

# **Assessment Of Psychological Problems Among Medical And Paramedical Staff During Covid-19, At Zydus Hospital, Dahod**

Dr.Poonam K Muniya(1st author)

Dr.Daxa J Bhuriya(2 nd author)

Dr.Naresh P Ninama(3rd author)

---

Date of Submission: 01-09-2021

Date of Acceptance: 15-09-2021

---

## **I. Introduction:**

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease, COVID-19, to be a Public Health Emergency of International Concern. WHO stated that there is a high risk of COVID-19 spreading to other countries around the world.<sup>1</sup> COVID-19 pandemic not only affects physical health, but also mental health and well-being. The current pandemic is changing priorities for the general population, but it is also challenging the agenda of health professionals, including that of psychiatrists and other mental health professionals.<sup>2</sup> Inability to cope effectively with the stressor results in psychological distress that can manifest as a range of adverse mental health and psychiatric outcomes including depression, anxiety, acute stress, post-traumatic stress, burnout, and psychiatric morbidity. Although psychological distress is often viewed as a transient state that negatively impacts day-to-day and social functioning, it can persist and have longer-term negative effects on mental health.<sup>3</sup> Under normal circumstances, work-related psychological distress in HCW is associated with several short and long-term adverse outcomes. Psychological distress is linked to adverse occupational outcomes including include decreased quality of patient care<sup>4</sup>, irritability with colleagues<sup>5</sup>, cognitive impairments that negatively impact patient care<sup>6</sup>, and intentions to leave one's job<sup>7</sup>. HCW who experience psychological distress are also at risk of experiencing adverse personal outcomes including substance misuse<sup>8</sup>, and suicide<sup>9</sup>. In the context of an infectious disease outbreak, such consequences may amplify and heighten psychological distress. HCW who reported elevated levels of psychological distress during the COVID-19 outbreak also experienced sleep disturbances<sup>10</sup>, poorer physical health<sup>11</sup>, and a greater number of physical symptoms, including headaches<sup>12</sup>. Similarly, HCW during the SARS outbreak disclosed a greater number of somatic symptoms and sleep problems<sup>13</sup>, substance misuse and more days off work<sup>14</sup>.

### **Aims and Objective:**

- Assessment of psychological disturbance in medical, and paramedical of 18-60yrs age.
- Early recognition and prevention of impairment in social-occupational and interpersonal life of their future.

## **II. Material And Method:**

### **Study setting:**

- Study was carried out in Zydus hospital, Dahod ,Gujarat. All staff were recruited from the hospital.

### **Inclusion criteria:**

- Non –covid hospital staff
- Age of 18-60 years
- Provided informed consent

### **Exclusion criteria:**

Those who

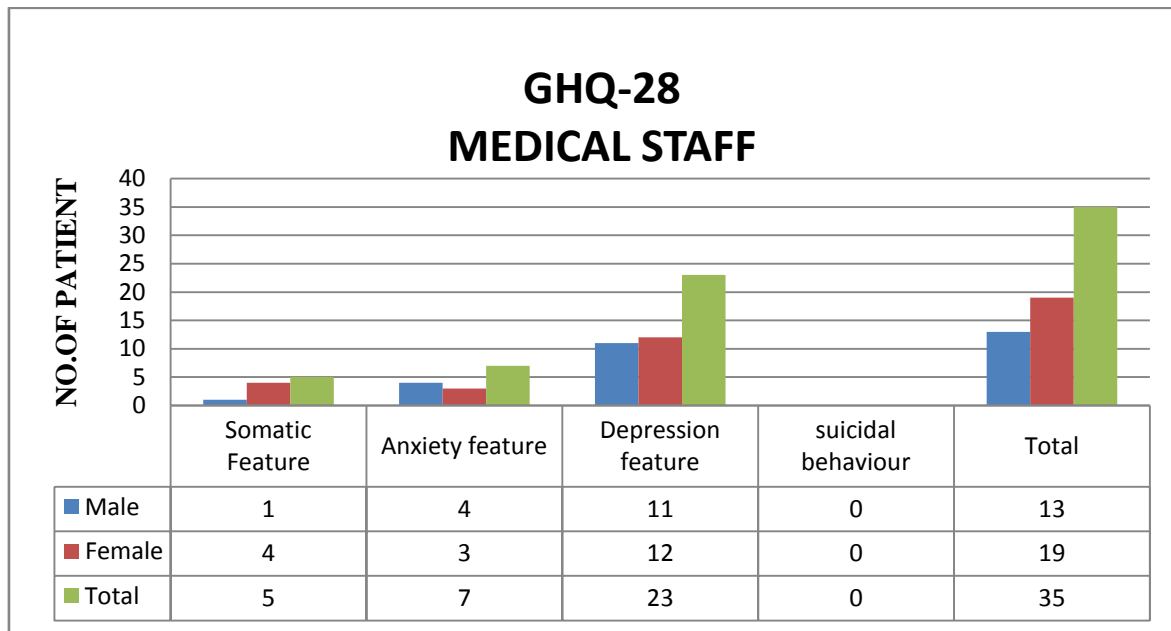
- Has age >60years.
- Has an organic psychiatric disorder and grossly psychiatric and unable to cooperate
- Were experiencing unstable general medical condition.

All the staff members with their consent, approached at their work place one by one. After the discussion of study details, written informed consent was obtained. A demographic and clinical data sheet fulfilled. The subjects were administered by clinical examination and psychiatric assessment with GHQ-

28,DSM-5 criteria. Depression, anxiety,psychotic and other somatic symptomswere assessed by using the following scales HAM-D,HAM-A,PANSS and other necessary.

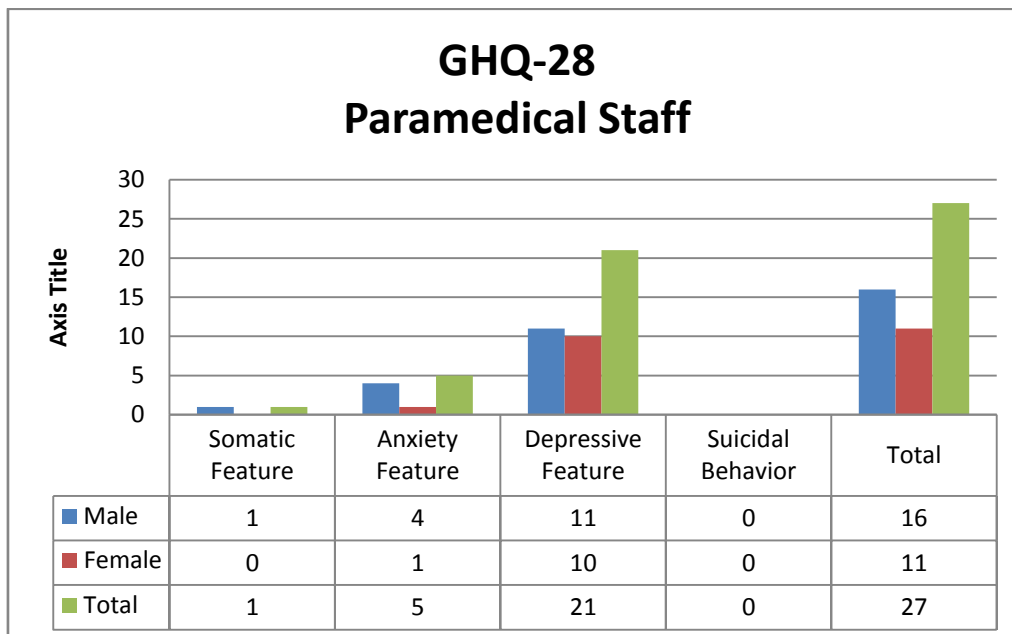
**III. Result And Discussion:**

- Present study included total 71members of staff of 18-60 years of age. Study compromised two group medical staff(n=35) and paramedical staff(n=36).



P value is 0.9

out of 35 medical staff 28were normal and 07 had disorder Psychological problems who had GHQ-28 score more than23.Disturbance found more in male (n=21)than female. In study 23(32%) had depressive feature,07(9.8%)had anxiety feature ,05(7%) had somatic feature.



Pvalue is 0.9

Out of 36 paramedical staff 09were normal and 27 had some psychological disturbance,Psychological problems found more in male (n=16)than female(n=11) had GHQ-28 more than 23score . In this study of27 paramedical staff had some psycho-somatic disturbance,01(1.4) had somatic,05(7.1%)had anxiety feature,21(29%) had depressive feature,no one had suicidal feature.

#### IV. Limitation:

- As the information collection was done by interview and self rating scale ,it raise possibility of bias in information regarding illness due to stigma related to psychological disturbance .

#### V. Discussion:

Present study included 71 medical and paramedical staff.Aim of this study was to assess psychological disturbances.

Psychological disturbance in Medical and Paramedical staff.

In this study , (9.8%)anxiety and(32%) depressive feature of medical staff .medical staff had more (9.8% and 32%) anxiety depressive feature. Female are more affective than female.

In this study of paramedical staff (7.1 %)anxiety ,(29%)depressive feature.Female had more anxiety and depressive featureof paramedical staff had depressive feature .This is closed to other study of Asian J Psychiatry. 2020 Aug study<sup>7</sup> .

#### VI. Conclusion:

- The result of this study shows by assessing the psychological disturbance in medical and paramedical staff age between18-60yrs found depressive feature ,anxiety feature,and somatic feature.
- Pandemic and Lock-down would be exacerbated anxiety and depression symptoms in staff by excess online assessment of internate, followed covid-19 guideline, news media ,workplace stress, managing different role for family which lead to maladaptive behaviors, emotional distress and defensive responses.

#### Reference:

- [1]. The consequences of the COVID-19 pandemic on mental health and implications for clinical practice Fiorilo A,Gorwood P ,Eur Psychiatry.2020 Apr 1;63(1):e32[Pub Med]
- [2]. The consequences of the COVID-19 pandemic on mental health and implications for clinical practice Fiorilo A,Gorwood P ,Eur Psychiatry.2020 Apr 1;63(1):e32[Pub Med]
- [3]. Druss BG. Addressing the COVID-19 pandemic in populations with serious mental illness. JAMA Psychiatry. 2020 [Epub Ahead of Print] [PubMed].
- [4]. Cohen SP, Baber ZB, Buvanendran A, McLean LTCBC, Chen Y, Hooten WM, et al. Pain management best practices from multispecialty organizations during the COVID-19 pandemic and public health crises. Pain Med. 2020]
- [5]. Mental health in the COVID-19 pandemic.cullen W, Gulati G,Kelly BD QJM 2020 May 1;113950:311-312
- [6]. Asmundson GJG, Taylor S. How health anxiety influences responses to viral outbreaks like COVID-19: what all decision-makers, health authorities, and health care professionals need to know. J Anxiety Disord. 2020;71:102211
- [7]. Ravi Philip Rajkumar COVID-19 and mental health: A review of the existing literature,Asian J Psychiatry2020 Aug;52:102066. doi: 10.1016/j.ajp.2020.102066. Epub 2020 Apr 10
- [8]. Horwitz AV. Distinguishing distress from disorder as psychological outcomes of stressful social arrangements. Health. (2007) 11:273–89. 10.1177/1363459307077541 [PubMed] [CrossRef] [Google Scholar]
- [9]. Stansfeld S, Head J, Rasul F. Occupation and mental health: secondary analyses of the ONS psychiatric morbidity survey of Great Britain. In: Queen Mary School of Medicine & Dentistry and the Office of National Statistics for the Health and Safety Executive London (2009). 10.1007/s00127-009-0173-7 [CrossRef] [Google Scholar]
- [10]. Taylor C, Graham J, Potts H, Candy J, Richards M, Ramirez A. Impact of hospital consultants' poor mental health on patient care. Br J Psychiatry. (2007) 190:268–9. 10.1192/bjp.bp.106.023234 [PubMed] [CrossRef] [Google Scholar]
- [11]. Isaac CL, Cushway D, Jones GV. Is post-traumatic stress disorder associated with specific deficits in episodic memory? Clin Psychol Rev. (2006) 26:939–55. 10.1016/j.cpr.2005.12.004 [PubMed] [CrossRef] [Google Scholar]
- [12]. Chew NWS, Lee GKH, Tan BYQ, Jing M, Goh Y, Ngiam NJH, et al. . A multinational, multicentre study on the psychological outcomes and associated physical symptoms amongst healthcare workers during COVID-19 outbreak. Brain Behav Immun. (2020) 88:559–65. 10.1016/j.bbi.2020.04.049 [PMC free article] [PubMed] [CrossRef] [Google Scholar]

XXXXX, et. al. "Assessment Of Psychological Problems Among Medical And Paramedical Staff During Covid-19, At Zydus Hospital, Dahod.."IOSR Journal of Dental and Medical Sciences (IOSR-JDMS), 20(09), 2021, pp. 01-03.