

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

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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 impact Covid-19 pandemic has caused to the doctors, nurses and other medical staff on the front line with Covid patients and in other specialities.

A questionnaire survey was sent to 40 healthcare providers practising in Georgia, Iran, India, U.K and USA. Some from the front line, treating Covid-19 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 a few showed Covid symptoms and recovered.

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. 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.

Abbreviations: U.K-United Kingdoms, U.S.A- United States of America, SARS- Severe acute respiratory syndrome, MERS- Middle East respiratory syndrome.

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

Multiple Sclerosis and Pregnancy

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Abstract

Background:

Multiple sclerosis, a chronic neurological disease, has been proven to have an imbalance rate of incidence towards the female gender. As the onset age of the disease overlaps with the age of most pregnancies, concerns have arisen on the safety of the mother and the child, however, since not many pregnancies happen to be involved with MS, huge Cohort studies are needed to determine a certain fact regarding this issue.

Objective:

This article reviews the factors linking female sex, pregnancy and MS, for a better understanding of the matter. Indicating concerns regarding effect of: feminine hormones (pre-pregnancy/general); hormones that are produced while pregnancy; puberty and menopause; and breastfeeding on the mothers diagnosed with MS in increasing the incidence rate of the disease.

Methods:

We have searched PubMed and Google Scholar mostly, using search terms including the words 'MS' or "multiple sclerosis" in addition to the desired subject of understanding [e.g. ((Multiple Sclerosis) AND (prolactin))]. Then, each article was discussed and an abstract of the total information gathered during the process was provided, aiming easy understanding of the public.

Results:

We have chosen the best and most simply digestible information between approximately 35 NCBI articles, providing definition of five of the most repeated subjects-concerning the higher interest of those five topics. These five headings include: Menarche and Puberty, Pregnancy: Relapse/Disabilities, Breastfeeding, Fertility and sex hormones. (e.g. people diagnosed with MS are not seemingly less fertile than other participants of the society nor will they have a problem initiating a pregnancy)

Conclusion:

Pregnancy is clearly a major modifier in MS, but gender effect and the protective effects of pregnancy definitely need more clinical trials to be determined. However, there is one certainty; while breastfeeding, hormonal and other types of drugs for controlling the disease, if used by the mother, will have an effect on the child through the feeding.

Keywords: gender; multiple sclerosis; pregnancy; sex hormones.