



PROTECTIVE SAGACITY FOR CORONA WARRIORS DURING COVID-19 PATIENT CARE: A REVIEW

Mahesh Kumar *

Ph.D. Scholar, Department of Shalya Tantra, Mahatma Gandhi Ayurved College, Hospital And Research Centre, Salod, Wardha, Maharashtra, India

*Corresponding Author Email: drmkguptabhu@gmail.com

DOI: 10.7897/2277-4572.095185

Received on: 15/09/20 Revised on: 08/06/20 Accepted on: 05/10/20

ABSTRACT

The whole world suffering from pandemic COVID-19 (Coronavirus disease 2019) infectious disease as the infected cases and due to death expanding day by day. The health sector facing this challenging situation and doing positive multidisciplinary efforts in preparing effective medicine and preventive vaccine. But there is no such wonderful success achieved till now by doctors, scientists, and society. The things only in hand is to disseminate awareness among society regarding protective steps and to breaking the chain of the virus. Most of the hospitals, health care infrastructure, resources, doctors, health care staff manpower doing difficult tasks, and continuously helping the sufferer. The misfortune is that even manpower especially health care staff (corona warriors) providing the services in the COVID ward still not safe. They also got an infection during their duty. Although the Government releases various guidelines, safety advisory, audio-visual advertisement and these are highly effective in view of protective sagacity. It worried the administration and there is a frontline challenge is to save their front-line corona warriors. The attempt is taken to share own experience regarding COVID-19 care for the protective sagacity of corona warriors with minor resurface in their work manner and lifestyle.

KEY WORDS: Ayurveda, COVID-19, Corona warriors, Health care

INTRODUCTION

The novel corona virus 2019 is well known as SARS-COV 2 and it cause the disease COVID-19 (corona virus disease 2019). First time its cases seen in Wuhan China in December 2019¹. After originating from epicentre, the corona virus progressively spreading and affect the whole world. The WHO (world health organization) declares COVID-19 as global pandemic disease on March 11, 2020². The wake of COVID-19 outbreak captures the whole world drastically and challenge human life. For safety and protection various guideline, advisory, SOP (standard operating procedure) released by WHO, Government, Ministry of health and family welfare, Ministry of AYUSH, Government Institutions, non-government organizations.

As per WHO report there is 28 637 952 total confirmed cases, 917 417 confirmed death, 216 Countries, areas or territories with cases (Last update: 13 September 2020, 05:30 GMT+5:30)³. There are various health care staff that got infection during their duty⁴. The virus spread from COVID-19 infected person to another person by close contact and droplet produced during coughing, sneezing, spitting. The touching fomite⁵, infected surface and unhealthy respiratory hygiene also a factor. The social distancing, bearing face mask and regular hand hygiene are the main factor playing key role to break the chain. The frontline health care providers called as corona warriors like doctors, pathologists, lab technician, nursing staff, pharmacist, ward attendant, housekeeping staff, ambulance staff etcetera also got infection while working at COVID area⁶. This even happen, when the staff has dressed with PPE (personal protective equipment's)⁷. This shows that there are some minor insensible fault exist so they get affected. This unknowingly happen, may be from staff site and that can be prevented by implementing some recommendation during duty period. The Government continuously taking pain to solve dual challenge, first is to protect

the people from getting corona infection and second to save their manpower (corona warriors). The suggestion for corona warriors serving at high risk zone (COVID area) is to take extra care during their scheduled duty in form of routine personal health care, vigilant at work place and general alertness.

PERSONAL HEALTH CARE

Daily routine – The corona warriors set their routine to maintain healthy life style as per their scheduled posting. Also follow adequate sleep, early awakening, timely natural urges, yoga, exercise, pranayama, proper hydration, balance diet etc.

Bowel care -The defecation should do right before entering in COVID area. Also set the routine in such a way that don't need to use washroom after donning.

Urination- Before entering at work place satisfy the natural urges; void urine to avoid on duty urination. Take lukewarm water, juice, tea, coffee, breakfast half hour prior and use washroom just leaving the residence or prior donning.

Throat care – Advice to use lukewarm water regularly for drinking and gargle purpose. Use herbal drugs like *Lavang* (*Syzygium aromaticum* Linn.), *Elaichi* (*Elettaria cardamomum* Maton.), *Khadiradi vati*, *Vyoshadi vati* etcetera in mouth to clear the throat and cough irritation. The herbal decoction (*kadha*), herbal tea, steam inhalation are advisable for the same.

Diet – The corona warriors must aware about their diet and lifestyle. Also suggest to include fruits (like orange, papaya, lemon), fresh vegetable, milk, milk with turmeric powder (golden milk) in their diet.

Take care of mental health – While servicing at COVID area try to avoid confusion, stress, negative thoughts, fear etc. You will mentally prepare yourself and feel well protected with positive attitude. Response your colleague friendly and don't be panic in any situation. Tackle the situation smartly with best performing team. The practice of meditation offers health and mental relaxation.

Addiction- Advice to quit smoking, chewing tobacco, gutakha or any other form of addictive habits.

Sleep – The sleep is essential pillar of life and adequate sound sleep required in off duty periods. At least the six-hour sleep make you energetic and healthy.

Yoga⁸ and Pranayama – The physical fitness is solicited during COVID duty. So, the regular exercise, yoga practice will be kept you fit and healthier. The simple pranayama maintains lung capacitance and energetic by fresh air inhalation. Daily half hour practice is sufficient to keep healthy.

Immunity enhancer⁹ – Many methods (like yoga, pranayama, meditation, steam inhalation) and herbal drugs enhancing the body immunity which helpful in fighting the viral diseases. The many herbal drugs and Rasayana drugs (rejuvenating drugs) like *Guduchi* (*Tinospora cordifolia* Miers ex Hook), *Ashwagandha* (*Withania somnifera* Linn.), *Haridra* (*Curcuma longa* Linn.), *Amalki* (*Emblica officinalis* Gaertn.), *Pippali* (*Piper longum* Linn.) etcetera are immune enhancer. The Ayurvedic formulations like Kwath (decoction e.g. nagradi kwath, dasshmool kwath), *Vati* (tablet e.g. *sanshamni vati*, *vyoshaadi vati*), *Avleha* (semi-solid paste, e.g. *chyavanprash*) may use accordingly. The *Tulsi* (*Ocimum sanctum* Linn.) may effective in the prevention and management of COVID-19¹⁰.

WORKPLACE NORMS

Training of COVID-19 norms¹¹: Before going to workplace (Covid area), COVID-19 training of all corona warriors (including consultant's resident doctors, nurses, housekeeping staff, ward boy) required and everyone must learn about donning, doffing, kind of dedicated work, infection control, government guideline.

Spend time for donning: Before going in donning area, the prerequisite is to prepare yourself physically and mentally. The donning is preparation of oneself for self-protection and smooth act during fight against COVID 19. So, reach before to spent judicious time in preparation and follow each step of donning strictly. This will able to keep you safe. Wear the PPE properly and systematically so that donning not cause problem at doffing time.

Prior adequate hydration and use of washrooms – The health care providers prepare themselves prior entry in Covid area. They must avoid the use of water drinking, eating, washrooms in COVID area. Advice to control natural urges in duty hours as possible. If any emergency situation arises, primarily remove PPE and then receive the same.

Avoid unnecessary touching: The staff be vigilant and avoid unreasonable touch or exposure of things. Control hands movement and unnecessary touching of own body parts. Mind the gap while caring patient with social distancing and advice not to touch PPE of own as well as other staffs.

Be watchful: The consultant and team member advice to be watchful for each other, observe biomedical waste management, proper cleanliness and patient activities.

Care while Documenting: The care of patient, workplace management and documentation required during medical care. Avoid unnecessary touch of documents, equipment, drugs, stationary item. Before and after handle, one should sanitize hand by alcohol-based sanitizer.

Alertness while doffing: The dressed PPE during duty hours supposed to be got infected, so during their removal needs much attention as compare to donning time. You remove PPE very patiently at dedicated doffing area. It is mandatory to follow the sequential steps of doffing, putting PPE in marked dustbins, use of sanitizer, mask, gloves and steps of hand hygiene. At last clean shoes by hypochlorite solution and very soon left the doffing area.

GENERAL CARE

Hand hygiene¹²: The chances of spread of contamination is more via hands and feet. So, hand hygiene and feet care are desirable. Adopt the six steps of hand washing and personal hygiene in own habit.

Separate garments and their care: Keep your garments separate, use only selected dress and make them clean after their use.

Social distancing: Always follow the general norm of social distancing. It prevents spreading of disease among staff and society.

Avoid excess exposure: The staff restrain redundant visit, stay at allotted residence, with minimum exposure to society.

Try to live alone: The staff kept themselves isolated and keep distance with family, children, old age and co-morbid persons.

Care of shoes, sleepers and doormats: Put these things outside the room and clean it regularly with detergent, sanitizer, sodium hypochlorite solution.

Cleanliness of lock-key, lock, door handle: The lock-key, doors, door handle have excess touching exposure by people so clean it regularly with sanitizer or detergent. Use feet or elbow for opening the doors.

Avoid to visit public places and avoidance of public services: The staff take care himself, stay home and become safe. Avoid to share common toilets, washroom, and towels as much possible.

Make habit of self-dependency at residence: It recommended to keep restricted entry of housekeeping staff, plumber and peon at your residence for the purpose. Avoid needless crowding at residence and keep distance from society. In view of self-dependent clean your cloths, rooms, floors and others by self.

CONCLUSION

The administrative support and in touch care of corona warriors is obligatory in fighting this pandemic situation. The judicious use of available human resources after prior training from trained personnel is required. The personal responsibility of corona warriors of all cadre is that they must follow the general norm of covid-19 protection, personal health care and careful work place performance during duty times. These warriors are highly

appreciable and regards for their work. This will protect the corona warriors and make able to stands the country in fighting COVID-19.

ACKNOWLEDGEMENT

The warm thanks and respect to all health care providers serving at COVID-19 area. Also appreciate all the sufferer who respecting corona warriors offers respect. Thanks to Government and administration for doing their cent percent in protecting the human being.

REFERENCES

1. Singhal T. A Review of Coronavirus Disease-2019 (COVID-19). *Indian J Pediatr.* 2020; 87(4):281-286.
2. Cucinotta D, Vanelli M. WHO Declares COVID-19 a Pandemic. *Acta Biomed.* 2020; 91(1):157-160.
3. https://www.who.int/emergencies/diseases/novel-coronavirus-2019?gclid=Cj0KCQjwhvf6BRCKARIsAGl1GGhtyDawUp yfbWD5kDoiAOAhsK5S587x4a5SfJ0YyQT5TyWOI5KJX UcaAgOgEALw_wcB Last accessed on 14-07-2020
4. Pandey SK, Sharma V. A tribute to frontline corona warriors-Doctors who sacrificed their life while saving patients during the ongoing COVID-19 pandemic. *Indian J Ophthalmol.* 2020; 68(5):939-942.
5. Xiao S, Li Y, Wong TW, Hui DSC. Role of fomites in SARS transmission during the largest hospital outbreak in Hong Kong. *PLoS One.* 2017; 12(7): e0181558.
6. Pandey SK, Sharma V. A tribute to frontline corona warriors-Doctors who sacrificed their life while saving patients during the ongoing COVID-19 pandemic. *Indian J Ophthalmol.* 2020; 68(5):939-942.
7. Gupta MK, Lipner SR. Personal protective equipment recommendations based on COVID-19 route of transmission [published online ahead of print, 2020 Apr 21]. *J Am Acad Dermatol.* 2020 Jul;83(1):e45-e46.
8. Sung-Ah Lim and Kwang-Jo Cheong. The Effect of a Meditative Movement Intervention on Quality of Sleep in the Elderly: A Systematic Review and Meta-Analysis, *The Journal of Alternative and Complementary Medicine.* 2015; 21(9): 530-538.
9. <https://www.mohfw.gov.in/pdf/ImmunityBoostingAYUSHAdvisory.pdf> accessed on 23-05-2020
10. Sai Sailesh Kumar Goothy, Srilatha Goothy, Anita Choudhary, Potey G G, Hirok Chakraborty, Arun HS Kumar, Mahadik V K. Ayurveda's Holistic Lifestyle Approach for the Management of Coronavirus disease (COVID-19): Possible Role of Tulsi. *ijrps [Internet].* 2020Mar.20 [cited 2020May24]; 11(SPL1):16-8.
11. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/training/online-training> accessed on 23-05-2020
12. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html> accessed on 23-05-2020

How to cite this article:

Mahesh Kumar. Protective sagacity for corona warriors during Covid-19 patient care: A review. *J Pharm Sci Innov.* 2020;9(5):139-141.

<http://dx.doi.org/10.7897/2277-4572.095185>

Source of support: Nil, Conflict of interest: None Declared

Disclaimer: JPSI is solely owned by Moksha Publishing House - A non-profit publishing house, dedicated to publishing quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. JPSI cannot accept any responsibility or liability for the site content and articles published. The views expressed in articles by our contributing authors are not necessarily those of JPSI editor or editorial board members.