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**LIVE EXPERIENCES OF CORONA WARRIORS: CHALLENGES AND  
ISSUES DURING MANAGING COVID PATIENTS AMONG HEALTH  
CARE PROFESSIONAL OF COVID-19 HOSPITAL, VADODARA**

**VRUTI PATEL<sup>1</sup>, ABNERETHAN JAMES<sup>2</sup>, SAVITA KHARPADIYA<sup>2</sup>, PRIYAKA  
MAHIDA<sup>2</sup>, VIDHI JOSHI<sup>2</sup>**

**1:** Assistant Professor, Department of Obstetrics & Gynecological Nursing, Sumandeep  
Nursing College, Sumandeep Vidyapeeth Deemed to be University, Piparia, Vadodara,  
Gujarat, India

**2:** Undergraduate Nursing Student, Sumandeep Nursing College, Sumandeep Vidyapeeth  
deemed to be University, Piparia, Vadodara, Gujarat, India

**\*Corresponding Author: Vruti Patel**

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**ABSTRACT**

**Background:** Corona virus disease (COVID-19) also known as severe acute respiratory syndrome corona virus 2 (SARS-CoV-2) is caused by a novel corona virus strain. This disease is associated with a very high rate of infectivity, which has led to fear and anxiety amongst the people. The viral infection expanded internationally and WHO announced a Public Health Emergency of International Concern. To quickly diagnose and control such a highly infectious disease, suspicious individuals were isolated and diagnostic/treatment procedures were developed through patients' epidemiological and clinical data. However, the real-life experiences of the Corona Warriors (Health Care Professional's) at COVID wards are highly neglected. The COVID-19 pandemic resulted in several short-term and long-term impacts on the physical, social, and psychological health of every individual globally, especially among frontline workers including nurses working in the critical care settings, flu OPD's, Corona Intensive Care Unit's

etc. Regardless of such risks the Health Care Professional's risk their life and are serving the humanity at its best against such a deadly disease. **Objective:** To find out the Challenges and to detect the issues as well as problems faced by Corona Warriors in Covid-19 Ward. **Material and methods:** A qualitative study approach was used with Phenomological Research Design. Non Probability Sampling Technique was used to select 20 Health Care Professionals who worked in Covid Ward. To collect the data open ended self structured interview questions were used.

**Results:** The collected data were tabulated and analyzed. The results of qualitative data shows that 35% of health care professionals did not face any challenge, 30% faced breathing difficulty, 15% faced challenge of staff shortage, 20% faced challenges like lack of ventilators, 15% faced difficulty due to hours of duty.

**Conclusion:** Corona worrier faces many challenges while handling covid patients. The challenges and issues can be resolved through administration support, counseling, continue training, diversion therapy, by reducing duty hours, etc. which will help to render care effectively and stress free.

**Keywords:** Corona Warriors, Challenges and Issues, Covid 19, Corona

## INTRODUCTION

Covid-19 is declared as a global Pandemic now. The viral infection expanded internationally and WHO announced a Public Health Emergency of International Concern.<sup>1</sup> However, due to the worldwide spread of the virus, COVID-19 has become a serious concern in the medical community. The underground reality for healthcare worker in India more or less remains the same. Long working hours disconnect with their friends and family, and a job that puts them at risk of both physical and mental health issue.<sup>2</sup>

The real-life experiences of the Corona Warriors (Health Care Professional's) at COVID wards are highly

neglected. The COVID-19 pandemic resulted in several short-term and long-term impacts on the physical, social, and psychological health of every individual globally, especially among frontline workers including nurses working in the critical care settings, flu OPD's, Corona Intensive Care Unit's etc. Regardless of such risks the Health Care Professional's risk their life and are serving the humanity at its best against such a deadly disease.<sup>3</sup>

With ongoing community transmission from asymptomatic individuals, disease burden is expected to rise. As a result, there will be an ongoing need for

front-line health-care workers in patient-facing roles. Because this work requires close personal exposure to patients with SARS-CoV-2, front-line health-care workers are at high risk of infection, contributing to further spread. Initial estimates suggest that front-line health-care workers could account for 10–20% of all diagnoses with some early evidence.<sup>4</sup>

Recently it has been noticed that health care workers are attacked and ill-treated. Many healthcare workers have also been asked to leave their rented accommodation either by the landlords or by the people living in the society. It is even a matter of concern for the healthcare workers as they have been infected with the virus while treating the patients.<sup>5</sup>

**MATERIALS AND METHODS:** A qualitative descriptive approach was used for the study. The design of the study was Phenomenological Research Design. The study was conducted at Tertiary Care Hospital at Vadodara. The samples were 20 Health Care Professionals who worked in Covid-19 ward. Data has been collected using non probability convenient sampling

method and via open ended self-structured interview. Health care professionals who have worked less than 2 weeks in Covid-19 care hospital or recently detected Positive for Covid-19 have been excluded from this study. Data was analysed by using Interviews were conducted by Author, then they were read and reread, and script was written and descriptive codes were formulated followed by their categories and subcategories against particular dialogues or verbatim.

## RESULTS

This chapter deals with the analysis and interpretation data collected from 20 Health Care Professionals working in Covid Ward at Tertiary Care Hospital on Challenges and Issues while managing Covid Patients.

The collected data were tabulated and analyzed as per objectives and presented as per following:

**SECTION-A** - Relation between different demographic variables to frequency and percentage (**Table 1**). **SECTION-B** - Narrative summary of Live Experiences of Health Care Professionals worked in Covid ward (**Table 2**).

Table 1: Relation between different demographic variables to frequency and percentage n=20

Sr. no	Demographic data	Frequency	Percentage
1	Age		
A	20 – 30 year	09	45
B	30-40 year	07	35
C	40 and above	04	20
2	Gender		
A	Male	01	5
B	Female	19	95
3	Education		
A	Diploma	08	40
B	Degree	02	10
C	Masters	-	-
D	Others	10	50
4	Profession		
A	Doctors	-	-
B	Nurse	17	85
C	Others	3	15
5	Time period of COVID duty		
A	2-4 week	13	65
B	4-6 week	05	25
C	More than 6 weeks	02	10

Table 2: Keywords used by health care professionals during interview

Questions	Keywords
Question 1 Elaborate Knowledge regarding COVID-19.	Some information, respiratory disease, direct contact, virus, no information.
Question 2 Describe about the problems faced by health care professionals in covid ward.	No any problem, faced difficulty, shortage of staff, period of duty.
Question 3 Describe about the challenges faced by the health care professionals in covid ward.	No challenges
Question 4 Mental issue or stress while performing duty in covid setup.	No mental issues, stress, headache, sleep disturbance.
Question 5 Family, social or peer pressure to the corona warriors while performing duty.	No any pressure, family, social, peer, pressure
Question 6 Self-care measures before and after duty time in covid ward.	Personal hygiene, ukalo, social distance, warm water
Question 7 Nutritional intake and consumption of food while working in covid wards.	Nutritional diet, immunity booster, fruits, normal diet.
Question 8 Describe about training you have undergone before working in Covid ward.	breathing difficulty, management, lack of ventilator.

## DISCUSSION

It can be said that working in Covid Area was a challenge to all the health care professionals.

A study was conducted by Dae-Gyun Ahn *et al* (2020) on “Coronavirus disease 2019”

which causes serious respiratory illness such as pneumonia and lung failure. COVID-19 has been confirmed as a novel coronavirus, now known as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Within a few months of the first report,

SARS-CoV-2 had spread across China and worldwide, reaching a pandemic level. As COVID-19 has triggered enormous human casualties and serious economic loss posing global threat, an understanding of the ongoing situation and the development of strategies to contain the virus's spread are urgently needed. Global institutions and companies have begun to develop vaccines for the prevention of COVID-19.

A researcher conducted a study on “The psychological stress of healthcare workers caused by the COVID-19 pandemic”<sup>14</sup> studies on healthcare workers. An extensive strain was reported due to stress experience as well as depression and anxiety symptoms. Severe degrees of those symptoms were found in 2.2 % to 14.5 % of all participants. The severity of mental symptoms was influenced by age, gender, occupation, specialization, type of activities performed and proximity to COVID-19 patients. As mediator variables selection of personnel, preventive interventions, resilience, and social support were reported by Jens Bohlken *et al*.<sup>6</sup>

Jill Beattie *et al*. Conducted a study on “Workplace violence perpetrated by clients of health care: A need for safety and trauma-informed care” In which workplace violence risk factors have been documented.

Managers, directors, health/safety staff, nurses and educators from Australian rural and metropolitan health services participated in individual and group interviews. Following inductive thematic analysis, a secondary analysis, informed by understandings of ACE, polyvagal theory and trauma-informed care, was conducted. Analysis was guided by the question. Healthcare services can be experienced as stressful environments. Coupled with high incidences of past trauma, clients' assessment of risk and safety can be compromised resulting in inappropriate reactivity when staff are trying to provide care.<sup>7</sup>

Another similar study was conducted by Jing Fan on The spread of coronavirus disease 2019 (COVID-19) around the world has put a heavy burden on human society and is also a great challenge facing medical staff. This study aimed to assess the difficulties faced by health care personnel (HCP) in using personal protective equipment (PPE) in clinical practice during the COVID-19. Observed difficulties included inappropriate PPE sizes, the design of the PPE and its complexity of use, doubts related to the quality and effectiveness of PPE, potential risks during doffing, space layout between clean and contaminated area, and poor comfort with PPE use.<sup>8</sup>

## CONCLUSION

This study presents the conclusion drawn, implication, limitation and recommendation of the present study, the live experiences of corona worries: challenges and issues during managing Covid patients among health care professionals. The study was undertaken to assess the live-experiences of Corona Warriors with Non-probability sampling technique. The size of sample was 20 and selection of sample was done according to inclusion criteria. The health care professionals faced different kinds of challenges like Staff Shortage, Lack of Ventilators and issues like breathing difficulty, long duty hours.

**CONFLICT OF INTEREST:** This authors declare that there is no any conflict or interest.

**ETHICAL CLEARANCE:** As study conducted on humans, approval from institutional ethical committee was obtained before commencement of the study.

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