

Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can answer their questions.

The **Pakistan Coronavirus CivicActs Campaign (CCC)** captures rumors and perceptions among communities to eliminate information gaps between the government, media, humanitarian agencies and citizens. By providing the public with facts, these coronavirus bulletins aim to create a better understanding of needs regarding coronavirus and to debunk rumors before they can do more harm.

Current Situation of COVID-19 in Pakistan

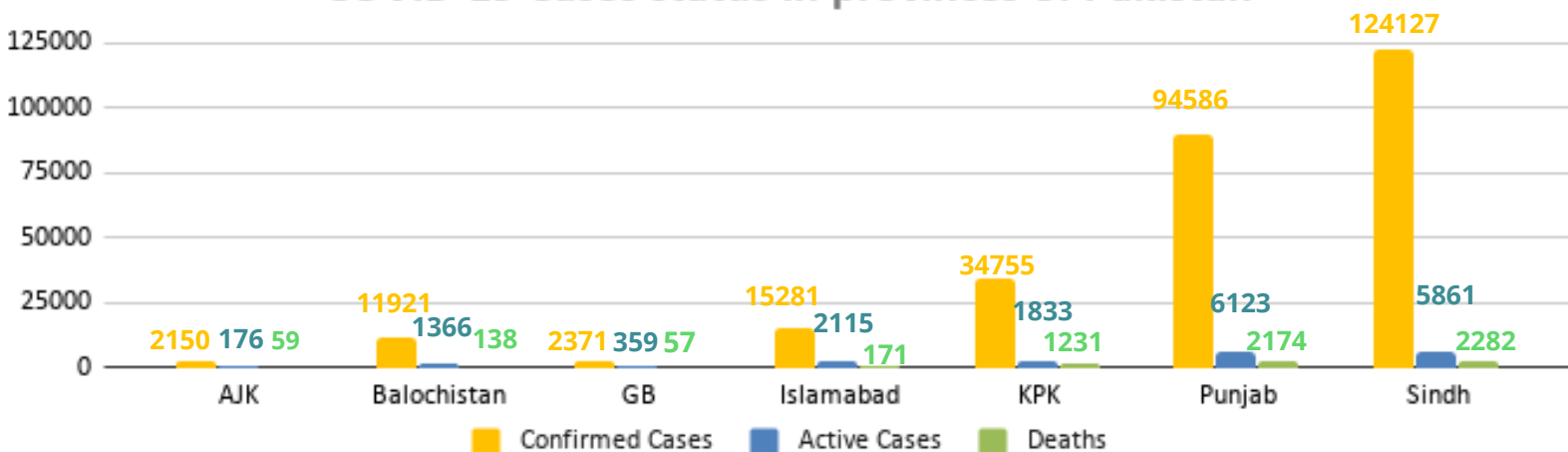
Total Confirmed Cases
285,191

Total Active Cases
17,833

Total Deaths
6,112

Total Recoveries
261,246

COVID-19 Cases status in provinces of Pakistan



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A Day in the Life of Paramedical Staff during COVID-19

Infected by COVID-19 twice

“Despite being a doctor and taking precautions, I got infected by COVID-19 twice,” said Dr. Tayyab, a Child Specialist at Life Care Hospital In Islamabad. “Ever since the pandemic took over, I have not seen the hospital sleep. All doctors, nurses and staff, regardless of their speciality have all been taken on board for handling coronavirus patients. My routine during the pandemic can be described as a six-hour duty for seven days straight. And these six hours are really packed at the hospital with new admissions, discharges, rounds and monitoring medicines for patients, all while ensuring we don’t contract the virus.”



His day starts off at 6AM by getting a dose of the news and then masking up. “After reaching the hospital, I put on the PPE kit over the scrubs which cannot be removed for the next six hours. We can’t eat, drink or use the restroom as long as we are wearing it.” When Tayyab was diagnosed with COVID-19 for the first time, he stayed in quarantine at the hostel on the hospital’s premises. And as soon as it ended, he was expected to perform his duty as per the same schedule he followed prior to quarantine. “When I got infected the second time, my supervisor advised me to stay home and rest as my immune system became weak. I had to send my wife and children to my in-laws for the fear of infecting them.”



Challenges for Staff

“I have been working as a nurse for the last 8 years, and I must say that throughout my profession, I have never seen the situation get out of hand like this, even during natural disasters. Up until now I have been fortunate enough to remain safe from this disease, but for how long? It is a question I ask myself everyday. The paramedical staff work by putting their lives at risk to ensure others are safe. But sadly, I have seen patients treat the staff badly; we are yelled at, and demanded to care for a specific patient’s health by their families.

My job revolves around doing rounds and checking up on patients on ventilators admitted to the hospital, ensuring their health is stable, assessing medicines and dosage. And since any sort of writing material can be a channel for virus transmission, I have to keep the findings of every patient in

mind, come back to my designated space and have it noted down on the case’s sheet. The most challenging task is when you are in the room with one patient, and suddenly the next patient might be crashing. You cannot just rush in; you have to take off every PPE essential, wash your hands, put on another gown, another mask and go to the next patient. It is very difficult to do the job the way we are supposed to because sometimes we have two, three or even four patients on ventilators.” (Anonymous - Nurse - Sialkot)

A Day in the Life of Paramedical Staff during COVID-19

Work Life Balance

“You're already balancing life when you're a doctor and a mother of an infant like I am, thinking it's difficult at times to manage. But the pandemic changed my life as a doctor as well as a mother. Despite the increased pressure in work, with changing shifts, critical patients, fear of being infected, and a handful of staff, mothers like me have been facing pressure from their family as well. At times, my husband gets mad



with me, saying that he cannot handle everything on his own with an infant. And that my shifting schedules are affecting the family's well-being. I do understand this and I try to do as much as possible when I am off duty to ensure that he doesn't have to do too much work in my absence. Even though it tires me to bits having to work 24-hours.

Besides this, I have also been feeling depressed knowing that I am not able to give much of my time to my child during these times. Seeing the state of people in the hospital and what their family members are going through gets to my mind. I go home in fear that I may spread the virus at home and affect my family. I have had several meltdowns during the outbreak, to such an extent that my husband thinks I am going through mental stress and should refer to a psychiatrist.” (Dr. Lubna - Faisal Hospital - Hyderabad)

What steps can the government take to overcome this issue

The physical and psychological well-being of health care workers are being tested as patient loads continue to increase and fellow co-workers become infected with COVID-19, contributing significantly to burnout among healthcare workers. The effects of this increase in workload in the dangerous atmosphere of this pandemic are the decline in their mental health. Throughout this pandemic they have had to self-isolate from their own families for fear of transmitting the virus to their loved ones. The mental health needs of our providers must be addressed with the same priority of their physical health.

Additionally, establishing break time will allow them time to take care of themselves. Another recommendation would be creating healthcare staff reserves to relieve those on duty before exhaustion and strain sets in resulting in anxiety and depression, affecting the quality of healthcare delivery. This can be done in several ways, including incorporating outside registered nurses into the hospital system, re-employing those who recently retired, and adding in the newly matched fourth year medical students. As this crisis progresses it is imperative to continue to evaluate the well-being of health care workers and implement effect measures to care for their mental health.

Coronavirus symptoms Include:

- Fever
- Dry Cough
- Shortness of Breath
- Tiredness

Contact your doctor or the coronavirus helpline at



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Where can I get tested?

Karachi

Aga Khan University Hospital

Stadium Road, Karachi

Civil Hospital

DOW University Campus
Mission Road, Karachi

Dow Medical Hospital

Ojha Campus
Suparco Road, Karachi

Indus Hospital

Opposite Darussalam Society, Korangi
Crossing, Karachi

Lahore

Punjab AIDS Lab

PACP Complex
6 - Birdwood Road, Lahore

Shaukat Khanum Memorial Hospital

7A Block R-3 M.A. Johar Town, Lahore

Islamabad

National Institute of Health

Park Road
Chak Shahzad, Islamabad

Rawalpindi

Armed Forces Institute of Pathology

Range Road
CMH Complex, Rawalpindi

Multan

Nishtar Hospital

Nishtar Road,
Justice Hamid Colony, Multan

For more cities visit the

[COVID-19 Health Advisory Platform](#)

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