
REFLECTION

BEING COVID WARRIOR, SHARING MY EXPERIENCE

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In the current scenario of COVID 19 pandemic, as a part of hospital preparedness to segregate contagious COVID cases, a new COVID triage facility was started and I was given big responsibility of running, first-ever COVID - TRIAGE facility at Asia's biggest medical institute (in no. of beds) of northern India. Working as a team leader was challenging as, you not only have to take care of patients of different specialties but also have to ensure the safety of your whole team right from safai karmachaari to consultant, as all of us have a sense of insecurity in these adverse working conditions. I started with reiterating and strengthening the lessons of infection prevention & control, and self-safety. Working with team members on the ground, also gave them courage in the hardest ever working conditions all of us have seen. We all now, know that if the whole unit has to be safe, we have to ensure the safety of each and every individual of the team. Each team member have ensured careful and safe, donning and doffing of PPE (personal protective equipment) & helped each other during patient management and proper nursing care regardless of our positions. Sequential introduction of team members to reduce no. of donned hours as per need, simultaneously stick to working guidelines laid by MOHFW (ministry of health and family welfare, India). I also have to create an environment full of enthusiasm and positive vibes, by engaging team members in discussions on the topic of their interests. As we approached our duty end we received a sick elderly with other respiratory comorbidities, who later on came to be COVID 19, SARS positive. Before his COVID status, we managed him as suspected COVID positive with all precautions and our best efforts.

The whole team was quarantined for the next 14 days after being exposed to COVID +ve case and completing our duty days. All of us faced quarantine time, more challenging than even working in the COVID facility as we all keep ourselves engaged in work in triage area. At least I was not ready for this situation. I will ever remember these 14 days quarantine period as worst days of my life though and doing nothing. I have planned many academic and more works to keep myself, engaged but my higher center have surrendered to this emptiness to the extent of sleepless for 14 days. Probably this quarantine situation was equal to be imprisoned. On the fourteenth day, we are tested for COVID status and all of us were declared COVID negative & released from the quarantine area.

In the current scenario physical distancing with social connectivity is of prime importance. Almighty taught us a big lesson about working and survival in adverse situations. Human beings are most brainy creature ever lived on this earth, yet nature has enormous powers, respect them, and stick to basics of life.