis. There are multiple and varied

challenges for the health care workers like mental stress and distress, exhaustion, professional load, long lasting working time, smirch, mental and physical brutality, including menace like prone to

Cognitive effect on the Healthcare Workers and professionals

The healthcare professionals and workers, who deal with the epidemic COVID-19, they are under the cognitive pressure. And it is observed that they are undergoing high rate of distress and mental stress^[2].

The frontline Healthcare professionals like doctors, nurses and healthcare workers like ward keepers and attendees are afraid of COVID-19 because of enhancing risk of corona virus, that they may be infected to it for they have to come to the contact of the patients to treat them. They are worried to fetch the virus to their homes and to pass it to their family members.

The healthcare workers have also reported, enhancing rate of mental stress among them while dealing with the non-cooperative patients, who are not following the safety instructions. They also complained that they are fully helpless to deal with such patients, who behave wildly and insulting them. In this critical period the resources are limited so proper beds and resources are not available to all the patients but those, who got this facility, they are not taking seriously so they are not cooperating with them.

An observation has been made in Chine and it is found that nearly 1,300 healthcare , professionals and workers, who treated 10 patients, suffering from COVID-19 in hospitals, has reflected that

Healthcare Professionals and Workers, misbehaved

Healthcare professionals and workers are misbehaved in spite of treated the patients in pandemic Covid-19, putting their risking their lives. It is also reported that the doctors have been spat at and

pathogen exposure. The present study focuses several risks as well issues which are encountered by Health care workers as a true warrior.

there is extreme of mental stress, distress, sleeplessness, fear, irritation, depression and anxiety rates, result poor performance and resignation. It is also noted that there are few healthcare professionals and workers, who committed suicide during the COVID-19 pandemic Europe.

It is also noted that constant or long-lasting wakefulness results destruction of concentration, short term memory, poor vigilance, reduced retention capacity. Persistent stress results exhaustion, headache, backache, irritable bowel disorder, anxiety and health disorder etc. There are other health problems and diseases, which are generated from it these are chronic respiratory, hypertension, diabetes, it also brings one at the risk of corona-related problems. So, it is very much required, keeping the heath of the healthcare professionals and workers that Government should initiate stress management workshops as well as counselling in all the health sections and it should be conducted on regular basis. The effective stress management techniques should be included to impart these healthcare professionals and workers like deep breathing exercises, yoga and mindfulness, yoga and meditation both are very effective elements to relax body and brain. The process of these two will make the work place stress-free and healthy.

turned back to their homes. There are some doctors and their families, which have also been shunned by their nearby neighbours as well as landlords for their contact to the Covid-19infected patients.

There was a video, which has gone viral, reflected a crowd throwing pebbles at two female doctors, who were putting on personal protective equipment in Indore. It is also noted that the doctors went to a heavily populated area to examine a lady, who was suspected of infection of Covid-19, as they came, the crowd assaulted. In spite of severe injury, one of the them were seen in the video, named Zakiya Sayed stated that “the present incident wouldn’t distract her from her responsibilities”. Another incident has been recorded that some of the quarantined attendees have used vulgar and abusive language against the healthcare workers at the Ghaziabad hospital.

It is really unbearable; therefore, it is the duty of admiration to impart security to the healthcare professionals and workers and the culprits must be punished for their unwanted only then the healthcare

Effect on Healthcare Professionals and Workers, Socially and Economically

It is forecasted that there is a great effect on productivity rates and this area has been hampered economically very badly during Covid-19, it has been stated comprehensively. While on the other hand the social and economic upshots on healthcare professionals and workers have been ignored completely.

As it is announced publicly that the people should maintain social distancing and reduces outside activities during the present lockdown process, many people who would otherwise be using healthcare are now choosing to stay home. It is also declared that the work places should be kept clean to minimise the risk of expanding the epidemics further. The People have got aware about the risk and they begin to postpone to visit the healthcare, if it is not necessary.

The healthcare professionals and workers keep themselves engaged to deal with the patients of Covid-19, The

professionals and workers can work freely without any sort of distraction and stress in this epidemic. At the same time a particular insurance policy as well as a health package should be given to the healthcare professionals and workers to emerge a sense of security among them. It is also noted that Govt. of India has passed an amendment bill to the security of healthcare professionals and workers in this epidemic. There are many reports, which came from several parts of the country that the doctors, nurses and staff have been assaulted by so many people but this thing wouldn’t be ignored that there are few people and the societies, they appreciated the noble work of these warriors, by showering flowers and clapping. They also made publicity by uploaded videos on several social sites to encourage and to give token of respect to healthcare team.

epidemic expanded so widely that hardly the beds are available in the hospitals so the patients suffering from the disease, are not admitted because of the scarcity of the beds. The primary care practices have been reported minimization in the usage of other healthcare services, up to 70%. The private healthcare sections have reported that there is a fall of 80% patients’ visit because of present lockdown and test volumes and revenue drop of 50-70% during Covid epidemic. Even the salaries of the medical sectors are minimised or put it on hold. So, they led a very hard life during pandemic in spite of attending the patients continuously.

The medical professionals and workers from doctors, nurses to support staff have been frontiers to secure lives of the patients against COVID-19 in the hospitals during the time of this pandemic. There also has been an emergency call to address the immediate need of the sector

and consider the recommendations for financial stimulus for the private healthcare sectors. With an estimated impact of 14,000-24,000 crores in operating losses for the quarter, the sector would need liquidity infusion, indirect and direct tax benefits, and fixed cost.

There has been an appropriate effect of COVID 19 for health system to involve in applying advanced ways of treatment as well as be ready for the new

Greater Chances of Bacterial Disclosure and Contamination

It is reported by WHO that one out of ten-healthcare professional and workers is infected in most of the countries. The International Council Nurses has reported that at the minimum average 90,000 healthcare professionals and workers have been contaminated and more than 265 nurses had passed away due the COVID-19 epidemic in 12 In May 2020. It also came in light that one out of four doctors in UK, had got sick due to this present pandemic so he was sent to isolation in 13 March 2020.

Healthcare professionals and workers are at the high risk, according to World Health Organization, because the following reasons:

1. Shortage of personal safety tools.
2. Revelation to large number of patients in lengthy shifts without sufficient rest hours.
3. Shortage of preventive measures in the hospitals and healthcare centres.

Healthcare Female professional and workers, affected more

The female healthcare professional and workers are affected more in this pandemic, it carries double burden to them, work at home and lengthy working hours in hospitals. It is noted Universally, that there are 70% of women at healthcare centres in comparison to male members, Specifically midwives, community health professional and nurses.

challenges. The present epidemic has highlighted on the necessity and importance of advanced infrastructure in medical field. So, one should always add positive alteration from the epidemic and put efforts to work with dedication to gain financial sternness in upcoming future. All the endeavours must be done to direct long awaited healthcare policies to avoid such destruction in upcoming near future.

4. Pressure of treatment, Extreme of work pressure, shortage of relaxing hours concomitantly enhances the possibility of infection to the healthcare professional and workers.
5. Powerful in vigilance systems in the hospitals.
6. Shortage of experience as well as delay in cognition of COVID-19 symptoms among the healthcare members.

World Health Organization officials have suggested few points to help the healthcare members from all these problems:

1. Cooperation to the healthcare professional and workers.
2. Enhancing the access of safety tools.
3. Finding out that every healthcare system is having gap.
4. It is also important to train the healthcare professionals and workers to diagnose the diseases related to respiratory system.

In spite of these members, the females are not often highlighted globally, like decision making on the matter of COVID-19. It is reported that 72% of female healthcare professionals and workers are infected in Spain comparing to 28% of male health care professionals and workers. The same ratio of percentage has been seen in Italy in case of infected female health care workers. There has

been a Head Nurse, named, Alberta Delle Grazie, we are tired, depressed as well as emotionally disturbed because of exceeding care hours in the hospital, during COVID-19, she told it to the North of Italy media. “There many of us, have got infected and some have died”. It is an instance of continuous emotional and mental pressure; several females are undergoing without uttering a single word.

The people have begun to do the activities which were unbelievable during COVID-19 period, before Governments would have taken the safety measures like

The problem of supply and usage of personal safety tools

The healthcare professionals and workers believe on personal safety tools to secure themselves and the patients to get infected and to infect others. But scarcity of these tools is making the doctors, nurses and other frontline workers unable to take care of COVID-19 affected patients. The healthcare suppliers are more prone to this current epidemic infection because of insufficient supply of personal safety tools like, goggles, face shield, N -95 medical masks and etc.

There is an overall estimation, based on the model of World Health Organization, that 89 million masks are required for the COVID-19 response every month. The gloves to examine, the estimate goes up to 76 million, on the other hand international requirement to goggles raises up to 1.6 million every month. World Health Organization has estimated, after observing the rising global demand, to satisfy their demand that the industry must enhance up to 40% of manufacturing level. There has been substantial concern in the UK that the front line medical professionals and workers are not getting authentic PPE kit.

There is also a great worry about the usage of goggles, surgical mask, face

Lasting effect of COVID-19

cooperating the workers, especially those working sections, which are connected to emergency fields and unable to continue work from home. For example, a ‘Babysitter bonus’ has been declared up to 1,000 Euros to enable health sector workers to pay for home-based childcare in Italy. They also started special day care started special day care centres to the kids of healthcare workers. So, it is very necessary to continue cooperating female healthcare workers to face the difficult task of coping up with COVID-19 as well as to take a great care of their families at home.

shield, and use of facemasks, as less training is given to put on PPE kit. There are probabilities of high risk of infection and contusion due to an ill-fitting mask or the extended duration of using the kit, if it is not worn properly. An inappropriate usage of safety tools results problems in breathing as well as insufficient access to toilet and water, result in physical and mental exhaustion. It constitutes both the aspects moral and ethical predicament to the healthcare professionals and workers, who are patient focal point.

The World Health Organization has instructed that severe and ascending disturbance to the universal supply of personal protective equipment, because of acceding demand of it. The problems are like the people are panic to buy, to hoard and to misuse all these things put the lives at risk to advance corona virus and other diseases, generate out of varied infectious. The instructions, which is connected to wear and take off of PPE is also seen that it is not known to the professionals clearly. It is very important to provide sufficient staff guidance of the usage to PPE kit. There should be sufficient supply of PPE kit and proper direction should be given to control infections.

There are lasting effects on economic, social, and psychological aspects and our female healthcare professionals and workers. it seems clear

Conclusion

The health system is affected worldwide completely in this COVID-19 pandemic. It is a great strain to the entire world. The current epidemic has revealed an ill health system and affected the healthcare professionals and workers very badly in varied aspects. They are at the high risk during COVID-19. The people come in the contact of the infected human beings and they are also infected. These healthcare members are having scarcity of safety tools so they are infected.

References

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to us that working in healthcare centres during the COVID-19 pandemic will be associated with both short- and long-lasting severe hazards.

The continuous enhancing demands of healthcare facilities and the risk on the healthcare professionals and workers threaten the healthcare systems extremely. It is the main reason that healthcare system is unable to operate the health-related issues effectively. In spite of all the complexities and the risk, the healthcare professionals and workers are facing, even then they are providing their best efforts to serve the COVID-19 infected people.

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