

The Dual Burden: A Literature Review on the Psychological and Physical Impacts of Covid-19 on Healthcare Professionals Worldwide

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Abstract: This literature review investigates the psychological and physical effects on healthcare personnel during the COVID-19 epidemic. Drawing on studies from several nations, it emphasizes the heightened levels of stress, anxiety, and burnout experienced by frontline workers, as well as the physical health issues associated with continuous exposure to high-risk situations. The analysis focuses on the relationship between mental and physical health, highlighting how stress can aggravate physical problems and vice versa. This study intends to highlight the urgent need for comprehensive support structures and measures to protect the well-being of healthcare professionals worldwide in future crises by combining findings.

Keywords: Corona virus, healthcare workers, anxiety, and stress.

1. INTRODUCTION

In these days covid-19 pandemic is at their advance stage and its causative agent is SARS-COV2 which is virus strain from the family of corona virus [1-6]. Infected person numbers and harshly sick patients is intensifying along with the healthcare workers number who are in the isolation either because they have been contaminated with corona virus or have been in exposure with a case. Due to the deficiency of protective kits for health care workers in several parts of the world leads to the mental health risks and these risks are aggravated day by day. The numbers were increasing day by day specially in those countries who do not have enough health care and test facilities [7-8]. To combat with the corona cases countries, need mentally and physically fit and well-equipped healthcare force and they must launch the narrative working planning for protection of healthcare workers from contamination [7-10].

Corona virus is a deadly virus that was first detected by the china from one of its province Wuhan. This virus not only affect the lives of the people but also effect their financial statuses because many people have lost their jobs during

this pandemic lockdown. This virus mostly effects our frontline soldiers our doctors because they are taking care of the covid-19 patients and due to lack of protective kits in most of the developing countries. People have gone through the bad times because they lost their jobs their works and face huge financial crises and most people have psychological disorders like anxiety, stress, depression and insomnia some people lost their loved ones some lost their jobs and experienced mental disorders and our health care workers can also go through these mental health issues because they are mostly in contact with the covid-19 patients and continuous isolation and fear of having virus leading them towards mental disorders like depression, anxiety insomnia. And these mental health diseases are most common in the countries where there are not proper health care facilities for the protection of health care workers, so they suffer through these mental illnesses more.

2. PSYCHOLOGICAL AND PHYSICAL IMPACTS ON HEALTHCARE WORKERS

The number of infected and harshly sick patients is intensifying along with the healthcare workers number who are in the isolation either because

they have been contaminated with corona virus or have been in exposure with a case. Due to the deficiency of protective kits for health care workers in several parts of the world leads to the mental health risks and these risks are aggravated day by day. This covid-19 also leads to the financial crises and these crises are crueller than the economic crises around the world during 2007 to 2008 and these crises are more likely due to the momentary closing of businesses, companies and due to the decrease in work force for example in near past restaurants have dine in facilities which are shifted to take away and home deliveries and these acts contribute in the loss of job of many workers and these financial crises effecting the most susceptible workers and it also effecting the people who have not any savings behind. Unemployment, although it is short lived but it can cause mental health deterioration and these effects are exaggerated due to abrupt, prevalent onset of corona virus pandemic however, some lucky people who still have their jobs but it is also difficult for them to work continuously in isolation and even when there is no workplace interaction. Additionally, the changes in workplace like conferences with online and virtual assemblies that is the alternative of face to face meetings which is launch due to corona virus also has some positive effect due to minute traffic crowding there is decrease in the production of carbon due to less usage of motor vehicle and aircraft travel .But When the blowout of Corona virus raised , approximately all the countries affected by this have allotted lockdown (partial or complete) to implement social distancing manner and to circumvent transmission [1, 11,12].

3. CONCLUSION

In summary, the COVID-19 epidemic has placed enormous psychological and physical strain on healthcare workers around the world. The connection between physical and mental health emphasizes the importance of focused therapies and support structures. Addressing these difficulties is essential to ensure the resilience and well-being of healthcare workers in future health crises.

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Citation: Muhammad Akram et al. *The Dual Burden: A Literature Review on the Psychological and Physical Impacts of Covid-19 on Healthcare Professionals Worldwide*. *ARC Journal of Anesthesiology*. 2024; 9(1):21-23. DOI: <https://doi.org/10.20431/2455-9792.0901004>.

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