

The Psychological Impact of COVID 19 on Healthcare workers of India

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INTRODUCTION

- ▶ Covid 19 is an infectious disease caused by SARS-CoV-2. It causes upper respiratory tract or lower respiratory tract infection. The novel corona virus-19 (COVID 19) first identified in Wuhan, China (December 2019). Since then, because of its rapid spread, it affects the whole world. The worldwide Covid 19 outbreak was announced as a global public health emergency by World Health Organization on January 30, 2020 and announced as a Pandemic on March 11, 2020.
- ▶ The major role who plays in this situation is The Healthcare Workers who are working at the frontline. The whole burden of the pandemic situation affects their physical and mental health. They are facing severe psychological problems which may be due to increased working hours, increased workload, and work-life imbalance.
- ▶ This study is majorly focusing on the psychological impact of Covid 19 on healthcare workers who are working in the Covid department and Non-covid department during this global pandemic and how it affects their work-life balance.

RATIONALE

- ▶ As we all know healthcare professionals are our pillars in tackling this situation, so their mental and physical health is most important as after all this, they must provide service to the nation continuously without a break if their psychological well-being is not fine how come they provide their effortless service.
- ▶ This research study is done with the main aim to know how and at what level COVID 19 pandemic affects our healthcare workers in an aspect of their mental health and work-life balance.
- ▶ Therefore, this study is being conducted with a focus on the psychological impact of covid 19 on healthcare workers in India which are posted in the covid department and which are not posted in the covid department during this COVID 19 pandemic to identify what is the difference in their workloads and how it impacts their psychological health.

SPECIFIC OBJECTIVES

- Do COVID 19 affects the mental health of healthcare workers of India and in what way?
- Is there any impact on the work-life balance of the healthcare workers and is it also affect their psychological wellbeing?
- To compare COVID department posted and Non-COVID department posted healthcare workers psychological impact and their work-life balance during this pandemic.

RESULTS

A total of 100 healthcare workers respondents were studied. Among them 50 healthcare workers are from covid department and 50 from Non covid department.

Baseline Characteristics

➤ Healthcare workers – Covid Department (N1=50)

	FREQUENCY	PERCENTAGE
AGE		
Under 30	16	32.00%
30+	15	30.00%
50+	19	38.00%
GENDER		
Male	23	46.00%
Female	27	54.00%
WORK EXPERIENCE		
Less than 5 years	23	46.00%
More than 5 years	27	54.00%
TYPE OF INSTITUTE		
Government	24	48.00%
Private	19	38.00%
Other	7	14.00%
TYPE OF WORK		
Clinical	35	70.00%
Non - Clinical	15	30.00%

➤ Healthcare workers – Non Covid Department (N2=50)

	FREQUENCY	PERCENTAGE
AGE		
Under 30	12	24.00%
30+	23	46.00%
50+	15	30.00%
GENDER		
Male	19	38.00%
Female	31	62.00%
WORK EXPERIENCE		
Less than 5 years	22	44.00%
More than 5 years	28	56.00%
TYPE OF INSTITUTE		
Government	9	18.00%
Private	8	16.00%
Other	33	66.00%
TYPE OF WORK		
Clinical	25	50.00%
Non - Clinical	25	50.00%

❖ Work Life Balance

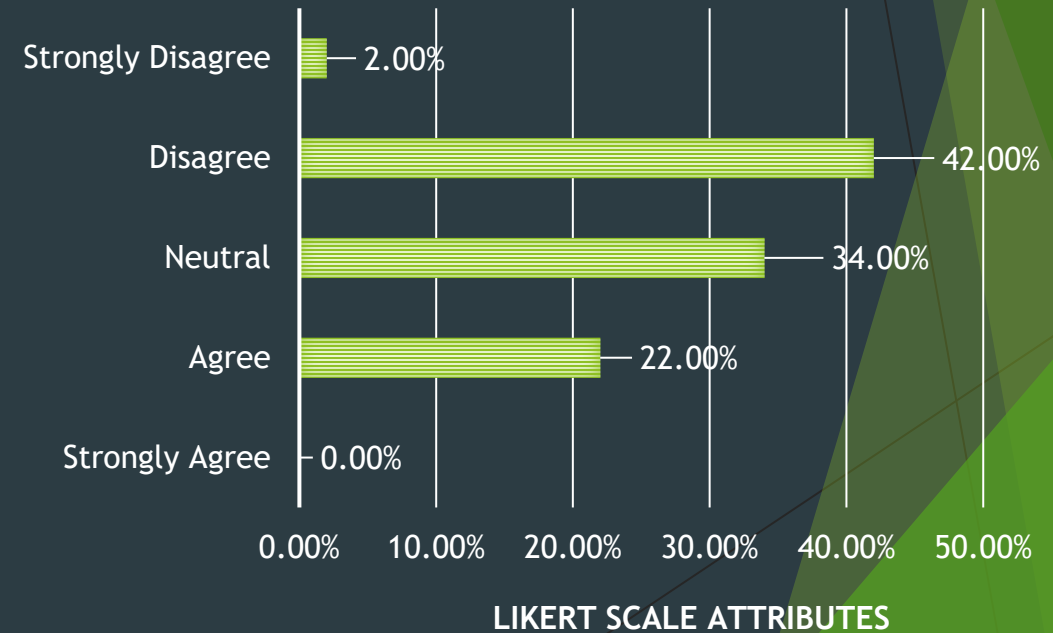
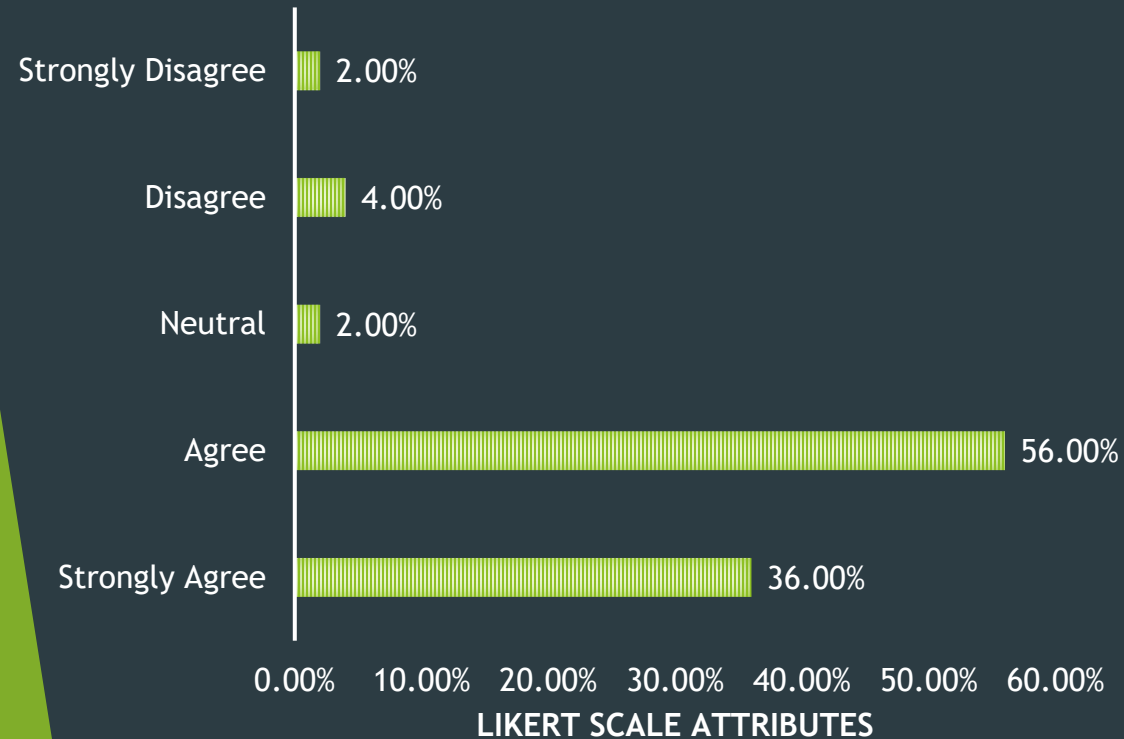
1. Pandemic have increased your workload and work timings.

**Healthcare workers – Covid
Department (N1=50)**

**Healthcare Workers- Non Covid
Department (N2 = 50)**

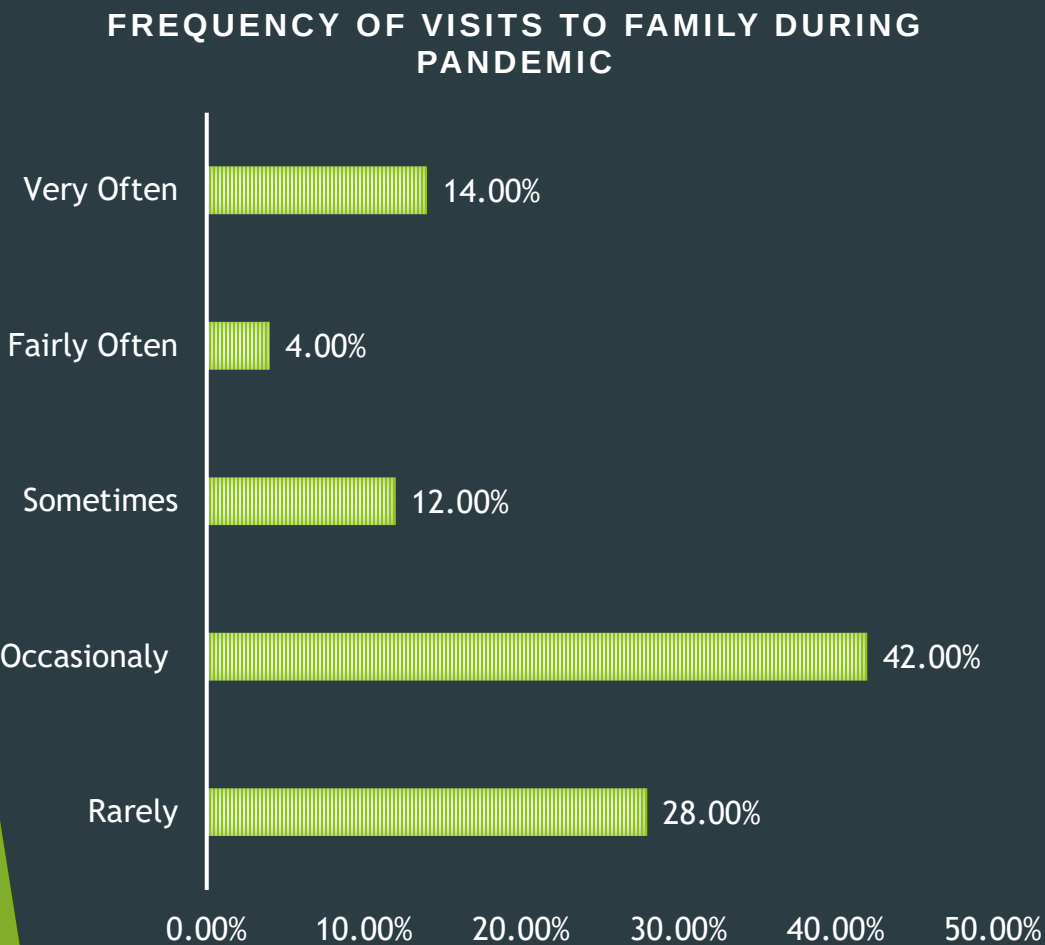
**PANDEMIC HAVE INCREASED YOUR
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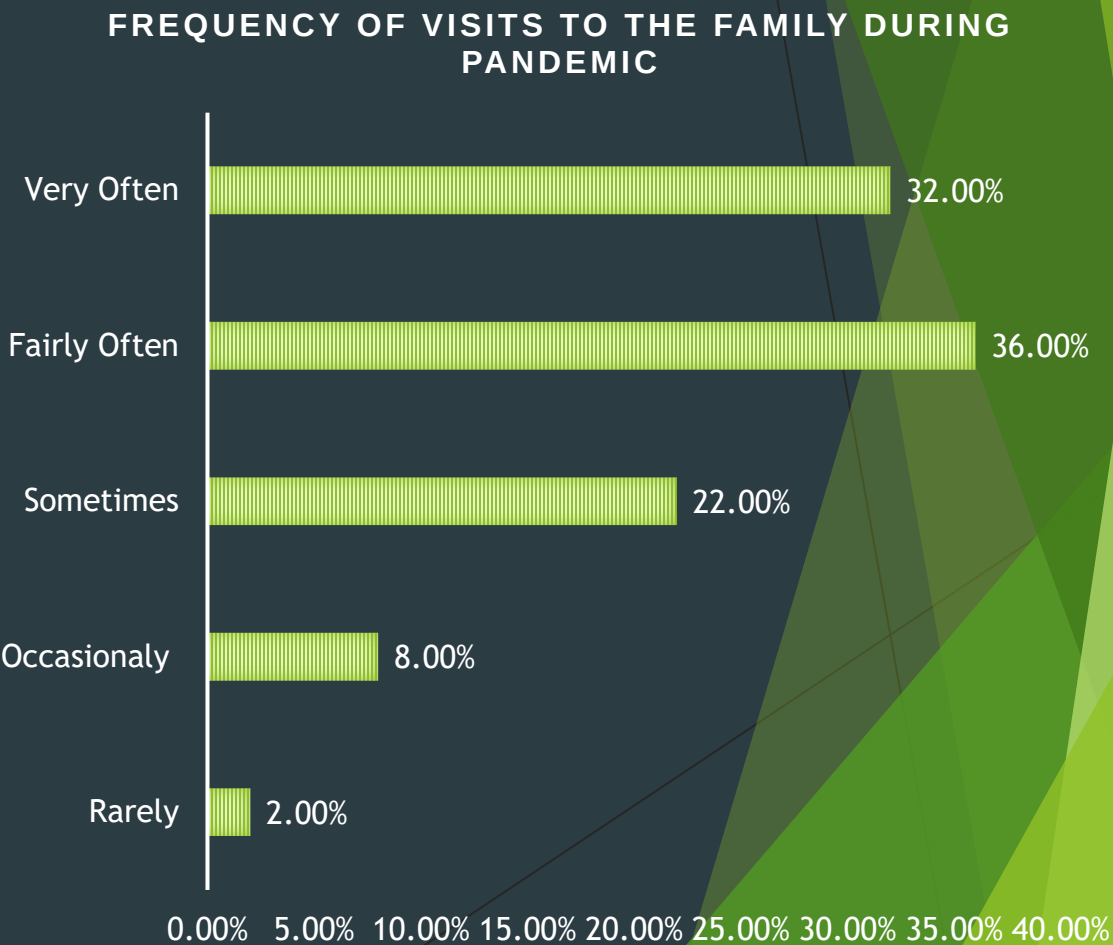


2. Frequency of visits to family during this pandemic

Healthcare Workers – Covid Department (N1=50)

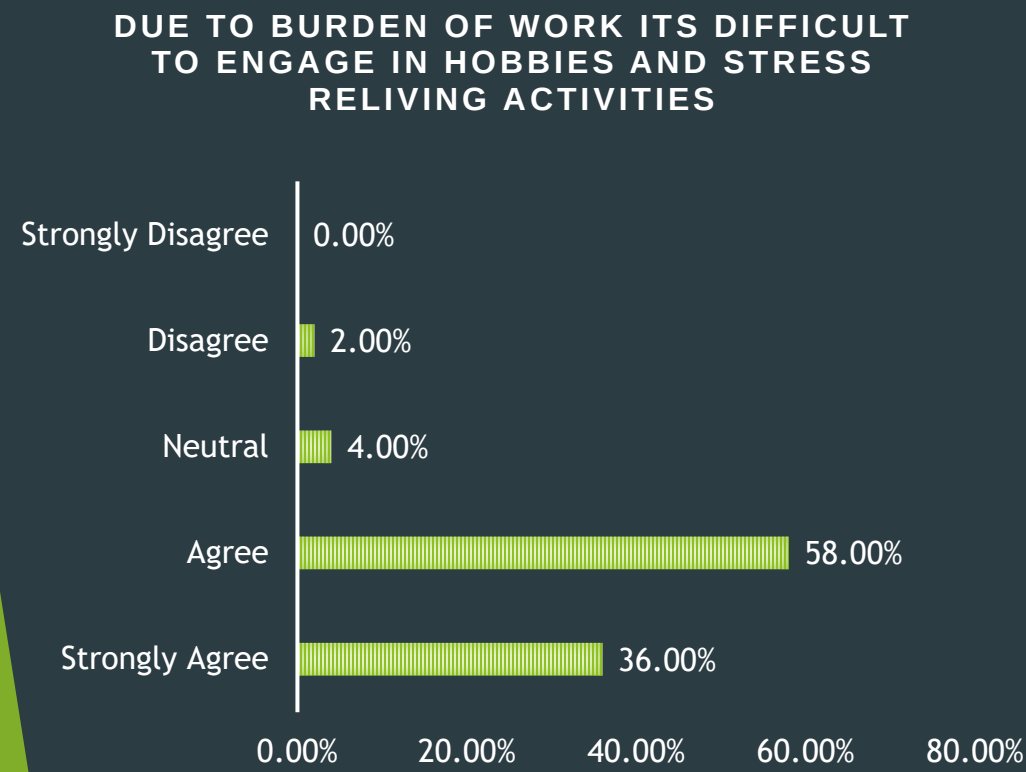


Healthcare Workers – Non Covid Department (N2 = 50)

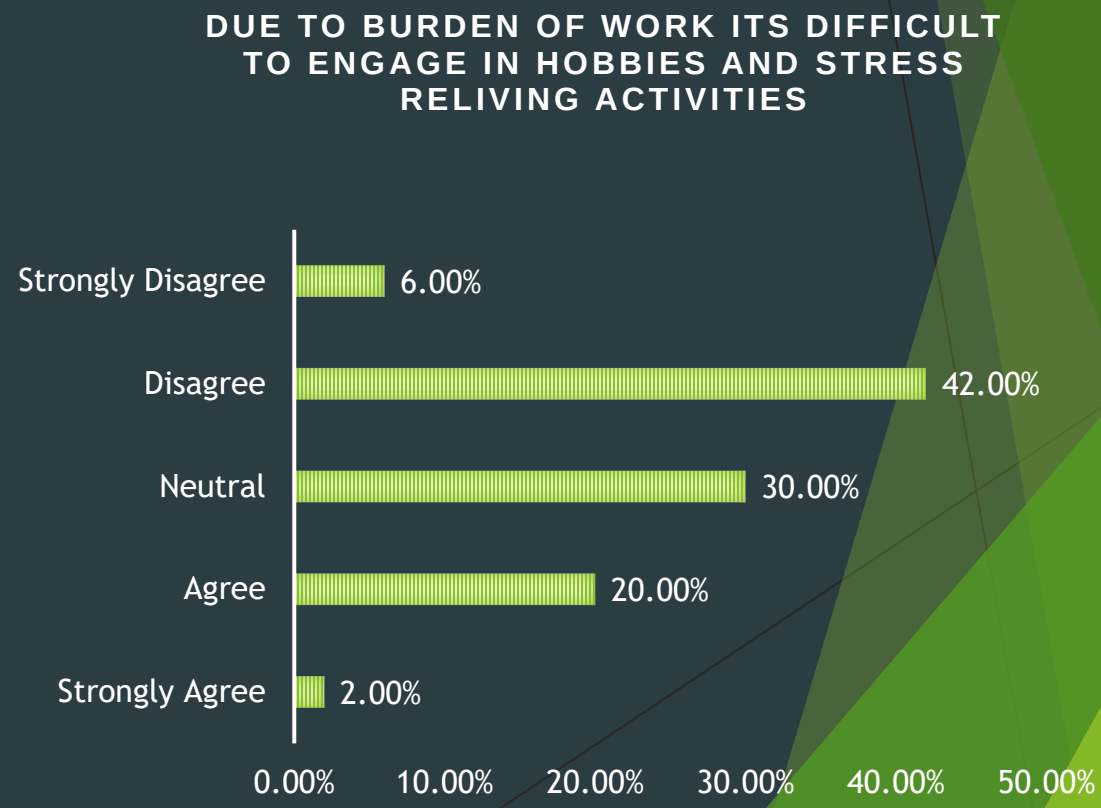


3. Due to Burden of work you find difficulties to engage in hobbies and stress reliving activities.

**Healthcare workers – Covid
Department (N1=50)**

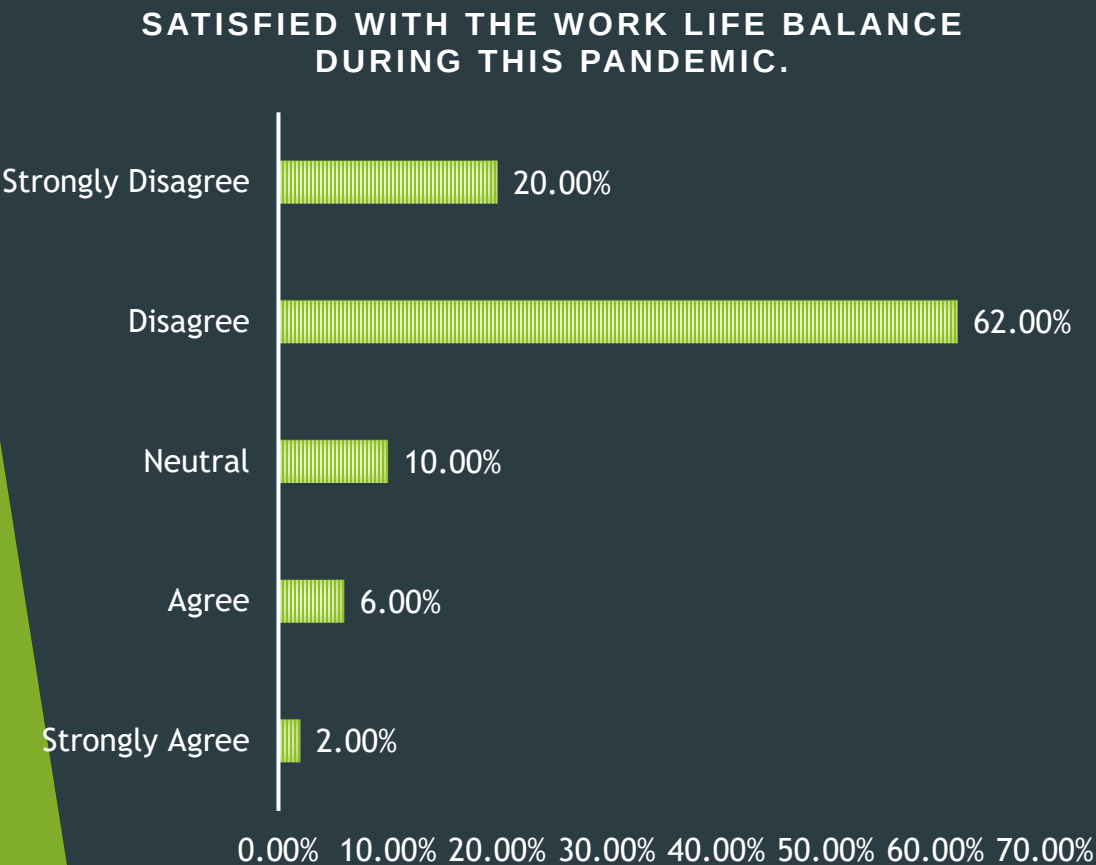


**Healthcare workers – Non Covid
Department (N2=50)**

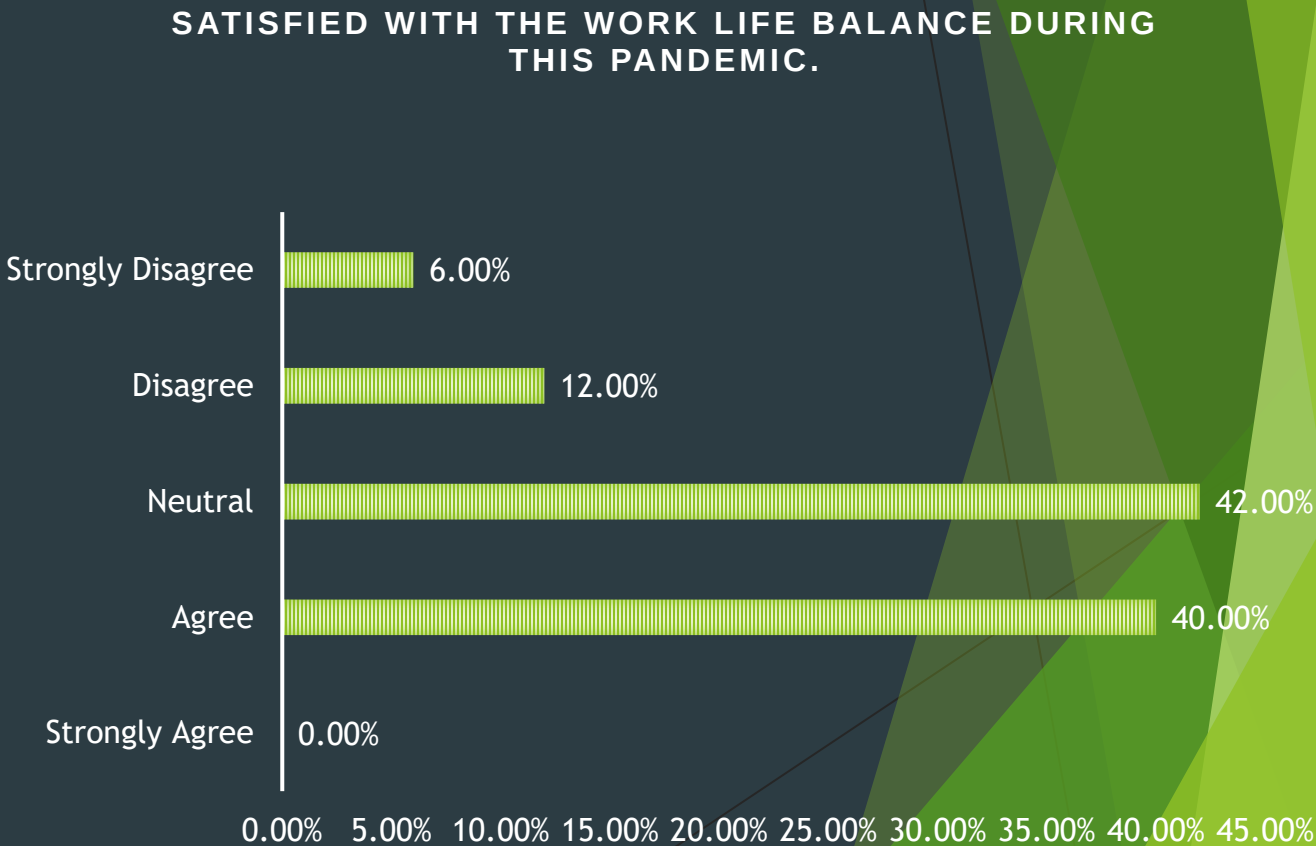


4. Satisfied with the work life balance during this pandemic.

Healthcare Workers – Covid
Department (N1=50)

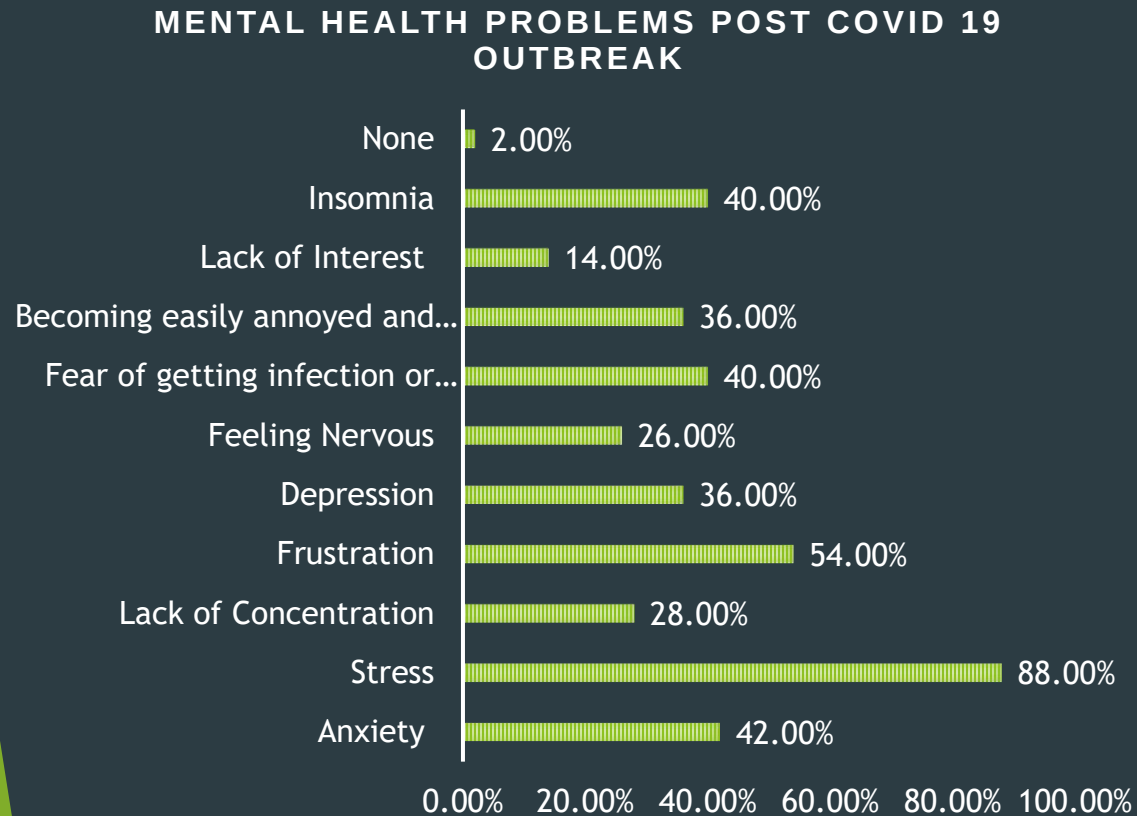


Healthcare Workers – Non Covid
Department (N2 = 50)

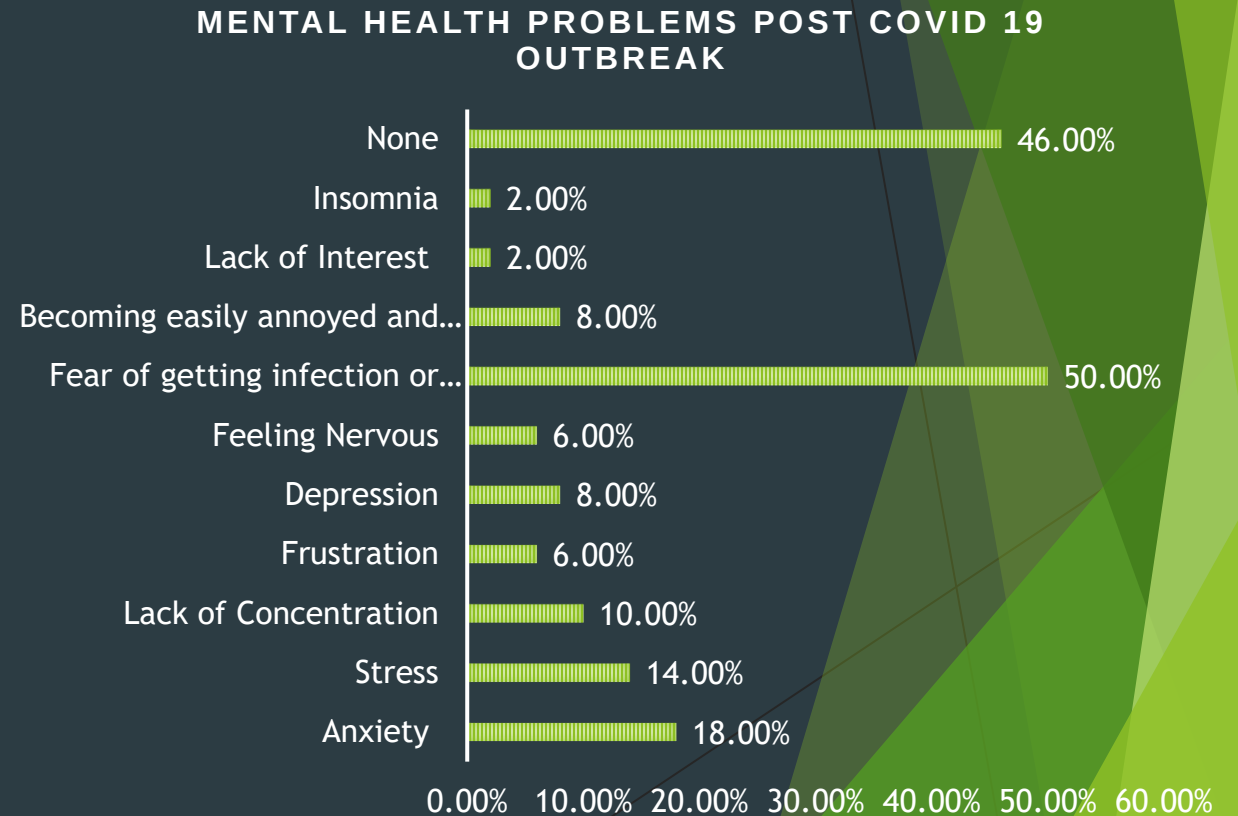


❖ Mental Health Problems facing by healthcare workers post Covid 19 outbreak

Healthcare Workers – Covid Department (N1= 50)



Healthcare Workers – Non Covid Department (N2= 50)



DISCUSSION

❖ Work life Balance

- ▶ According to the results of this study Covid 19 more or less affected all healthcare workers - work life balance. When compare both results of Healthcare worker of Covid department and Non Covid Department: -
- ▶ Majority of the healthcare workers of Covid Department had responded increase in their work load and work timings and most of them were not able to visit their family during this pandemic situation as there was lack of emotional support situation create and also among them most of the healthcare workers found it difficult to engage in their hobbies or stress reliving activities so there were lots of occupational stress created while no emotional support and stress busters activity available for them this all can lead to stress.

- ▶ Previous studies had also shown that no breaks and increased workloads, and increased work timings are most stress causing factors. As we can see majority of them were not satisfied with the work life balance they had during this pandemic.
- ▶ If notice about Non covid healthcare workers most of them disagreed about increase timings and workloads and also, they were able to visits their family very often.
- ▶ They were able to get time for their hobbies and stress reliving activities compare to healthcare workers of covid department so majority of the healthcare workers of the Non Covid Department were satisfied with their work life balance during this pandemic situation.

❖ Mental Health Problems facing by healthcare workers post Covid 19 outbreak.

- ▶ Highest problems faced by healthcare workers during this pandemic are Stress and Fear of getting infection or infecting family.
- ▶ If talk about Healthcare workers of Covid Department the most faced Problems are stress, frustration, anxiety, fear of getting infection or infecting family and insomnia. As we see other findings the occupational stress, lack of emotional support and no breaks, irregular schedule due to increased work timings and work loads leads to increase in all these problems.
- ▶ While Healthcare workers of Non Covid Department majorly responded to none and some of them responded in fear of getting infection or infecting otherwise all other mental problems were less marked by them.

CONCLUSION

- ▶ Sudden outbreak of Covid 19 challenged greatly in terms of medical prevention and solution of the pandemic. Our healthcare workers work effortlessly during this pandemic. This study revealed the results that present that the Covid 19 pandemic and its outbreak in India impacted on the psychological health of the healthcare workers to certain extent.

RECOMMENDATION

- Healthcare facilities providing institutions should execute some strategies which can reduce prevalence of psychological problems among healthcare workers.
- Harmony with the co-workers and friendly environment of the work field will also affect positively on mental health.
- Proper schedule and well-arranged system of allotting shifts for work will also help in taking some sleep and rest and will increase healthcare workers work efficiency too.
- Virtual contact with loved ones during work by taking some break will also help to lessen stress.
- Preventive measures should be followed properly by both covid department and non - covid department will decrease the fear of getting infected.

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THANK YOU