

What example are we setting for younger generation during COVID-19 pandemic: an emotional connect??

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Abstract

Ongoing health crisis, the COVID-19 pandemic, infuriated by SARS CoV-2 virus has slayed many lives in numerous nations. Psychological impact of this pandemic on health-care workers is profound and inexpressible. We presently discuss its adverse effects on coming generation of health-care professionals.

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To the editor,

Ongoing health crisis infuriated by SARS CoV-2 virus has slayed many lives in numerous nations.¹ Psychological impact of this pandemic on health-care workers is profound and inexpressible.²

A young and nascent mind gets more easily influenced by surroundings. In present era of technology, all germinating brains who have not yet joined the doctor's league are involuntarily exposed to a lot of unenthusiastic information. In India, few corrupt national and local media channels selfishly portray doctors in negative limelight for fame and money. These passive information centres constantly blame doctors for country's poor health care blatantly ignoring their commitment, perseverance and dedication. A brief interaction with the front-line workers serving in COVID-19 wards reveals the flipside of the profession. Long working hours, excess patient inflow, altered sleep and eating habits, risk of infection, uncomfortable protective equipment, physical fatigue, violence, false legal suites are few serious problems faced by these warriors at their workplace. At personal level, forcible evacuation of their rental homes, separation from families, loneliness, fear and worry are stressful.³ News regarding retracted health care for ill health-care workers, untimely demise of young corona warriors and inhuman denial of post-humous accommodations is adding fuel to fire. Doctors not serving in the COVID-19 wards are witnessing low self-esteem, job losses, pay cuts, and decrease in new opportunities inclusive of clinical, academic and research activities. Delayed medical entrance tests, shortage of staff and limited clinical exposure is shattering confidence of budding clinicians. All these negative influences may refrain young brains from entering this hugely satisfying and noble profession. While this have minimal short-term effects, long-term outcomes may be adverse with the country losing enthusiastic and devoted workforce.

The government and the general public need to shield these upcoming active minds from malice and pessimism by providing all healthcare workers a more conducive environment. An urgent ban should be imposed on fake media trials released without proper verification and enquiry. For security purposes, strict actions should be invoked against people perpetuating violence against

any front-line worker. Increased expenditure on health infrastructure and its effective utilization should be ensured by government and administration. The state should consider it as its responsibility to provide adequate equipment to corona warriors and financial security to their family in case of unfortunate human loss. It is also necessary for all national and state medical organizations to stand in solidarity and connect more with the community or faith-based establishments for building emotional attachment with general public. Separate portals should be created and advertised to receive and solve queries from country's budding clinicians. Motivational videos can also be released to upsurge hope, patience and self-activism among them during these tough and testing times. These brains should be nurtured to place humanity above everything else, albeit, without ignoring their own physical and mental health. To conclude, evolving clinicians are like budding flowers that require tender support from their seniors, government and public equally. The future may seem dark at present but united, the dawn is not far.

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