

Impact of COVID-19 Pandemic on the Mental Balance among Health Care Workers

Savita Pohekar¹, Ranjana Sharma¹, Ruchira Ankar¹

¹Associate Professor, Medical-Surgical Nursing, Datta Meghe Institute of Medical Sciences, Sawangi (Meghe), Wardha, SRMMCON, Sawangi (Meghe), Wardha

Abstract

The current outbreak of the latest coronavirus [COVID-19] has created a global crisis of unparalleled dimensions. As massive pandemics are significant community mental health threats. Services of health demand is increasing drastically. The pandemic has emotionally affected physicians, and the vast majority report they have one or more of the following effects: fear of illness, anxiety, tiredness, trouble sleeping, loneliness, depression, confusion, or irritability. Those in the front line are particularly affected by fear of family and personal infection, work-related pressure, and fatigue. Always, when contacting COVID-19 persons, they have been quarantined frequently. Greater workloads, loneliness and prejudice contribute to physical exhaustion, anxiety, emotional distress and sleep disturbance. In addition to the strategies used to prevent the spread of the virus, innovative strategies are required for health practitioners to tackle associated mental health concerns. In light of almost all of these issues must be taken even more seriously by the respective governments and stakeholders of persons affected by any psychological disturbance. This review summarizes the present health care professional's psychological disturbances and the strategies to improve their mental health.

Keywords: Outburst, COVID-19, Psychological stability, Medical workers.

Introduction

COVID-19 pandemic Corona Virus Disease is the current crisis in more than 200 countries in the world.¹ Corona virus disease Global pandemic (COVID-19) was announced in 2019 by the WHO.² The COVID 19 is actually causing a big health crisis in the world."Owing to this pandemic, mortality and morbidity have risen dramatically in the last few months³. It's more than that 680,000 total cases with 31,920 deaths, 146,396 recovered over 202 countries. More than half the world's deaths and infections at the end of 28 March 2020, according to the World Health Organization (WHO) situation report, came from Europe.⁴ Because the disease spreads quickly, the majority of the affected countries are unable to meet the demands of personal protective equipments and infrastructure requirements.⁵ As per the ministry of health and family welfare, in India 595501 Active Cases, 1328336 Cured/Discharged, 40699 Deaths, till date 6th august 2020⁽⁶⁾. Throughout the recent months, the general population has shown an increased mental health problem during this outbreak

of COVID-19 infection other than COVID-19 patients, elderly, teenagers, migrants and health professionals.⁷ Worldwide, mental health is a major concern. It is a big burden for an individual and society worldwide."Overall neuropsychiatric causes for years lost due to disability are: anxiety disorder, schizophrenic disease and bipolar disorders, overuse of prescription medication, headache, abuse of other substances, Alzheimer's disease, alcohol and epilepsy.⁸ Up to now. International organizations have not made concrete guidelines to address mental health problems during this COVID-19 pandemic, the global preference for the increasing numbers of infected populations and deaths". Most countries have, in fact, inadequate manpower and equipment to manage COVID-19. There is also a greater burden for healthcare providers in the fear of infection. They were frequently quarantined when they contacted COVID-19-confirmed individuals. Further stress, loneliness and prejudice contribute to physical fatigue, anxiety, emotional trouble and sleep problems.⁹

Impact on health professionals: The providers

of healthcare must face a growing workload in fear of infection, increased workload; alienation and prejudice contribute to physical fatigue, anxiety, sleep disorders and emotional disturbances¹⁰

A recent study by 1563 health workers reported over half that Depressive symptoms (50.7%), 44.7 %, and 36.1 % reported anxiety, Sturge of Sleep (Ho et al. 2020). Besides, there are insufficient facilities to offer advice and clinical distress, depression, and suicide assessment services to doctors who are dealing with infected patients, psychological distress, and suicidal tendency.⁽¹¹⁾ It is also relevant that many doctors postulate grow post-traumatic stress disorder, depression, anxiety, and burnout following pandemic cessation.⁽¹²⁾ Previous studies suggest that nurses, emergency staff and health professionals have also shown elevated mental health problems during COVID-19 Emotional stress, disruptions and higher rates of depression and fear. "The probability of infection is estimated to be much more at an exposure risk that causes fear of being transferred to loved ones and to children causes' burnouts and emotional and physical signs¹³

Unfortunately, a typical example of the highest-quality hypocrisy is that the mindset of society towards doctors and health staff in its neighborhood. At the appeal of our President, the nation cheered the health

staffs while in the neighborhood they were ill-treating the same staff because of terror of catching an infection. There are many allegations that their tenants and neighbors have threatened health workers. The public has been threatened during the examinations and quarantine checks by health staff. It triggers mental disorders and burnout among health workers.¹⁴

The lack of appropriate protection is of great concern for medical staff. In an Indian nation that is populated profoundly and has no strong health infrastructure that causes concern.

Mental Balance Strategy Recommended:

Government action plan:

1.	Encourage the involvement of multidisciplinary mental health teams at regional, state and local level
2.	Relevant education in stress reduction, trauma, depression, and risk behavior protocols
3.	Ensure sufficient funding and facilities for mental health services
4.	Provide the public with official outlets for updated details
5.	Provide alternative service platforms (apps, blogs, telephones) for health care professionals
6.	Collect epidemiological evidence that will help future initiatives on prevention and mental health care policies

Individual management and approaches to mental health issues:

Mental health issues	Strategies to overcome
Feeling loneliness	<p>Keep relations:</p> <ul style="list-style-type: none"> • Create a virtual forum to help each other • Sit down and have fun in the conversation. • Virtual community parties, online book clubs, and co-working spaces where one can operate in the presence of others (virtually), established by the teams of staff
Anxiety	<p>Routine is your friend</p> <ul style="list-style-type: none"> • It facilitates anxiety reduction and allows you to respond more easily to this new reality. • Creates clear boundaries in both the physical and the head space between work and non-work time. • Finding something that doesn't work and isn't connected to viruses that bring you happiness. • Operating with consistent breaks in short bursts will help to preserve consistency • Restrict pandemic exposure, as too much information, can cause disturbances
Panic about COVID-19	<p>Be sure to live in the moment</p> <ul style="list-style-type: none"> • Take as it happens every day and concentrate on the things that you can handle. • Being mindful and meditating can be Simple instruments

Mental health issues	Strategies to overcome
Stress, burnout, and depression	<ul style="list-style-type: none"> • Recognize your life’s causes of stress • Take care what you’re eating and drinking. • Try eating a healthy diet and consume at least 3 meals a day • Get proper sleep • Control your breathing • Create time for fun • Improve study skills • Take care of yourself and others, maintain interaction with family and friends • Follow guidelines from the WHO and the government agencies • Track behavioral dysphoric states such as aggression and irritability • Do not disseminate information from unofficial sources • Understand that in uncertain circumstances stress and fear are natural • Set up a support network (although virtual) • Practice meditation and exercise • Effective use of method in psychiatry/psychology

Essential tips:

1. Regardless of how you live, changes to your normal social and professional circumstances can lead to a deep sense of isolation. Why not join others to remain connected? a few social networking groups to discuss topics you’re interested in. Try arranging with friends and family or colleagues a daily video conference, face-to-face interaction also helps to establish social links across the phone.
2. Structure your days and take daily breaks to reduce tension and adapt the current situation to your life. You should stick to the routine of an “office” as much as possible if you telework: get up at your ordinary time, get ready, get dressed, as if you are working (the fact that you stay in your pajamas may have a detrimental effect both on your moral standards and on your job). Try to set a simple but organized programming and stick to it all week long, if you have children in particular. Decide in advance when you should start and finish your working day and finish of your working day and Factor in your breaks (important) for coffee and lunch: Should not vacillate to set warning signals to remind yourself that your business day is over and to allow you to exit your computer. Use your entitlements to leave. Though you cannot go on holiday and just sit home, you must stop and pause for a few days for well-being and safety.
3. Plan the day as effectively as possible to banish feelings of powerlessness. The objective is to define goals and to assign those times to every mission. Finally, go over what you have accomplished and plan your goals for the next day. The duration of the mission cannot always be decided in advance. Be patient with yourself if you have not accomplished all of your targets and have set your targets for the next few days.
4. Hold your private and personal life apart to stay successful and maintain a healthy balance. Many of us don’t have a home office full, so everybody at home, even if it is just a kitchen table, can set up a work space..Declare and delete all that is not work-related from your office. Get what you need: loaders, head phones, notebooks, pen, tablets, and bottles of water, if necessary snacks. The goal is not 10 times a day to leave the office to find it. It is necessary to enter ‘work’ or ‘home’ mentally and do not mix both (for example, Schedule personal telephone calls during ‘business’ hours.
5. Take care of daily workouts for your physical and mental health. The number of exercise lessons, yoga and meditation, and others during the lock-down. The roof has gone through similar online options: take advantage of it. Create in your weekly schedule one or more workout or relaxation sessions. Seek to enjoy a little fresh air and sunlight every day, if possible, or sit at a window.

6. Choose carefully and purposefully your media resources. Many such low-quality details cause anxiety. Limit your attention to news and carefully pick your information sources. For example, decide to watch, hear, or read a summary of the news daily from a source of confidence and highly assessed, and ignore all else (particularly deactivate Smartphone notices).
7. Spend some time on creative hobbies to keep the energy levels up and stay optimistic. Even if your days are busy, time for creative activities is important. Do some art or crafts; Take a lesson online, plan dinner and party, etc. Be imaginative and discover new entertainment sources in your home
8. Take note of your daily meals and try to preserve your energy levels with a healthy, balanced, and diverse diet. Especially if you can't do as much physical activity as normal by locking down, eat light meals.¹⁵

Conclusion

According to government orders, during the lockdown, emergency and basic healthcare services will proceed. It extends to all government hospitals, private hospitals, private health centers, testing centers, and consultation clinics in the world. COVID-19 poses significant threats to mental wellbeing. There is not enough work in the COVID-19 pandemic to resolve mental health problems. As death and Morbidities rates hit new heights day after day, mental health problems can raise exponentially, and loneliness and reclusiveness can continue, leisure opportunities will be reduced and the financial crisis is continuing. The intellect outlook of COVID-19 and the potential steps to deal with the pandemic is important to understand for their efficient management.

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