

Strengthening Healthcare Workers and Professionals amid COVID-19 Pandemic

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Dear Editor,

In recent months, the coronavirus disease 2019 (COVID-19) pandemic has continually ravaged the globe. The confirmed cases and mortalities globally as of September 7, 2020, stand at 27,137,624 and 889,213 respectively (1). As it stands, there is no established cure for COVID-19, thus the best and most effective approach for combating the virus is through early detection, isolation, and diagnosis. Other proven strategies include proper handwashing hygiene, physical and social distancing, use of face masks, and prohibition of mass gatherings (2). Above all, there is a dire demand to further strengthen the level of capacity and protection of frontline and general healthcare workers and professionals.

The rising number of cases of infected healthcare workers around the world is worrisome, as this may have occurred largely due to lack of taking precautionary measures and limited protection at workplaces, most especially at the onset of the pandemic. The COVID-19 outbreak has also thrown many health care workers into unparalleled circumstances, as the majority will need to make difficult choices and perform their duty under immense pressures, thus resulting in either moral damage or mental health complications (3). Hence, there is a need to evaluate and understand the psychological effect of the COVID-19 pandemic on health care workers and professionals, to direct policies and interventions to sustain their total well-being.

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As the pandemic persists with the possible reemergence of new waves of infections, healthcare professionals and workers are at increased risk of psychological burdens (moral and mental) while dealing with loads of challenges of the COVID-19 outbreak. Thus, governments, healthcare administrators, and managers must take proactive steps to protect the psychological wellbeing of their workers. They must be honest about the circumstances their staff are likely to face while performing their duties. Some of the strategies to adopt in supporting healthcare workers' welfare are by strengthening teams and supplying constant contact to deliberate on decisions and check on their well-being (3).

These recommend that adequate levels of precautions, essential clinical and policy plans, alongside strict enforcement of suggested guidelines can support in preventing the healthcare workers from COVID-19 infections and possible danger of death, as they continually struggle to save millions of lives in a devastating pandemic ravaging the whole world. Furthermore, as the pandemic begins to subside, healthcare workers and professionals must be rigorously supervised, reinforced, and, if needed, supplied with evidence-based treatments and interventions.

Conflict of Interest

The author declares no competing interests.

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