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INTRODUCTION

In the year 2020 we are experiencing a global pandemic that was never witnessed before in this century. COVID-19 has already left a mark on each country's daily activities, economic and health systems, and international relationships.

COVID-19 is a new strain of coronavirus that has not been previously identified in humans. Coronaviruses are a group of viruses that can cause a range of symptoms including a runny nose, cough, sore throat and fever. Some are mild, such as the common cold, while others are more likely to lead to pneumonia. They're usually spread through direct contact with an infected person. The complete clinical picture of COVID-19 is not fully known. It is reported to cause acute respiratory illnesses that have ranged from very mild (including some people with no reported symptoms) to severe, including illness resulting in death.

It emerged in the city of Wuhan, China in mid-December of 2019 and has spread to 212 countries within a span of five months infecting nearly 3 million people and causing 245000 deaths worldwide. As the coronavirus pandemic spreads across the globe, some estimates have suggested that somewhere from 40 to 70 percent of the world's population will get the virus sometime over the next few years.

Throughout this episode of global pandemic, it is the healthcare workers and the health systems that have been put into severe stress and work at the epicentre for controlling it.

IMPACT ON HEALTH WORKERS:

Health workers are at the front line of any outbreak response and as such are exposed to hazards that put them at risk of infection with the outbreak pathogen (in this case COVID-19). Hazards include pathogen exposure, long working hours, psychological distress, fatigue, occupational burnout, stigma, and physical and psychological violence.

- **At workplace:**

- i) **PPE Kits:**

- Workers in CoVID isolation wards and ICUs should compulsorily wear PPE kits covering their whole body. This restricts their movements and daily basic activities like eating or urinating. This can cause health problems like UTI and dehydration. Wearing N95 masks continuously during 12-hour shifts can leave scars on faces.

According to study conducted in National University of Singapore wearing N95 masks for a prolonged period can cause high level discomfort and it was discovered that it also causes increase of nasal resistance upon removal of N95 respirator and surgical facemask after 3hours wearing. The nasal resistance was not recovered even after 1.5hours removal of respirator/facemask. In addition, the N95 respirator caused higher post-wearing nasal resistance than surgical facemask with different recovery routines. Nasal resistance is the resistance offered by the nasal cavity to inspired air. This resistance plays a vital role in preventing collapse of lung.

ii) Risk of contracting CoVID:

The toll of COVID-19 on front-line healthcare workers has been significant, with more than 9,000 infected by the virus as of April 30, according to figures released by the U.S. Centres for Disease Control and Prevention. In states with more complete reporting, more than 10 percent of all confirmed cases involved health personnel. Additionally, many health workers who did not have symptoms or who had only mild disease went untested and untreated, opting instead to self-quarantine until they could return to work, as health facilities in some areas were overwhelmed with patients.

Health care workers are also at risk if patients with COVID-19 aren't identified quickly. If they're not, doctors and nurses might start to treat them without taking the necessary precautions, which leaves them more exposed to infection. The lag in testing has made it harder to diagnose patients with COVID-19, putting nurses and doctors at risk.

iii) Non-cooperation of patients:

India has one of the weakest health systems in the world, with abysmal health indicators. India spends only 1.28% of GDP on public health. This is lower than the proportion of national income spent by the poorest countries on earth classified as lower income spend. With a public health care system that is in a shamble, many Indians are looking with suspicion at the state's efforts to battle the Covid-19 disease, creating complications for health authorities and health workers to grapple with. There have been reported incidents of patients escaping the isolation wards, non-adherence to hygiene practices risking the lives of health workers.

- **Family and social life:**

While health care workers often accept increased risk of infection, as part of their chosen profession, they often exhibit concern about family transmission, especially involving family members who are elderly, immunocompromised, or have chronic medical conditions.

They have to spent time in isolation after their work at the CoVID wards as well as fight the stigma in the society against them as they maybe potential carriers of the disease.

- **Psychological:**

In a cross-sectional study of 1257 health care workers in 34 hospitals equipped with fever clinics or wards for patients with COVID-19 in multiple regions of China, a considerable proportion of health care workers reported experiencing symptoms of depression, anxiety, insomnia, and distress, especially women, nurses, and front-line health care workers directly engaged in diagnosing, treating, or providing nursing care to patients with suspected or confirmed COVID-19.

CONCLUSION:

Some health care workers are the bread winners of their family hence they have no option other than to work in any dreadful conditions. They need to work to live but not sure if they will live if they work yet they think only about the welfare of their nation. Because helping the ones in need is what superheroes do they put on whatever PPE kit is available and fight this raging pandemic so that we all can have a normal life hence it is our call to do a good deed for our heroes.

- By not unnecessarily buying and storing essential items like N95 masks causing shortage for healthcare workers.
- By registering on the Arogya app so that it becomes easier for the workers to identify and isolate the infected.
- Govt can take up certain measures like providing transport for those health care workers who don't have their own vehicle and increasing the morale at work place by giving them an increase in salaries.

