

Psychological impact on post Covid patients

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ABSTRACT

The most significant thing in a mental health disorder is its prevalence. Here we compare the consequences by pandemic on mental health of people, with the recordings of ASD & PTSD in last forty years we are going to prove that they are mostly different the symptoms of mental disorders differ therefore the chances of good treatment are very less. We tend to cancel some chances of a new mental disorders considering a new one can emerge from this pandemic. We have to find out the extent of what pandemics doing to one's mental state. Medical care for immediate support was planned by the author.

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Thus mental health is more than just the absence of mental disorders.

Mental health is a state of mind in which he can realise his own capacities and abilities, where he can cope with stress, can have an optimal amount of productivity.

Mental health is important for a person for his own sake as well as for the collective good of society, for a good mental health a person should be content with his life. Thus the prevention and restoration of mental health is very important for both individual and society. Multiple social and psychological, and biological factors are responsible for knowing the mental health of a person.

Social factors, stressful conditions in workplace, gender discrimination, and unhealthy lifestyle are also responsible for deterioration of mental health. There are specific psychological and personality factors that make people vulnerable to mental health problems. Biological risks include genetic factor

Keywords:

COVID-19; mental health; stress disorder. COVID-19; anxiety; psychological impact; stress; virus cancelling medical appointments; depression; lockdown; pandemic; psychological flexibility;

Introduction

Stress, worry and fear are common answers to any problems faced by individuals and of course when we are faced with the grand unknown. Thus it is extremely normal that people are facing fears in the pandemic.¹

Complimenting the fears of getting covid there is the added stress of a very significant changes in our lives, as our movements are restricted for slowing down the virus. The new life of working in the safe confinement of our home, homeschooling children and of course the lack of in person contact with our family members and peers is adding to this, it is important that we look after our mental, and our physical, health.¹

People everywhere where either sitting jobless or working from home.¹ This led to depression and mental stress, along with phobia adding to this was the limited social interactions. Fearing for going out to work, fear to use public transport, were the main reasons for increase in stress, students were worried about there career, businessman were loosing business and even marriage added to the stress.²

The pandemic has been affecting the world at a very dangerous rate living it shattered. The cases have risen sharply since then. The start of covid was followed by strict lockdown in various parts of world, such no travel, closing of schools and offices and commercial activities. Very strict quarantine to reduce covid.³ pandemic brought along with it vrious problems that were very new to the society. Along with a very high death rate this pandemic has brought in many psychological, emotional, and physical problems. Globally all the scientists have exhausted themselves trying to end this godforsaken pandemic. The recent researches focuses more on clinality of covid pandemic, the chances of survival, genes of virus and drug options. There were a significant growth in cases of anxiety, insomnia and distress across nations. Despite this the psychological impact of covid has not gotten enough attention.⁴

We find out four varieties of major problems faced with patients of mental health problems through this pandemic. (1) some conditions that are often found in someone with mental health disorders that is (cardiovascular and pneumonic pathologies, diabetes, obesity, etc.) that may be a risk for covid infection.; (2) age –people in the age group who are at risk of getting covid(3) financial difficulties.

In addition, the psychological state tending system is additional exposed than different tending systems.⁵ Additionally, a particular range of structural things build the medicine establishment notably vulnerable: several beds are closed, wards have high numbers of patients, psychological state society facilities are closed, and medical faculty are short-handed and not trained sufficiently to handle a pandemic of this magnitude .People with mental disorder also face problems in medical.⁵ To keep up with medical care during the pandemic several steps can be taken along with the opening of “covid unit”

These things are beneath the twin oversight of a medical specialist associate degree In infection specialist; all new patients are placed directly into covid wards the nursing employees receive important coaching, daily covid tests and no mental support. Meeting your family physically is prohibited instead you have to shift on virtual platforms.⁶ When the number of people admitted are at maximum some specific cases are aided with home visit,to support patients when they return back to their homes and to assist them address this increases the risk of mental disorders. The entire societies especially psychiatrist are distressed for people with mental health disorders, a daily follow up however can decrease the risk of suicide. new-education strategies; developing support platforms may help to reduce this risks.

Doctors have an evident role in barrier issues and confinement of individuals, and similarly to stop the mental health risk of confinement, physical workout , stress management , social interaction, they must be trained to deal with early symptoms of depression, as a result of this Chinese people are really mentally tormented.⁷

The covid 19 pandemic really exhausted the medical system,theassesemnt of this is important. In Italian region, Italy, a Regional Emergency Committee (REC) was established, so the regional health system organized, with completely 3 hospitals elite as hubs for trauma care. The purpose of this study was to get the results of this changes made in regional care, examination of mental health before and after the pandemic.⁸

We have some data of patient’s mental health before the covidpandemic along with the one recorded throughout the covid pandemic from identical hospitals. Age group information and medical care utilized (Advanced Life Support-ALS, Basic Life Support-BLS), injury mechanism, , injury severity score (ISS), revised trauma score (RTS), and treatments gotten by the patient along with their survival possibilities were recorded. Covid testing was done with body swabs and chest ultrasound or X ray.⁹

Covid 19 affected the drugs of patient who have suffered from severe trauma. There was a rise in number of trauma patients admitted to elite facilities of but with proper care the result was found out to be satisfactory. The covid-19 has been highly disastrous to people around the world however its impact on different sequence and injuries have been variable.¹⁰ To find out the consequences of covid on major injuries we have compared some data of 2003 with 2020. The records of trauma written in tertiary care metropolitan hospital were analysed. Patients who had major traumatic injury in 2001-2003 and those who suffered these in 2018-2020 were retrieved and re-analysed. Patient characteristics, injury mechanism, admitting service, and emergency department (ED)/hospital lengths of keep (LOS) were recorded. Major trauma cases

that originated by the 2003 respiratory disorder and 2020 covid pandemic were recorded in metropolis. This gave base for the suggestions for future pandemics.

Centers for healing trauma and resource allocations not just when the pandemic starts but way before it happens as sort of a shield is also very important.¹¹ Isolation is very closely related to depression which is in turn related to anxiety and psychological decline.¹¹ It reduces resilience factors like self-esteem, feeling valued by others or the feeling of having any purpose.⁵ However the government management of individuals presents yet another problem.

All new entries are placed in quarantine for 3 days; nurses receive a surety of employment, daily medical check-up and psychological support.⁵ Family visits are strictly prohibited and shifted to virtual platforms. At the height of maximum hospitalization like those who need some professional care equipments, or specific cases requiring high level of management, these cases are managed with case visits therefore for patients who come back home from isolation and needs to shed off the experience of confinement, they are susceptible of getting various mental health issues. A daily follow-up is possible through various virtual platforms and can prevent cases of suicide. Psychiatrists have a very important role of knowing their patient in confinement to prevent the risks that are eminent in confinement: a normal circadian rhythm, working out and management of stress interference reduce the chances of addiction and stress disorder, as a result of their chances was high among the regions of China is that the very most ill with the pandemic.¹¹

Psychological care is facing too much troubles and would not shy away from a reorganisation and may need a complete support system for emotional disorders because of the confinement of major part of population.⁶

The covid 19 exhausted a large part of health resources worldwide. The purpose of this study was to find out the results of this reorganisation.⁶

A coherent study was conducted in LTR. (September one to Nov nineteen, 2019) with those recorded throughout the pandemic (February twenty one to May ten, 2020) within constant hospitals.⁶ Data of different age groups, pre hospital care (ALS and BLS), style of transportation, injury mechanism, abbreviated injury score, injury severity score (ISS), revised trauma score (RTS), survival outcome of patients, admitted to centers of trauma. Tests for covid were performed using body swabs and CT scan.⁷

Covid exhausted the resources of

The covid-19 has been massively harmful for people around the world. Its impact has been different on different diseases to get the consequences of covid-19 on people.

Major trauma cases born by throughout each the height of the 2003 malady and 2020 COVID-19 pandemics in town, suggesting a trend for the end of the day pandemic extremely arising with. If similar findings unit seen at entirely totally different trauma centers.¹¹ Additionally to the isolation the management of interns poses a different problem for older individual. The has been a great concern about the impact of covid. Pandemic and restrictions also had a very negative impact on children's ,this can cause some permanent damage to the minds of children and adults.¹¹ There has been a worry of how this pandemic is gonna leave us.One exception is the case study from covid-19 . As the knowledge used by the study is of before pandemic it is not able to answer the state of mental health in the pandemic. The collecting of monthly information from people who are of different age and varieties, a single chance to look at what this pandemic has done.

Between march 2020 and 2021 we have seen small decline in cognitive functioning of students as they have been at home for 2 years.¹⁰ (Most adolescents came back into high school in march 2021. The symptoms reported by parents and students were stable overtime; but during this time adolescents were isolated and were not able to see the doctors. On the other hand we have seen a lot of changes in parent reported syndrome.(according to pandemic restriction in India) This was prevalent in kids aged 4-10 years on the other hand the kids in puberty were reported normal. This results need more proofs but two main components were pressure from Peres and family stress. It should be noted that a bunch of pre-teens needed to talk much more with their peers during the time when covid was at its peak.¹¹Stress has been additionally high amongst the patients

At these times were parents were managing work along with home and on taking care of there kids simultaneously most parents felt that they weren't able to do this sufficiently.

Parent's stress was obviously high for families with low income and kids here were prone to mental disorders.

These results are very dangerous as we know the association of parental stress along with negative family surroundings on kids.¹

Kids with all these factors were reported to be prone to neurological disorders along with the low income family. But the association with these factors and deteriorated mental health was prevalent well before the pandemic.

The growth in symptoms may not be evident but we saw its significant for SDQ in march 2020 as restrictions increased.⁸ For kids in low income families the symptoms increased.

The co-space finding as proved by others like a study from UK National Health Service that raised worry over the state of mental health in 2020 as compared to 2017, significantly for boys aged 5–10 years and with families who were struggling money wise.¹¹

The symptoms we find as the parents told and as the kids say were again proved in some school based studies.¹²

The anxiety reported by kids themselves were also significantly higher fact it was the highest in the pandemic. Lockdown meant most children were not at school, we have to thus examine the state of mental state of all age demographics with or without a pandemic, compare those and work towards it accordingly.¹³

This article confirms the stress and other psychological problems faced by people in India during the pandemic, some ideas were made as to how to manage stress at macro and micro level. It was found out that a mental health help is required during pandemic, which is important for better mental health of society as a whole. Several solutions are being taken by the government like toll free helplines and virtual counselling for patients. Similarly resources for managing stress is available in official government websites.¹³⁻²¹

The studies revealed that people with insurance policies against covid are less prone to stress as compared to those without one. Thus it can be done that government ensures that insurance companies provide diagnostic and treatment coverage for covid. This will ensure the hope of leading a worry free life in the future. Further the insurance companies must be honest with their plans.

The public's lack of trust toward government was one of the major causes of stress in the pandemic thus an effort by the authorities towards the reaction of public towards their policies must be reviewed.⁷ This will ensure that public understands them and thus ensuring their policies. People's thinking of the dangerousness of a disease is also shaped by government and media. Thus a great care should be taken while communicating.

CONCLUSION

Humans always need social interaction in their lives. As proved in the study social support is of much importance to deal with these kind of situations. Thus public health department must help on community health. It is evident that external sources are not in our hands thus we need to control what we can control. We need this helps to be resilient, hopeful and positive during this tough time. Hence the institutes of government, schools and NGOs should invest in development of positive growth.

Comment [F12]: Please add implication study base on your review

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