

Lived Experiences of COVID-19 among Health Care Workers

A study to assess the Lived Experiences of COVID-19 among Health Care Workers in selected hospital at Prayagraj District

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ABSTRACT: A novel corona virus disease later known as COVID-19 emerged in Wuhan, caused the most distressing instants in the life of all the people of the world, which is still emerging causing many unavoidable health hazards. Facing this emerging respiratory disease is an unavoidable health hazard for health workers who are in the frontline of care as they have to live, experience and accept this risk. Healthcare workers (HCWs) were at increased risk of contracting COVID-19 due to direct or indirect exposure to COVID-19 patients and require special attention.

OBJECTIVES: This study aimed at exploring the lived experiences of COVID19 among Health care workers to gain insights into the most efficient ways to support them.

METHODOLOGY: The research design was phenomenological approach using descriptive analysis and purposive sampling technique was used to select six samples health care workers who met the inclusion criteria. The data was collected by using semi structured interview.

RESULTS: From the data analysis, 3 main themes and 11 sub themes emerged. The findings of the study shows that Health care workers diagnosed with COVID-19 positively encountered with the situation by sticking to healthy lifestyle and developed a positive attitude with family support and covid 19 vaccination which actually reduced the severe symptoms.

Key words: *Lived experience, Covid 19, Health care workers.*

INTRODUCTION:

A novel coronavirus disease later known as COVID-19 caused the most distressing instants in the life of all the people of the world, which is still emerging causing many unavoidable health hazards. This disease emerged in the month of December 2019 in Wuhan, the capital city of Hubei province in China. Coronavirus disease 2019 (COVID-19) is a respiratory infectious disease caused by a newly identified coronavirus named SARS-CoV-2. Within 1 month, the deadly viral disease spread from a single city to the entire country. Because of its strong human-to human transmission ability, COVID-19 soon became a global public health concern. On 11 March 2020, the WHO officially declared COVID-19 a global pandemic. Over 172 million cases have been confirmed in more than 200 countries and deaths were around 3.5 million deaths since the beginning of the outbreak. COVID-19 is a severe blow to the healthcare system of the entire world and has affected millions of people across the world.

Healthcare workers (HCWs) are vital resources for every health care system. Their health and safety are crucial not only for continuous and safe patient care but also for control of any outbreak. The rapidly evolving pandemic has impacted the entire global healthcare system with an increased demand for health care services.

BACKGROUND OF THE STUDY:

Patients who have recovered from COVID-19 and have returned to their communities may experience life dissatisfaction and psychological discrimination. Patients infected with COVID-19 experience lifestyle changes, delayed social readjustment, and alienation from colleagues during treatment. Although researchers have demonstrated that COVID-19-infected patients experience psychological exhaustion, COVID-19 is a novel disease and to date, researchers have conducted limited phenomenological studies and follow-up treatments to understand the lived experiences of recovering patients, having published few qualitative studies on the psychological experiences of patients with COVID-19. Therefore, further research on the psychological experiences of recovering and recovered COVID-19 patients is needed.

MATERIALS AND METHODOLOGY:

PROBLEM STATEMENT:

A study to assess the Lived Experiences of COVID-19 among Health Care Workers at a selected hospital in Prayagraj district.

OBJECTIVES:

To assess the Lived Experiences of COVID-19 among Health Care Workers.

RESEARCH DESIGN: Descriptive Phenomenological research design

VARIABLES: Research variable – **lived experiences**

SETTING OF THE STUDY: Selected hospital at Prayagraj District.

POPULATION:

TARGET POPULATION

The target population consist of **all health care workers**.

ACCESSIBLE POPULATION

All health workers who got infected to COVID 19 of selected hospital in Prayagraj.

SAMPLING TECHNIQUE: - The subjects were selected by using non-probability systematic sampling technique.

SAMPLE SIZE: - In this present study, the sample is based on data saturation.

CRITERIA FOR SAMPLE SELECTION:

In sampling criteria, the researcher specifies the characteristics of the population under study by detailing the inclusion and exclusion criteria.

Inclusion Criteria:

Inclusion criteria are characteristics that each sample element must possess to be included in the sample. In the present study the inclusion criteria are:

- Health care workers of the selected hospital at Prayagraj
- Health care workers who got infected to COVID 19 during second wave of COVID 19 pandemic
- Health care workers who are willing to participate
- Health care workers who are present at the time of data collection.

Exclusion Criteria:

Exclusion criteria means characteristics that eliminate a potential subject from the study. Exclusion criteria in this present study are:

- Health care workers who got infected during first and third wave of COVID 19 pandemic
- Health care workers who are not willing to participate.

METHOD FOR DATA ANALYSIS:

Section A: Distribution of subjects according to socio-demographic variables using frequency and percentage:

In regard to age in years, maximum health care workers maximum health care workers 3 (50%) belonged to age group more than 50 years, 2 (33.33%) belonged to age group of 30-50 years and 1 (16.66%) belonged to age group <30 years.

In regard with gender 2 (33.33%) are males and 4 (66.66%) are females

In relation to the category of health care workers, 2 (33.33%) are doctors and 4 (66.66%) are nurses

In regard to marital status, all health care workers 6(100%) were married.

In regard with religion, 3 (50%) are Hindus and 3 (50%) are Christian

In relation to the underlying medical condition, 2 (33.33%) are having hypertension, 2 (33.33%) are having Diabetes mellitus and 2 (33.33%) are having hypothyroidism

In regard to smoking, all health care workers 6 (100%) were non- smokers

In regard to route of infection 2 (33.33%) got infected through co- workers and 4 (66.66%) got infected through direct patient contact.

In relation with clinical symptoms at the time of confirmation, majority 5(83.33%) had body aches, loss of appetite and loss of smell and 1 (16.66%) has cough, sputum and sore throat.

Section B: Description of The Lived Experiences of Covid 19 Among Health Care Workers

This section is divided into 3 different main themes and 11 subthemes.

MAIN THEME	SUB THEME
Indefinite Times during COVID-19 Diagnosis and Treatment	<ol style="list-style-type: none"> 1. Anticipating COVID-19 Diagnosis confirmation. 2. Puzzling Life in Quarantine Room yet enjoyed to have self-time. 3. Conquered by Dependence 4. Preferred Home isolation 5. Practicing home remedies along with family members
Family, Social reaction and interface	<ol style="list-style-type: none"> 1. Family support during hard times 2. Appreciation for being a medical health professional 3. No mental stress 4. Support from colleagues and government
Efficacy of COVID 19 Vaccination	<ol style="list-style-type: none"> 1. Less symptoms 2. Positive attitude

These themes help to understand the feelings expressed by the health care workers when they were suffering with COVID 19.

INDEFINITE TIMES DURING COVID-19 DIAGNOSIS AND TREATMENT:

This theme captures the actual feelings that the health care workers felt at the time of confirmation and treatment with COVID 19. The sub themes included were (1) Anticipating COVID-19 Diagnosis confirmation, (2) Puzzling Life in Quarantine Room yet enjoyed to have self-time (3) Conquered by Dependence (4) Preferred Home isolation (5) Practicing home remedies along with family members. Participants expressed their ways in which they sensed the confirmation with COVID 19 and how wisely managed to face this indefinite time in their life period. The participants were able to show a different perspective in regard to the lifestyle and practice adopted over the confirmation of Covid 19. This study reveals that as a health care worker, they were able to manage and cope up with this critical situation.

FAMILY, SOCIAL REACTION AND INTERFACE:

This theme captures the family support and society cooperation they received at the time of infection. The subthemes included were (1) Family support during hard times (2) Appreciation for being a medical health professional (3) No mental stress (4) Support from colleagues and government. Here the participants were able to highlight the importance of family and support which actually influences the mental well-being of the person in a positive manner. This study reveals that family and society plays a very important in one's life which actually them to have a fruitful life.

EFFICACY OF COVID 19 VACCINATIONS:

This theme captures the effect of COVID 19 vaccination over the symptoms and attitude of the people. The subthemes included were (1) Less symptoms and (2) Positive attitude. Here the participants were able to experience the actual effect of covid 19 vaccination that they received which caused less complications and no serious symptoms. This less severity in symptoms boosted them with more positive attitude towards this hard time of COVID 19 infection.

RESULTS:

The findings of the study shows that Health care workers diagnosed with COVID-19 positively encountered with the situation by sticking to healthy lifestyle and developed a positive attitude with family support and covid 19 vaccination which actually reduced the severe symptoms. Thus, the present study helped to assess the lived of COVID 19 among Health care workers.

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