

Covid-19 and Its Impact on the Lives of Healthcare Practitioners

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Summary:

Healthcare providers are one of the most important people struggling to wipe of this devastating Pandemic situation. So a survey was conducted to study the effect this pandemic has made on their lives.

A questionnaire survey was sent to 40 healthcare providers practising in Georgia, Iran, India, U.K and USA. Some from the front line serving Corona patients and some from other specialities. After informing them with the importance of the study, they were asked to fill the 8 close ended questions on the questionnaire. A research was made based on the data collected from the survey.

From the data collected it was observed that Covid has made a huge impact on the lives of most of the practitioners. The ones who were directly involved with Covid patients faced mental stress, sleep deprivation. It made them feel very terrible watching the patients suffer. From the ones not directly involved with Covid patients, about 47% had Covid case or suspected case in their clinics. The patients directly treating corona patients have to either stay away from their family after the shift or have to isolate themselves after coming home in order to protect their family. Most of the healthcare practitioners who are not treating corona patients felt very sad about it whereas about a few felt safe that there was no direct involvement. 57%of the practitioners showed no covid symptoms and were never tested positive whereas about many got infected by Covid virus during their service.

The intensive work drained health-care providers physically and emotionally. Health-care providers showed their resilience and the spirit of professional dedication to overcome difficulties. Comprehensive support should be provided to safeguard the wellbeing of health-care providers. Regular and intensive training for all health-care providers is necessary to promote preparedness and efficacy in crisis management.

Keywords: Pandemic, Covid-19 Virus, Mental stress, healthcare practitioners, sleep deprivation, infection.

Introduction: Health-care providers are vital resources for every country. Their health and safety are crucial not only for continuous and safe patient care, but

also for control of any outbreak.(1) Corona pandemic has not only caused a huge devastating condition for the patients and their families, but it has made a very stressful impact on the lives of healthcare providers who are one the most important people trying to extinguish this pandemic. So this study is conducted to evaluate the effect Covid-19 has caused to the doctors, nurses and other medical staff on the front line with Covid patients and in other specialities.

Methodology: A questionnaire survey was conducted, in which 40 healthcare providers participated. Some were from the front line, treating Covid patients and some from other specialities. The healthcare providers were practitioners from Georgia, Iran, India, U.K and USA The questionnaire included 8 close ended questions related to the feeling, experience, mental stress and struggle the healthcare providers are facing because of the Corona pandemic. The information collected was transcribed and analysed.

Results: From the data collected it was observed that Covid virus has made a huge impact on the lives of most of the practitioners.(Fig1) The ones who were directly involved with Covid patients faced mental stress, sleep deprivation.(Fig 3) It made them feel very terrible watching the patients suffer. (Fig 5) From the ones not directly involved with Covid patients, about 47% had Covid case or suspected case in their clinics.(Fig 4) The patients directly treating corona patients have to either stay away from their family after the shift or have to isolate themselves after coming home in order to protect their family.(Fig 6) About more than a half of the practitioners directly treating Covid patients felt proud about this opportunity.(Fig 8) A lot of the healthcare practitioners who are not treating corona patients felt very sad that they could not help directly whereas about a few felt safe that there was no direct involvement with Covid patients.(Fig 8) About 57%of the practitioners showed no Covid symptoms and tested negative whereas many healthcare practitioners also got infected during their service.(Fig 7)

2. Are you directly involved with Covid-19 patients?



Not at all 0%

A little 30.77%

A lot 69.23%

Fig. 1.

2. Are you directly involved with Covid-19 patients?



Yes 37.5%

No 50%

Sometimes 12.5%

Fig. 2.

3. If your answer is "Yes" or "Sometimes", How does it affect you mentally?



It causes a lot of mental stress on me 14.71%

I have sleep deprivation 8.82%

It affects me a little 23.53%

I'm strong emotionally, so it doesn't affect me 17.65%

My answer is "no" 35.29%

Fig. 3.

4. If "no", Was there any corona case or Corona suspected case at your clinic or hospital?



Yes 47.06%

No 17.65%

I don't know 0%

My answer was "yes" 35.29%

Fig. 4.

5. If you're directly involved with Covid-19 patients, How do you feel watching the patients suffer?



I don't feel anything 0%

I'm not directly involved 43.24%

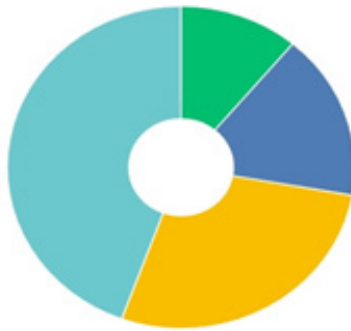
I Cry many times 8.11%

I feel very terrible 21.62%

I feel a little bad 27.03%

Fig. 5.

6. If you're involved with Covid-19 patients do you get to go home after your shift or you have to stay away from home to keep your housemates safe?



I live alone so I go home	11.11%
I don't go home in order to keep my family safe	16.67%
I go home and isolate myself from my family	27.78%
I'm not directly involved	44.44%

Fig. 6.

7. Did you face any covid-19 symptoms or was tested positive?



I had some symptoms but was negative	10%	I had symptoms and was tested positive	10%
I never had any symptoms at all	57.5%	Other	22.5%

Fig. 7.

8. As a healthcare provider, How do you feel during this time of pandemic, about treating Corona patients?



I'm directly in contact with covid patients and i feel proud about it	26.32%
I feel sad as I'm not directly in contact with covid patients	42.11%
I feel good as I'm not directly in contact with covid patients	15.79%
I'm directly in contact with covid patients and feel afraid about it	15.79%

Fig. 8.

Discussion: Health-care providers caring for patients during the severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS) outbreaks were under extraordinary stress related to high risk of infection, stigmatisation, understaffing, and uncertainty, and comprehensive support was a high priority during the outbreaks and afterwards.(2) (3) Some of them also faced sleep deprivation. A few were infected while treating their patients. Many had

to sacrifice, by staying away from home or isolating themselves from their family members, in order to keep them safe. This pandemic has made a very huge impact on the lives of almost all the healthcare providers irrespective of the ones working directly with Covid patients or the ones from other specialities.

Conclusion: Imagine a problem that affects quality of care, results in high turnover, reduces productivity, destroys people's personal lives and increases the risk

of suicide. (4) The intensive work drained health-care providers physically and emotionally. Health-care providers showed their resilience and the spirit of professional dedication to overcome difficulties. Comprehensive support should be provided to safeguard the wellbeing of health-care providers. Regular and intensive training for all health-care providers is necessary to promote preparedness and efficacy in crisis management. (5) The sacrifices and struggles the healthcare workers all over the world are going through, for the sake of serving the humanity, should always be acknowledged and honoured.

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