

*Dr Daniel K. Mburu
Lions SightFirst Eye Hospital*

Mental Health & COVID 19 Pandemic

Outline

What we shall cover the following

My presentation will cover the following areas:

- Definition/what is COVID 19
- Signs & symptoms
- Modes of transmission
- Diagnosis/Testing
- Treatment for the infected
- Prevention of infection
- Home care
- Mental Health during the Pandemic
- Stigma
- Question & Answer session

COVID 19

Corona Virus Disease 2019

- ❑ COVID 19 stands for **C**orona **V**irus **D**isease 20**19**.
- ❑ In January 2020, a novel coronavirus, SARS (Severe Acute Respiratory Syndrome) -CoV-2, was identified as the cause of an outbreak of viral pneumonia in Wuhan, China.
- ❑ The disease, later named Coronavirus disease 2019 (COVID-19), subsequently spread globally.
- ❑ In the same family with MERS - Middle East respiratory syndrome

Signs & Symptoms

- Fever/Chills/Cough/Sneezing/Sore throat/Runny nose
- Headache/Chest pain/Tiredness/Muscle aches
- Shortness of breath or difficulty breathing
- Pink eye (conjunctivitis)
- These symptoms may develop anytime between 2 – 14 days.
- Nb: Some people may asymptomatic

Transmission

How the virus is transmitted

- ❑ Contact with contaminated surfaces of all kinds
- ❑ Droplet transmission occurs when a person is in in close contact
- ❑ Airborne transmission may be possible in specific circumstances and settings in which procedures or support treatments that generate aerosols are performed

Diagnosis

- ❑ Diagnosis of COVID 19 mostly by taking nasal and/throat swabs that are for the virus
- ❑ Antibody testing also shows somebody has been exposed to the virus
- ❑ Testing in Kenya can be done in various Laboratories including:
 - ❑ Mbagathi Hopital/KEMRI/ILRI/NPH lab/AKUH/Nairobi Hospital/Lancet/MEDISSET/NCC Lady Northey

Treatment

- There is no Specific treatment for COVID 19 infection
- Those with comorbidities and/or severe illness may require admission to hospital
- The treatment is mainly supportive
- A number of drugs are on trial globally
- They include Hydroxychloroquine
- In cases of severe respiratory distress: patients are put ventilators
- Those infected have to Isolated
- Caregivers have to be in PPEs as they attend to patients
- All major Hospitals can handle COVID 19 including: Kenyatta/Nairobi/AKUH/Mater and all level 5 Hospitals/

Home Care

- Currently over 50 percent of all those who contract the disease only develop mild symptoms
- Home care entails:
 - Isolation or fourteen days
 - PPEs for patient and caregiver
 - Healthy Diet
 - Physical Exercise
 - Supplementation of Vitamins e.g. C/D/Zinc
 - Daily temperature chart
 - Monitoring of symptoms
 - Reporting of progressing
 - Action in case of worsening symptoms
 - Retesting after fourteen days

Prevention

Immunization against the virus

- ❑ About 140 vaccines are in early development, and around two dozen are now being tested on people in clinical trials.
- ❑ Trials of the Oxford vaccine show it can trigger an immune response, and a deal has been signed with AstraZeneca to supply 100 million doses in the UK alone.
- ❑ The government has approved the first Covid-19 (Oxford University-developed) trials to be conducted in Kenya.
- ❑ This makes Kenya the second country in the sub-Saharan Africa after South Africa to conduct clinical trials for a Covid 19 vaccine. South Africa started trials for the same Oxford University vaccine, known as ChAdOx1 nCoV-19 in June.
- ❑ Initially the Trial will only enrol 400 healthcare workers of different cadres

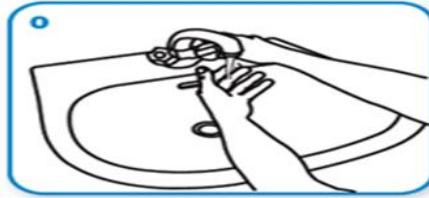
Prevention

How can we prevent spread?

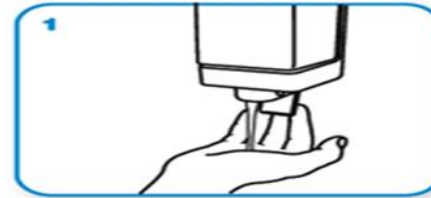
- Limit close contact between infectious people and others. Ensure a physical distance of at least 1 metre from others. (social distancing)
- Clean hands frequently with soap ,and water
- Cover coughs and sneezes with a tissue or bent elbow at all times.
- Wear a mask when in close proximity to others
- Ensure good ventilation in indoor settings, including homes and offices.
- Avoid crowded places, close-contact settings and confined and enclosed spaces with poor ventilation.
- Stay home if feeling unwell and call your medical provider as soon as possible to determine whether medical care is needed.
- Identify infected people quickly so that they can be isolated and cared for and all of their close contacts can be quarantined in appropriate facilities.
- Workplaces should have in place protective measures

Hand Washing

How to do it



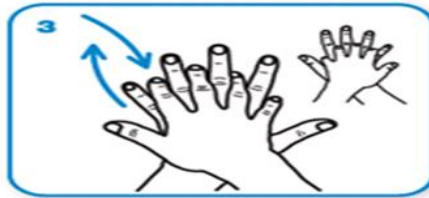
Wet hands with water



apply enough soap to cover all hand surfaces.



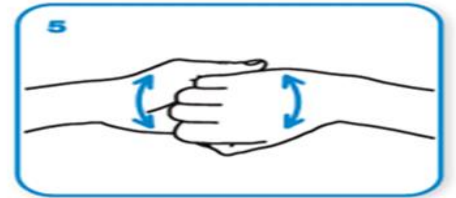
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



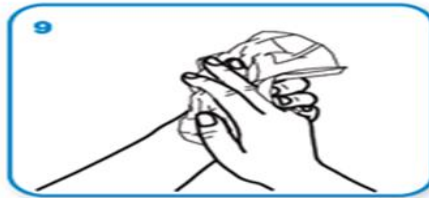
rotational rubbing of left thumb clasped in right palm and vice versa



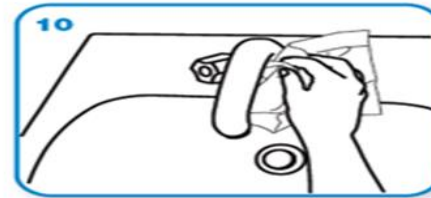
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



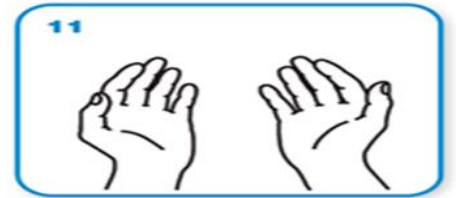
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

At high Risk

Categories of people at high risk

- Serious heart diseases, such as heart failure, coronary artery disease or cardiomyopathy
- Cancer
- Chronic obstructive pulmonary disease (COPD)
- Type 2 diabetes
- Severe obesity
- Chronic kidney disease
- Sickle cell disease
- Weakened immune system
- Asthma
- Hypertension

Current Global Situation

17th Sept 2020

❑ Total number of Infections - 30,076,429

❑ Total number of recoveries - 21,828,319

❑ Total number of deaths – 945,845

❑ Currently Infected - 7,302,265

Current Global Situation

17th Sept 2020

❑ Total number of Infections – 36,393

❑ Total number of recoveries - 23,529

❑ Total number of deaths – 637

❑ Currently Infected – 12,227

Pandemic Effects

How has it affected us?

- Economies - Economic decline
- Social order - Social disruption
- Industry - Reduced production
- Commerce – Businesses affected
- Transport – travel ban and less passengers
- Hospitality industry – hotels and bars closed
- Tourism – no tourists
- Education sector – Schools closed
- Beer industry – Less consumption
- Health sector – Overwhelmed by Pandemic
- Agriculture – Movement of goods
- Exports/Imports – affected

Effects Cont'd

How individuals have been affected

- Fear of infection
- Family member being infected
- Workmates being infected
- Loss of employment
- Salary cuts
- Job insecurity
- Loss of business
- Not being able to travel
- Being at home: work on rotation
- Having to wear Masks
- Having to wash hands all the time
- Having to keep social distance
- Children being home
- Closure of bars and places of worship

Effects on mental health

- Fear of contracting disease/death
- Denial
- Illness
- Isolation
- Stigma
- Hopelessness
- Helplessness
- Despair
- Anger
- Hurt
- Stress
- Depression
- Suicidal ideation



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Signs of Stress

- Changes in eating and sleeping habits
- Loss of interest in work
- Irritability/mood swings/anger/worry/fear
- Memory lapses/forgetfulness
- Feeling tired all the time/low energy
- Persistent unexplained headache
- Chest pain/headaches/numbness
- Withdrawing from others
- Inability to concentrate
- Tendency to abuse drugs e.g. alcohol

Coping with Stress

- Recognise that you are stressed
- Avoid – what you can avoid
- Alter – alter what you can alter
- Adapt – adapt to what you can/be flexible
- Accept – accept what you cannot change
- Eat well: healthy diet
- Take a break: Rest enough
- Engage in physical exercise
- Be prepared for

Cont'd

- Spend on budget
- Deep breathing
- Spend time with friends and family
- Deal with negative thoughts/self talk
- Listen to music you like
- Engage in Yoga
- Avoid drugs e.g. alcohol
- Talk to a confidant
- Seek professional help - Counsellor

Stigma

How do we deal with it?

- ❑ The stigma associated with COVID 19 mainly arise from mis-information and lack of knowledge
- ❑ It is not sod dissimilar from where we started with HIV
- ❑ How can we overcome it:
 - Maintaining the privacy and confidentiality
 - Showing empathy with those affected
 - Understanding the disease itself
 - Correcting negative language with facts
 - Speaking out against negative behaviors and statements
 - Creating/joining support groups
 - Avoid words like “victims”, “suspects” “transmitting” or “infecting” others; in reference to people

