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Impacts of COVID-19 pandemic on the mental health

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The world has faced a global danger in the shape of coronavirus disease 2019 (covid-19) which is caused by the SARS-Cov-2. The symptoms at mild stage included sore throat, dry cough, fever, fatigue and malaise. During the outbreak of any infectious disease, the psychological behavior of population play a vital role in shaping both the spread of disease and instance of emotional distress and the social disturbance during and after outbreak. Pandemic has significant psycho-social impact and covid-19 is expected to have more severe impacts. Social distance is a major strategy to fight against Covid-19 and this is also a cause of loneliness especially in settings like old age homes or nursing care which is an independent risk factor for anxiety disorders, depression and suicide. Psychological factors play significant role in adherence to public health measures like vaccination and in how individuals manage the threat of infection and consequence losses. It can be predict that social and health care professionals are at particular risk of psychological symptoms specifically if they work in primary care, public health, emergency departments and emergency services. Lockdown is a major stress disturbing the normal daily routine, social rhythm and hence increasing the level of stress. Quarantine may lead to different possible kind of problems like anger, fear, anxiety, loneliness, panic about worse possible outcomes and guilt about not being available for the family. Any flu like symptoms increases the anxiety and fear. Pandemic is not only a medical phenomenon. Decreasing the finance, incapability to join work and long term effects on economy will have its impacts on new and pre-existing mental health disorders. The WHO has formally recognized this risk to health care professionals and more steps should be taken to manage the stress and anxiety in this group. In these situations, particularly there is need to focus on the frontline workers and taking break from the media coverage as well as asking for helps. The doctors who are involved in the emergency services should be more aware about psychiatric emergencies so that timely and appropriate directions can be done. There is a need to bring in the policy changes to ensure the continuous availability of essential drugs and healthcare services. Policy makers must focus on making doctors more aware and comfortable using tele-consultation and telemedicine consultation should also be practiced especially in this kind of pandemic.

Biography

Muhammad Kamil Fareed from Pakistan has completed his M.SC (Hons) in Food Science and Technology from the MNS University of Agriculture Multan, Pakistan. As, I have completed my M.SC (Hons) in this year and my research paper is under review for the publishing. I also have published my abstract in the "30th All Pakistan Food Science conference and Food and Nutrition Expo- 2019".

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