

## Challenges of Health Care Providers During the Crisis of Covid-19 Pandemic

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The world is facing the sweeping effects of COVID 19 that has started from Wuhan City. It exponentially spread globally and turned out to be an outrageous event for the economy and global health.<sup>1</sup> The major challenge for the health care professionals is to cope with mental and physical stress while dealing COVID-19 patients in hospitals.<sup>2</sup>

We would like to highlight the challenges that are faced by our front line workers and how they are trying to cope with these situations in Pakistan. Safety of health care workers from being infected with the virus and facing aggressive behavior from attendants of patient simultaneously is one of the main challenges. Until now, a number of cases have been reported on daily basis where doctors and paramedical staffs are beaten and injured due to aggressive actions of attendants. This attitude reflects the inaccessibility of hospitals and unavailability of appropriate health care services; from which provision of ventilator is the basic requirement for the severe cases of COVID-19. For this reason doctors' community is in favor of complete lock down to break the chain of transmission and to lessen the burden on health care systems. However, for country with poor resources it is very difficult to implement lock down and social distancing due to socioeconomic challenges.

Frontline health workers are facing impractical expectations while managing the patients of COVID 19. Without sufficient safety measures; it is difficult to keep them motivated. The exhaustive workload drained the professionals physically, mentally and emotionally.<sup>3</sup> They are at high risk of anxiety, stress, insomnia and constant fear of being exposed to infection. Therefore it is essential to take care of their health and safety by providing them a safe and conducive environment which ultimately leads to quality patient care.<sup>4</sup>

Strategic plan should be enforced and implemented by the government and all stake holders to prioritize the effective measures to control the infection spread among health care providers.<sup>5</sup> All frontline workers should be equipped with ample support from government and from the administration

of hospitals. In this context; mandatory trainings for COVID-19 preparedness and provision of PPEs are basic requirements. Psychosocial support plays a vital role to maintain the moral of health care professionals to cope with the pandemic. Focus should be given to raise the awareness among general public regarding the management of corona virus at home and when to bring patient to hospital in order to lessen the burden in hospitals as majority of patients are recovered with symptomatic treatment.<sup>6</sup> For this purpose, electronic and social media platform should be used to stop all misinformation and provide correct information through medical experts in terms of signs and symptoms, management and psychological support associated with COVID-19.

### Author Contribution:

Nadia Khalid: Conception of idea  
Kiran Mehboob Bana: Final editing and prof reading

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