

The Examination of Risk Posed by Corona Virus in Healthcare Workers

Nazari M^{1*}, Alimoradi H² and ajdani A³

¹Master of Occupational Health Engineering, Occupational Health Research Center, school of public Health, ShahidSadoughi University of Medical Sciences, Iran

²Master of Occupational Health Engineering, Occupational Health Research Center, school of public Health, ShahidSadoughi University of Medical Sciences, Iran

³Doctor of Medical Sciences, Isfahan University of Medical Sciences

*Corresponding author:

Mahsa Nazari,
Master of Occupational Health Engineering,
Occupational Health Research Center,
school of public Health, Shahid Sadoughi
University of Medical Sciences, Yazd, Iran,
E-mail: nazarimahsa95@yahoo.com

Received: 01 Apr 2021

Accepted: 22 Apr 2021

Published: 28 Apr 2021

Copyright:

©2021 Nazari M et al., This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and build upon your work non-commercially.

Citation:

Nazari M et al., The Examination of Risk Posed by Corona Virus in Healthcare Workers. United J Internal Med. 2021; V1(3): 1-2

Keywords:

Awareness, Stress, Disease, Outbreaks

&Authors' contributions:

H.A, MJZS, M.NZ. These authors are contributed equally to this work.

1. Abstract

The corona virus epidemic is well-known in the world due to its pervasive prevalence; in fact, the amount of life and psychological harm caused by this virus has piqued the world's interest. In addition, people who have gone through a trauma have very strong psychiatric effects; if these symptoms are not treated, they will have an irreversible impact on the mental health of individuals and society [1]. In every culture, social damages are seen as a danger to the social order. The cornerstone of every culture is dependent on its citizens adhering to its principles and norms. When members of society break social rules, society is unable to perform its roles successfully and it becomes disorganized [2]. The dilemma of how to accept crisis is one of the aspects that is considered a breach of the protocol. A crisis is a situation that allows priorities and habits to be disrupted [3]. The critical point is that person has different ways of analyzing traumatic circumstances and communicating with anxiety in disturbed situations, and they employ different coping steps to control and cope with crisis [4, 5]. Increasing the incidence of chronic disorders and disability in crises leads to a decrease in life expectancy and the average age of people in society, pandemic crises such as covid-19 have been shown to affect mental health [6].

It is expected that the impact of viral diseases on mental health-related activities will rise in the near future. Infectious diseases (e.g.,

smallpox, AIDS, measles, and Ebola) are caused by unexplained causes that have had far-reaching effects and problems for mankind [7, 8]. People were subjected to a great deal of stress as a result of covid-19, physically and mentally, as well as culturally and socially [9]. While certain behavioral changes, such as communication sharing, isolation from human populations, population avoidance and involvement in antiviral therapy, have had some beneficial impact in various countries, these changes have largely failed to impact physical wellbeing and eradicate the psychological repercussions of illness [10].

As well as certain strategies, such as long-term quarantine, have resulted in traumatic psychiatric effects for individuals, including post-traumatic stress disorder, confusion and rage, resentment, burnout, financial loss and self-labeling. Because of its high transmissibility, closeness and invisibility, the disease has posed a major threat to the world. Panic, anxiety, stress and fecundity are also examples of psychological disorders [11, 12]. Post-traumatic stress disorder is the most frequent result of such crises and it has a negative impact on people's functioning. Fear, denial and despair have been the most frequent irritant reactions to the fear response in the majority of patients and individuals at risk for SARS, respectively. The rapidly growing number of coronaviruses has raised public anxiety and concern in many countries. People are worried for their health, so fear and worry (which are common charac-

teristics of infectious diseases) are understandable. Unfortunately, such concerns hinder awareness of illness-related matters, adding to other psychosocial difficulties such as depression, bigotry and other unaddressed psychosocial dimensions [13].

A recent survey of people with a Quid 19 experience revealed a plethora of emotional consequences, including quarantine, such as tension, depression, irritability, insomnia, terror, uncertainty, rage, annoyance, fatigue and stigma. Many of these cases, such as social shame, remained after the quarantine was removed, and some have displayed rejection, physical violence (inappropriate words) and abusive actions before and after the quarantine. In epidemics, stress refers to the marking, derogatory behavior, or lack of treatment services for people who have been infected or harmed. People with epilepsy face social isolation and injustice in both developed and developing countries. In individuals with epilepsy, there is a major positive association between stress and learned helplessness, stress, anxiety, elevated disease-related physical symptoms and other health issues, reduced self-esteem, and lower life satisfaction. Adults with elevated levels of stress may also struggle to manage the disease by surgery, medicine, and diet. People's health is affected by lifestyle, which is a natural everyday occurrence that they have embraced in their lives. People's lifestyles account for 53% of their causes of death. Social shame is a worldwide phenomenon that has been investigated in the field of psychology. Adults with high stress levels can also fail to treat the disease by surgery, medications, and nutrition. People's wellbeing is influenced by their lifestyle, which is a normal phenomenon that they have accepted in their lives. People's lifestyles are responsible for 53% of their causes of death. Stress is a global condition that has been researched by psychologists. As a result, grappling with stress must be considered at all levels of the individual, social and organizational. It is important to increase people's understanding about how to distribute, care about and avoid pollution through national and social media. Training workshops for workers at different organizations are often used to increase consciousness in order to avoid negative responses to personal fears and sexism in service delivery. In particular, offering reliable and detailed information on reducing the burden of this new disease necessitates the collaboration of all organs, as well as thorough study into the causes of this prognosis.

References

1. Spinelli A, Pellino G. COVID-19 pandemic: perspectives on an unfolding crisis. *BJS*. 2020; 107: 785-7.
2. Xie J, Tong Z, Guan X, Du B, Qiu H, Slutsky AS. Critical care crisis and some recommendations during the COVID-19 epidemic in China. *Intensive Care Med*. 2020; 46: 1-4.
3. Le TT, Andreadakis Z, Kumar A, Roman RG, Tollefsen S, Saville M, et al. The COVID-19 vaccine development landscape. *Nat Rev Drug Discov*. 2020; 19: 305-6.
4. Zandifar A, Badrfam R. Iranian mental health during the COVID-19 epidemic. *Asian J Psychiatr*. 2020; 51: 101990.
5. Georgiou N, Delfabbro P, Balzan R. COVID-19-related conspiracy beliefs and their relationship with perceived stress and pre-existing conspiracy beliefs. *Pers Individ Dif*. 2020; 166: 110201.
6. Chen Q, Liang M, Li Y, Guo J, Fei D, Wang L et al. Mental health care for medical staff in China during the COVID-19 outbreak. *Lancet Psychiatry*. 2020; 7: 15-6.
7. Tucci V, Moukaddam N, Meadows J, Shah S, Galwankar SC, Kapoor GB. The forgotten plague: Psychiatric Manifestations of Ebola, Zika, and Emerging Infectious Diseases. *J Glob Infect Dis*. 2017; 9: 151-6.
8. Yao H, Chen J-H, Xu Y-F. Patients with mental health disorders in the COVID-19 epidemic. *Lancet Psychiatry*. 2020; 7: 21.
9. Fardin MA. COVID-19 and anxiety: A review of psychological impacts of infectious disease outbreaks. *Archives of clinical infectious diseases*. 2020; 15: 102779.
10. Zmigrod L, Ebert T, Götz F, Rentfrow J. The Psychological and Socio-political Consequences of Infectious Diseases. 2020.
11. Huang J, Liu F, Teng Z, Chen J, Zhao J, Wang X, Wu R. Care for the psychological status of frontline medical staff fighting against Coronavirus Disease 2019 (COVID-19). *Clin Infect Dis*. 2020; 71: 3268-9.
12. Ho C, Chee CY, Ho RC. Mental health strategies to combat the psychological impact of COVID-19 beyond paranoia and Panic. *Ann Acad Med Singapore*. 2020; 49: 166-60.
13. Ornell F, Schuch JB, Sordi AO, Kessler FHP. "Pandemic fear" and COVID-19: mental health burden and strategies. *Braz J Psychiatry*. 2020; 42: 232-5.