

Review Article

Effect of COVID-19 crisis on medical students

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ABSTRACT

COVID-19 pandemic demands and pressures that medical students face mental, physical and spiritual well being can be compromised. Hence this review highlights the beneficial targets to improve mental health in medical students. Collected recent articles from search engines Pub med, Google Scholar, published recently relevant to the COVID-19 pandemic from all over world. Provide routine schedules as much as possible by online services or provide e-services to create new environment, novel consultation and giving time gap in e-assignments, ask them to do the regular exercises may improve the mental health and decrease the stress of the medical students. Hence Avoiding of constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed.

Keywords: Anxiety, Awareness, COVID-19, Medical students, Pandemic

INTRODUCTION

Widespread outbreaks of infectious disease, originating as a cluster of mysterious cases of pneumonia in Wuhan, China, novel corona virus disease namely COVID-19, are associated with psychological distress and symptoms of mental illness. As of now (March 18th May, 2020), over 4.71million confirmed cases and 3,15,000 deaths attributable to this disease have been reported.¹ It was observed that COVID-19, are associated with psychological distress and many symptoms of mental illness (Bao et al, Yang et al,) and the precautionary measures necessary to contain the spread of COVID-19 (Liem et al.).²⁻⁴ The present article is a brief review of the active literature on mental health symptoms and interventions on medical students relevant to the COVID-19 pandemic.

DISCUSSION

With the COVID-19 pandemic demands and pressures that medical student's face mental, physical and spiritual wellbeing can be compromised. Even before the world

lock down due to COVID-19, awareness and promotion of mental health in the medical community were difficult to acquire. With so much ambiguity accompanying the events unfolding globally, the added stress of school responsibilities, cancelled medical placements, board exams, and self-isolation, the weight of it all became in large amounts.^{5,6}

Leah Komer et al, written an experience in international journal medical students, he mention that struggled to get sleep and had minimal interactions with friends and family. All the people in the world struggled to get out of bed in the morning. Especially medical students they had minimal interactions with friends and family. Medical students and all would stare their computer screens for hours on end trying to find the motivation to study. Everything shutting down and thinking ability immunity and also become to the distress. While other students were worried about exams, some were worried about accessing their medication due to becoming sick.^{7,8}

Preliminary evidence suggests that symptoms of anxiety and depression (16-28%) and self-reported stress (8%)

are common psychological reactions to the COVID-19 pandemic, and may be associated with disturbed sleep. Several individual and structural variables moderate this risk. In planning services for such populations, both the needs of the concerned people and the necessary preventive guidelines must be taken into account.⁹

Rajkumar RP et al, opined in their review that subsyndromal mental health problems are a common response to the COVID-19 pandemic.¹⁰ Amidst medical and placements, counselling sessions getting cancelled. There are thousands of medical students who face similar challenges, and more, on a daily basis, especially now given the evolving COVID-19 situation. Now more than ever, our medical community needs to recognize this and should act accordingly. Understand that medical students are more than just students and future healthcare providers. In planning services for such health providers, both the needs of the concerned people and the necessary preventive guidelines must be taken into account.

CONCLUSION

Stop the constant stream of news reports about an outbreak which can cause anyone to feel anxious or distressed. For try to find the information updates and practical guidance provide at specific times during the day from health professionals and WHO website. It is mandatory to avoid following rumours that make them feel uncomfortable. To improve the mental health and decrease the stress institutes have to provide routine schedules as much as possible by online services or e-services to create new environment, giving time gap e-assignments, ask them to do the regular exercises, and mainly ask them to keep in regular contact with loved ones via telephone, social media or video conference.

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