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## Unprecedented challenges and clinical perspectives of COVID 19 care: A comprehensive approach

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### Abstract

Worldwide the response to the pandemic has been set as key priority. Therefore the health care agenda has focused mainly on COVID-19 preparedness, awareness response and treatment. Health care systems across developed and developing nations are being put to ultimate test and are tremendous to limit the spread of the novel corona virus major responsibility is being shouldered by frontline health care workers effortlessly putting their lives on line in order to do so. Through this article, I would like to attempt to high light my experience and the challenges faced during my patients care of covid19 a global pandemic

**Keywords:** COVID-19, Unprecedented challenges, Comprehensive..

### 1. Introduction

We know the nurses are the back bone of health care setting, being a nurse is utmost privileged professional in rendering care and services towards patient, families and maintain optimal health to the community also. It's an unprecedented challenges of nurses during this deepened crisis of COVID 19 pandemic. To face such crisis circumstances is itself brave step ahead. It needs Unstigmatized approach of nurses in frontline care.

### Performance of the duty the priority

As number of COVID 19 cases accelerates nurses on the frontliners has to find themselves making high stake decisions for their patients and their risks of their own life too. To highlight as a nurse working in Indira Gandhi medical college and hospital Puducherry (COVID-19 hospital), I was posted in COVID ward. Everyone worried so I too, but as we all take oath as nursing profession intruded me to set forth my service as warriors to give my comprehensive approach. It helped me that I got special training to avoid infection: like how to wear PPE, proper hand washing techniques. As far as concern our nursing service chief has taken tremendous measures to ensure safety precautions of our nurses.

On the first day of my COVID duty was quiet thrilled and was mentally anxious on first meeting towards COVID patients. But as dedicated nurses I was able to set my mind to have holistic approach to the patients. Greeted the patient and reassured them. There was intial experience of psychological disequilibrium like anxiety towards self risk during contacts with patients. I started my work as of morning routines, basic care like bed making, vitals monitoring, meeting the necessary needs like supply of breakfast etc.

### Challenges far too many

Later caring out physician orders, collecting samples, checking sugar profiles. ECG etc. assisting during physician rounds and carry out timely orders. As days passes by I faced many obstacles and challenges in rendering my services. I successfully overcome this challenging care. It gave immense sense of satisfaction when patient also well adjusted to this crisis hospitalization though they were initially anxious and panic of COVID stigmatization.

Inside the COVID ward it was a new and strange experience but every day I set my mind that patient has to be physiologically and psychologically stable as the family members not allowed to visit them. Patient's individual requirements was asked and full filled like kettle for hot water gargle, food according to their eating patterns, snacks, hot tea or coffee etc.

My utmost aspect is that patient should feel like homes and not let them into the state depression during this COVID stigma.

With the permission of administration their mobile phones was allowed so that they keep in touch with their family members. Simultaneously helpline for psychological counselling services also arranged for patients benefits. This gave me a immense sense of satisfaction that provided my holistic care to the patients though I had PPE discomforts and quite some physiological disturbances.

At last patients was taken throat swab for COVID screening where the patients result came as negative and shifted to normal ward and consequently patients were discharge according to the Guidelines of COVID 19 pandemic. It was a great success to see patients are safe and go home for home quarantine. All these were possible due to the multidisciplinary team worked recklessly out of their duty timings also.

### **Battling for better tomorrow**

In this amid crisis situation I was overwhelmed to see the constant support given by our nursing service Head Mrs. Jacuqueline Barman, Nursing Superintendent, Dr. Simon dasiah, Medical Superintendent, all other administrative members, my co-workers, and my health care members who teamed up and was our basic pillars of this pandemic crisis and who supported guided and encouraged all time in hours of need.

I whole heartily thank all our supporters to take up this challenging roles and making us strong and courage to fight against the COVID pandemic. I pray to god to bless us and restore our health of COVID patients and become free COVID world and give utmost strength and courage to frontline health care workers to be self coping and risk free to fight against this pandemic.

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