

Caring for Medical Staff During a Pandemic COVID-19

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Abstract

Since April last ye, we have studied peculiarities of the epidemic process related to COVID-19 in Georgia. In the article was described risks of all medical workers during an epidemic, all medical workers, without exception, are subject to greater risk of infection compared to other categories of the population. We composed special questioners for doctors. We asked them standard questions: about dangerous of COVID-19 for them and needing psychological support. The tests used in this study is easy to process statistically. Our results showed that for 48% of the surveyed doctors believe that COVID-19 is dangerous for all people alone, 40% of 4 surveyed doctors believe that COVID-19 is dangerous for certain groups of the population, only 2% of the surveyed doctors consider it dangerous for personal health and 10 % of the surveyed doctors believe that the danger is exaggerated. Fifty percent of the surveyed doctors were willing to receive psychological support.

Keywords: COVID-19; health of doctors; psychological support.

1. Introduction

The main problem for World healthcare in 2020 is a pandemic of COVID-19. The coronavirus epidemic was first reported in December 2019 in Wuhan, Hubei Province, China. On March 11, 2020, the World Health Organization declared the coronavirus epidemic a global pandemic [1].

A person infected with COVID-19 was first identified in Georgia on February 26, 2020. After the first case was detected, the Minister of Health Ekaterine Tikaradze held a special briefing for the public. The coronavirus epidemic was first reported in December 2019 in Wuhan, Hubei Province, China. On March 11, 2020, the World Health Organization declared the coronavirus epidemic a global pandemic [2]. More than one and half years has passed since the announcement of the World Health Organization pandemics COVID-19.

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Pandemic inflicted serious damage on the physical health of large groups of people, giving birth to a multitude of social and psychological problems. There are results of studies on the impact of pandemics or persistent measures (such as social distancing, self-isolation, the need to carry a mask) of different categories of population [3,4]. Since April 1, 2020, we have studied the laws, peculiarities of the epidemic process related to COVID-19 in Georgia. There are a lot of science literature which dedicated to therapeutic, diagnostic, measurements problem in groups patients with COVID-10, but only small part of the scientific literature dedicated to the psycho-somatic state of the doctors. Undoubtedly, the physical and mental health and emotional state of medical workers in conditions of increasing prevalence of infectious and viral diseases need special attention. Health and life of a huge number of people depend on doctor's self-control and the ability to deal with aggression. During an epidemic, all medical workers, without exception, are subject to greater risk of infection compared to other categories of the population. Doctors who directly deal with the patients with COVID-19 have greater danger [5]. This is staff of the emergency department, resuscitation departments. The increased risk of infection and disease, change in working conditions, high risk and liability, the need for permanent work in particular causes stress. This leads to increased anxiety, depressive state, emotional burnout, etc. In connection with the necessity of studying the impact of pandemic on doctor's health, there is a need study of risk factors and protective factors on mental health. When examining the psychological state of staff during a pandemic, attention is paid to different indicators, in the first instance, similar symptoms of depression and anxiety, the prevalence of which is shown. For study of our main goal, we composed special questioners.

Doctors had to answer on some questions:

- COVID - 19 dangerous for the health of all people, for the health of certain groups of people, dangerous personally for the health of her/himself or the degree of danger COVID-19 for the health strongly exaggerated?
- Does doctor need a psychological support or not?

2. Materials and Methods

As the main research methodology, a test was used to measure the degree of a person's perception of life situations as stressful. The scale studies the emotional state of a person, studies the ability to understand the situation and the desire to receive psychological help. The questionnaire can be filled out quickly and easily. The test used in this study is easy to process statistically. Respondents were asked two sets of questions related to the COVID-19 pandemic. The block of closed points included the following: assessing the level of danger of COVID-19 to health, what causes them anxiety in connection with COVID-19 and whether they need psychological assistance in working conditions during a pandemic. Doctors-woman and doctors-man to each other were in a ratio of 5: 1. The average age of all subjects was 35 ± 3.4 years.

3. Results

Our results showed that for 48% of the surveyed doctors believe that COVID-19 is dangerous for all people alone, 40% of 4 surveyed doctors believe that COVID-19 is dangerous for certain groups of the population, only

2% of the surveyed doctors consider it dangerous for personal health and 10 % of the surveyed doctors believe that the danger is exaggerated. Fifty percent of the surveyed doctors were willing to receive psychological support.

4. Discussion

In terms of assessing the health risks of COVID-19, most of the study participants were divided into two equal groups according to their beliefs: those who believed that COVID-19 was dangerous to the health of the entire population and those who considered it dangerous only for health of certain groups. At the same time, almost a fifth expressed doubts about the danger of the new coronavirus. A very small part of the respondents recognized the possible danger of COVID-19 for their own health. The percentage of study participants who wish to receive psychological help is equal to the percentage of study participants who do not wish to receive psychological help. Stress levels during a pandemic are higher for female doctors than for male colleagues. Revealed regular differences in the level of stress of medical workers, depending on the current situation (the number of infected and deaths) in the region of residence. The stress level is higher for those professionals who are forced to work in stressful conditions due to the difficult epidemiological situation. A connection was found between different beliefs in relation to COVID-19. Perhaps considering the relationship between beliefs and stress levels over time, it would be possible to draw conclusions about whether the perception of stress is actually mitigated by denial of danger. There is evidence that it is those who take the danger more seriously and experience higher stress at the initial stage, later on, are more prepared for the unfavorable development of the situation, which allows them to avoid adverse consequences. On the contrary, the fact that doctors, who do not take danger as seriously as their colleagues, have lower stress levels compared to others, in the early stages of a pandemic and other emergencies, can play an important role in terms of the optimal organization of professional activities and the distribution of functions between employees [6].

Unfortunately, the overwhelming majority of respondents, as in many similar studies, are women, which makes it difficult to assess the impact of the pandemic on the psychological state of male medical workers. The question of gender differences in the level of stress remains open when it comes to its dynamics in a changing environment. Another limitation is the inability to include in the study more variables that mitigate or exacerbate stress. Given the severe physical and mental stress on medical staff during the pandemic, when the study was conducted, we minimized the time spent by the respondents.

5. Conclusions

Such research is very important. Because the effective treatment of infected patients is associated with the health of the medical staff. One of the factors of health is the psychological state of a person. Correct organization of doctors' working hours and the attraction of a large number of male doctors to covid clinics will have a positive impact on management.

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reality: The sustainability of scientific research during the Covid-19 pandemic”

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