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World Health Day: Nurses Nurturing Nation

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During the COVID-19 crisis, health workers especially nurse are fighting it out with determination and dedication to saving lives



COVID-19 has been proving very tiring and testing times for Nurses and other, health workers. Manipal Hospitals, Dwarka has ensured the safety of Nurses with proper training & camp mock drills On the occasion of World Health Day, Manipal Hospitals, Dwarka intensified Its preventive measures against COVID-19. During the COVID-19 crisis, health workers especially nurse are fighting it out with determination and dedication to saving lives.

Exposed to risks, front line health workers have put their lives at high stake. Along with doctors and paramedical supports, especially nurses have been playing a critical role in the treatment and care of COVID-19 patients across globe. On the occasion of World Health Day, Manipal Hospitals, Dwarka, acknowledged the selfless service of health professionals and workers. With the apprehension of COVID-19 outbreak spread in Delhi-NCR Manipal Hospitals, had ramped up its capacity to deal with the situation as soon as the pandemic cases started surging in the region.

“We were given detailed training about isolation facility, Personal Protective Equipment (PPE), and treatment protocols to deal with COVID-19 patients. The training was imparted with regard to standard isolation precautions and preventive measures such as doffing and donning of PPEs,” says Nomita Sarkar, Nursing Head Manipal Hospitals, Dwarka.

"We need to be very careful at close contact or exposure with the patient. We do the screening of the suspected patients to determine the report with clinical symptoms. Depending upon the patient condition treatment starts but even if it is a common flue, we take lot of measures,” she adds.

“COVID 19 poses a significant challenge and our nurses and doctors are the real heroes in this war against pandemic. We have taken all necessary medical measures to protect the patients. Minimising the risks is our top priority. The hospital provides proper training to all the staffs and that is intended to prevent the transmission of common infectious agents to healthcare personnel, patients and visitors in any healthcare setting,” said Pramod Alagharu, CEO, Manipal Hospital, Dwarka, Delhi.

Advisory to Health Workers:

- Keep hands away from the face
- Work from clean to dirty
- Limit surface touching
- Gowns, Masks, Respirators, goggles, gloves, and face shields are part of Personal Protect Equipment. Change PPE once used
- It is promising to note that all staffs have been trained through mock drills which help significantly in crucial times.

Mock drills gave us much needed practice such as how to transport the suspected patients to the safe zone without getting in contact with them to avoid any transmission of infection,” says a paramedic staff.

The training was also imparted on how to admit the patients with positive clinical symptoms to isolation and ICU’S wards.

“It is very sad and disappointing to know that some COVID-19 patients are misbehaving with the nurses. Cases humiliation and misbehaviour have been reported. People should understand the challenges, we, as frontline health workers, are facing. Their support would encourage us to put our services in the best possible manner,” adds Nomita.

The virus is new and there are several myths surrounding it. In the absence of empirical evidence or scientific studies, rumourmongers have become very active. Nurses are also facing the heat as some family want them to stay away from COVID-19 patient. It is really challenging period for them. Due to lockdown in the country, there is a lack of public transportation. Though Manipal Hospitals has been providing them with the cab facility, however because of lockdown and heavily curtailed public transport facility, reaching the hospital has become a big problem. Hence, they have been asked to stay either in the hospitals or use their personal vehicles. And due to the risk of spreading the virus, they are restricted to meet their family members.

These factors are really very tiring for them. However, the hospitals have made provisions to keep them motivated, engaged and entertained. They have been given sufficient portion of nutrients as per advice of the dieticians. Nursing department has been managing the patients as per protocol laid down by the Infection Control Committee of Manipal Hospitals, Dwarka and all the care provisions and insurance facilities are taken care of by Medical administration of the Hospital.