

## CHAPTER-23

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# ROLE OF HEALTHCARE PROFESSIONALS IN COVID-19 SITUATION

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### **Keywords**

COVID-19  
HEALTHCARE  
CORONAVIRUS  
VIRUS

### **ABSTRACT**

COVID-19 came as unseen and unknown invisible enemy through which humans are fighting throughout the world. COVID-19 that is coronavirus is spreading everywhere and taking many lives away. Nobody is able to find out exact what is it and how it is curable. Started from Wuhan market of China and spreading in almost every countries of the world. This is the very new pandemic on which very few scientific materials are available. In this paper, we will discuss and highlight role of healthcare professionals during this pandemic, how healthcare people are giving their life to save others life and facing this serious virus daily. Many of doctors, workers and nurses lost their life because of COVID-19.

### **I. Introduction**

COVID-19 that is Coronavirus disease is an infectious disease caused by newly discovered virus coronavirus. People who are found ill because of this disease found moderate respiratory problems and not require special treatment for recover. Only who are old and who have some medicals problems like diabetes, cancer, chronic respiratory disease and cardiovascular disease are likely to have serious and special treatment else

they will fall into serious illness. To protect yourself and your family from getting affected from this COVID-19 virus then you have to avoid going out as far as possible. Going out not only puts you in danger of getting the disease but also puts your family in the trouble of getting affected, especially old people and kids in your family. Be smart enough to save your family from such terrible issues as if you get affected by this or anyone of your family member gets affected then you must not be able to look patients till cured. Even you don't know that either you be able to see them again or not so better to save yourself and your family [1-5]. One should take following precautions while moving outside or buy anything-

- Wear mask properly, sanitise and wash your hand regularly. When you come home must wash hand and feet and keep your sleeper outside.
- Properly wash or sanitize the things you bought from market.
- Wash your clothes which you wear during any visit outside.
- Keep social distancing.

You never know who is suffering from COVID-19 as sometimes it doesn't show any symptoms. Stay away from people like your milkman, servants, vegetable vendors and try not to allow anyone outsider as you don't know from where they are coming from or any customized area where chance of spreading virus is high, do the following measures if you are buying vegetables from a vegetable vendor or anything from shop vendor:

- Wash the vegetables with mild hot salt water
- Wash the closed packet with detergent water after purchasing
- Try to transfer the item in the container as soon you brought them home and throw the packet outside

## **2. HOW CORONA IS AFFECTING**

Corona is spreading like fire. Started from Wuhan market of China spread all over the world and no one is feeling safe and secure. Still his proper medicine unknown. People are not much aware of the fact that how worst the situation is getting and how difficult it is to get protected from this disease especially for the kids and old age people.

As Corona reached its third stage which is local transmission it can easily affect the people with a low immune system. Number of cases are increasing as it's in a local transmission stage where the spread is fastest and the virus multiple into twenty times in a second. It take only few days to spread the cases , so we can guess how bad the situation is. People who have illness like asthma, liver disease, cancer, kidney problems, heart issues and other severe diseases. As it directly attacks the lungs, if you have a weak chest then mind you are at a high risk to get affected by Coronavirus. If you want to protect yourself from COVID-19 your need to make your immune strong so you don't affect from such disease [6-9].

### **3. ROLE OF HOSPITALS & HEALTHCARE PROFESSIONALS**

World Health Organisation (WHO) an organisation of health who looks after world health declared COVID-19 a Pandemic. The Government, researchers and healthcare professional are doing their best to deal with this and putting equal efforts to find out its prevention, treatment, remedy and how to stop it for further expansions in human body. India has acknowledged the effect of feared viral infection & has inveterate few cases throughout the country. Highest of the cases have history of latest travel abroad. Indian Medical Association is doing their professional work that is guiding the situations. IMA announced the well developed instructions for peoples of the country. IMA team is continuously monitoring the rapidly changing COVID-19 situation in the country. They have also started 24\*7 helpline for people. IMA doctors are the devoted specialists in the field of medicine & are up-to-date on developments and management guidelines. They are ready to face any challenges and very united. They are maintaining safety and well-being of community and our country. While every people of nation are advised to stay home and take precaution but the doctors are always on the field fighting for it and saving life's. They are serving above themselves and always ready serve the country and protecting people. IMA is very proud of doctors and hospitals who are standing together and fighting against these viruses [10-15].

#### **4. The roles for the hospitals are-**

- All hospitals and clinics will be opened and cater their normal services
- Reception area of hospitals must be open and take all precautions related to COVID-19 as wear mask, use sanitizer, follow social distance.
- Whosoever will come on reception must ask the following things-
  - International travel if done any in last 14 days to countries with unremitting community transmission.
  - Symptoms of any respiratory infection like fever, cough, and sore throat.
  - In contact with anyone who went under investigation for COVID-19 or have any respiratory illness in last 14 days.

#### **5. The roles for the healthcare professionals-**

- Doctors and medical staff have important role treating COVID-19.
- Doctors and staff must look after every patients
- Doctors and staff must follow hand hygiene and prevention measure while in hospital or addressing any patients.
- Doctors and staff must wear PPE kit while addressing any patients.
- Oncologists must look after emergency cases of cancer patients.
- Psychiatrist need to manage to distressed COVID-19 patients as well as the public.
- IMs and FMs step into work in hospitals when admitted any opportunities.
- Neurologists have to follow the step of IMs and FMs to manage their patients.
- Gastro have to pay attention to severe COVID-19 cases who are experiencing gas distress.

#### **6. The roles for the Out Patient Department (OPD)**

- One person will come with patient in OPD
- Reduce visiting person in OPD
- Any person who is found any respiratory problem like coughing etc. will asked to leave.

- Visitors must follow all protective measures like mask, sanitizer, social distancing and personal protection.
- OPD areas must display informative posters related to protection and hygiene.
- One staff as a primary contact to look after them and channelize the people who visit.
- Hospital staff must be informed about the epidemic
- If any person found any symptoms of COVID-19 they must contact to doctors on immediate basis.
- If any staff or colleague found any symptoms of COVID-19 they must contact to doctors on immediate basis.
- Quick detection and isolation of potential infected patient is must to prevent any unnecessary exposure of it to the other patients or person who visit and staff.
- Hospital staff must be attentive in identifying any possible infected person.
- Hospital Staff should monitor admitted patients on daily basis and visitors or attended for expansion of any symptoms.
- Hospitals who are experiencing number increased of respiratory illness among patients should contact their local health department for guidance on immediate basis.
- Hospital staff must follow strict infection control protocols in all areas of the hospital by sanitizing whole hospital on daily basis.
- The equipment who are contaminated should undergo sterilization as per guidelines before using it again on other patients.
- Conduct screening of staff on daily basis for fever and respiratory symptoms.
- Suitable distance between the hospitals beds must and if not, kindly follow the norms on immediate effect.
- Admitted patients and serving staff must follow hand hygiene and serving staff.
- Assign staff as main contact to attend relatives phone calls with recording facility.

## 7. The roles for the Visitors

- Hospitals must restrict visits of people who are not important except in certain situations like end of life situation.
- The health of all patients and visitors should be top priority of hospital.
- All visitors must be 18+ years old.
- Visitors must be screened and follow all precaution before entering patient areas.
- The visitor's numbers must be limited and it may have imposed if any illness found or any symptoms.
- No visitors are allowed in IPD sections if the COVID-19 patient is admitted.
- Relatives of patient avoid visit unless warranted.
- Visitors for counselling must have separate access and rooms where strict infection control prevention will be followed.
- Children are avoided for visit and in case they visit must be followed by an adult in the hospitals and wards.
- Visitors must register with reception and provide government photo identification for record.
- Visitors badge should be compulsory for identification of visitors.
- Visitors should practice hand hygiene and prevention measures.
- Before entering patient room, visitors must wash hand with soap or use alcohol based hand sanitizer.
- Already ill people are not allowed to visit hospital to avoid cross infections.
- One or two visitors are allowed to visit the patients.
- Children below 12 years of age is not allowed to visit patient or hospitals.
- Visitors have restrictions when the patient is unstable or going under any procedure or supervision.

## 8. The roles for the Attendants

- There are not any attendants are allowed for COVID-19 Patients

- Other attendants must be aware of distancing, hand hygiene and personal protective measure for protection.

### **9. The roles of healthcare Transport**

- Transport vehicles and ambulances must have strict infection control guidelines.
- Attendants in the ambulance effectively protect themselves.
- Ambulance from inside and outside and its each equipment must be cleaned and disinfectants.
- Nasal oxygen should be disposed every time.
- Disposables should not be reused in any condition.
- Maintain record of equipment use in an ambulance.

### **10. The roles of healthcare Pharmacy**

- The necessary medicines, injection and emergency disposables must be available in sufficient quantity.
- Do not replace and reuse the products during this Pandemic.
- Follow social distancing, hand hygiene and all protective measures followed in medical stores or in hospital pharmacy.

### **Conclusion**

COVID-19 that is coronavirus declared as pandemic which is very serious and harmful virus spreading like fire all over the world. Started from Wuhan market of China and spreads everywhere and harmed many lives. People are scared and taking prevention measures. Hospitals and healthcare professionals are in front to fight this virus and save lives. They are our superheroes who are spending their lives to save else lives. Their roles and responsibilities is crucial and important. It's our duty to understand it and take prevention measures for our safety as well as surroundings. Everyone is aware of this situation and it is very dangerous and have to fight with it. We must follow all safety measure and make sure to make others as well to spread this virus. All instructions and guidelines must be followed to cure yourself and save yourself from this issue. Try to stay



at home as much as you and avoid to contacts any outsider. It is the best thing you can easily do and suggest your love ones not to go out for any work until and unless it is not so much important. Make sure that you have all your protection while going out and while buying the things as you have to take all the precautionary measures like washing and sanitizing the things.

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