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Differences Made by ²the Health Care Workers during the Covid-19 Crisis

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2 Differences Made by the Health Care Workers during the Covid-19 Crisis

The Covid-19 pandemic has caused havoc globally since it was discovered in Wuhan, China, which caused the whole world to change their routine and affected the global economy. Countries have been seen supporting each other, and the World Health Organization (WHO) has declared specific protective measures against the pandemic, which is considered as a respiratory disease. People are advised by WHO to observe social distancing of about 1.5 meters, to wash or sanitize their hands and places being used regularly, to wear face masks when outside, and most of all, to stay at home when there is no urgent business to attend to (World Health Organization, 2020). Interestingly, billionaires have stepped up to help countries that are not able to sustain themselves during this crisis by setting up global funds that assist the states.

The heroes and heroines during this pandemic are the health care workers who work day and night to ensure that they have fought and curbed this pandemic. From the nurses, doctors, clinicians, hospital staff, and even the scientists have stepped up to ensure that COVID-19 does not kill many people. While scientists globally are working to find a vaccine to prevent this disease and a cure for the disease, health workers are trying their best to keep those infected safe and alive. Covid 19 is not that fatal as global research shows that those recovered are 82 percent while deaths are 18 percent.

My elder brother was diagnosed with COVID-19 on the 21st of March, 2020, after he believed to have contracted COVID-19 during a friend's party on 10th of March 2020, he came back home late and went directly to his room. In the morning he started to complain about the headache, but we assumed that it was hungover which he took a painkiller for it. Several days passed when he started burning up with a fever and felt pain in the joints, which he complained of being tired all the time. We assumed those were the symptoms of malaria but took precautions

with the view it was something else. My mother suggested that he stays in his room until we were sure that those symptoms were for malaria or another disease. After twelve hours, he started coughing deep coughs and had a sore throat, and my parents were not around. The dry cough was the cause of alarm, where I started having suspicions and googled the symptoms of COVID-19 through the WHO's page. I contacted the state emergency hotline provided for COVID-19 responses where they asked for the address, several patient's personal questions, and advised me on what to do. In 30 minutes, I heard the ambulance outside our house, and four men entered wearing personal protective equipment, entered the room, and took my brother to the hospital. We were advised to self-quarantine in the house for 14 days and traced the people we engaged with during the period.

In the hospital, my brother was assigned a nurse called Elizabeth, whose work was to take care of him during his stay in the hospital. She was a retired nurse who was volunteering to help her colleagues in the hospital because many cases were being recorded daily, and there was a shortage of nurses in the hospital. She was a nurse for the hospital for sixteen years, which she retired last year. She took outstanding care of my brother with the resources they had. My brother stayed in the hospital for 20 days, where he recovered under the supervision of Nurse Elizabeth, who spent most of her time with him. My brother's condition got worse and was taken to the ICU, where he used ventilators to breathe appropriately but was still conscious. The nurse was requested to monitor him daily after every hour while attending to others. Due to her immense experience, she was posted in the ICU area, where she took care of the critical patients taken there.

My brother recalls the nurse changed his sheet one day when he was unable to visit the washrooms for short call due to lack of breath when outside the ventilator machine. This showed

much humility and care from her and many other nurses helping those patients during the crisis. Because there is no cure for COVID-19, the hospital staffs and nurses keep the patients clean at all times, sanitizing everywhere and everything the patients. The nurse was experienced in critical care, thus used staffing models to incorporate new nurses and staff into the critical care unit to take care of the patients in the ICU. Nurse Elizabeth during the night shifts when she was not around, used to leave my brother under the supervision of Nurse Charlotte, who was receiving training for the critical care sector during the crisis.

My brother stayed in the ICU for six days, where the nurse made sure that he was staying in an organized, well-ventilated room with adequate supportive care. There was a fast response from the nurses when the patient pressed the buzzer button to summon the nurse who would attend to his needs effectively. Nurse Elizabeth was the one who gave my brother the good news that he would be discharged from the ICU after his health improved due to the excellent care given to him. She was encouraging him every day that he was going to overcome the diseases because he was a fighter, which motivated him to fight for his life. The nurse was the closest person to a family member that my brother had because they were not allowed to see him but only spoke to him through video chat. The nurses cleaned the rooms first, and then the housekeepers would clean the room with Tru-D, which is a machine that passes UV light over the place to remove the particles.

After my brother was discharged from the ICU and taken to the recovery room where they stayed with another patient, after her every shift, the nurse used to pass through his room and bring maybe chocolates or anything she could find from the vending machine. The nurse was also committed to other patients under her care, which she took care of them diligently during her shifts and even extended her shift. She told my brother that nursing for her was like a calling

in which she practiced wholeheartedly. When COVID-19 became that serious, she came out of retirement to help her former colleagues whom she considered her family. The detail that amazed me from the nurse is that although she was sixty-one years old, she was still able to volunteer herself to help others in need suffering from the coronavirus. Her act of selflessness motivated me to become even a better person in the future because she has taken a significant step to risk her life to save the lives and take care of the COVID-19 patients during this time of crisis.

My brother was declared COVID-19 free after the three last tests conducted were found to be negative in which by that time, he had regained his whole strength lost during the fight with the disease. As he walked outside her room in the hospital while the nurses and health workers were applauding him for conquering the disease, he felt that it was not due to himself that he can go back home, but it was because of all the whole health workers who took care of him even during the entire time he was there.

The whole journey back home where he was advised to self-quarantine for another 14 days, he praised the health workers of the hospital and commended them for the excellent job they did to him, and they are continuing to do. The following day he requested me to send flowers and chocolates to the hospital addressed to Nurse Elizabeth and her colleagues. That is the main reason why people globally, during a particular time, come outside their houses and clap for their health workers and commend them for the works they are doing. Health workers are being considered the heroes and heroines of this decade because they are making a difference in the world and to humanity.

In conclusion, my brother's story has motivated me and encouraged me to be better in my daily life, and if I am not going to save a person like the nurses, I would try and make a

difference in another person's life. An individual should emulate the attributes shown by the health workers helping fight COVID-19.

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GENERAL COMMENTS

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