

Motivation and Fatigue at the Time of Covid-19 Pandemic Outbreak

Elisabeth van der Gulik*

Honorary DL, Emeritus Physician Maetis/Ardyn, The Netherlands

***Corresponding Author:** Elisabeth van der Gulik, Honorary DL, Emeritus Physician Maetis/Ardyn, The Netherlands.

Received: January 18, 2021; **Published:** January 30, 2021

Motivation brings a lot of support during a state of alert. This is what happens nowadays, when the need of urgent medical care for so many Covid-19 patients at a time occurs. The medical personnel available will only be able to respond at the demand of medical assistance when the health care workers are willing to make long days and will give up pauses or will not take themselves a day off.

Colleagues will most often not be in the position to change the timetables and have no possibility of supply. Work overload make the health care workers skip the necessary pauses. Health care workers make long working days, so that they will not be able to share their time with their loved ones.

All these sacrifices have been made by health care workers through their motivation. Without any form of fatigue health care workers, cleaners and other medical support were putting their forces in service of health care. And then the condition of the patients, who suffer from long duration of health threats of suffocation contributes to the mental burden of the entourage.

Actually, the period in which the care demand continues and the figures of the pandemic situation show no improvement, motivation to fight against the Covid-19 virus seems to be located above all at the side of those health care workers. The gravity of the illness encountered provokes anxiety, compassion. Being confronted with all this takes a lot of energy demanding a lot of courage to be able to continue.

At the other hand the threatened population being still free of Covid-19 starts developing fatigue by the situation. What happens? Evading contact with that dangerous species of virus has caused lot of frustration. The subject of the fight has become bothering and for many people threatening. Businesses are closed and workman lost their jobs because of the restrictions, which must lead to avoid the risk of contamination. At this site the motivation of following up the demands of restrictions will ask a great demand on the patience from the population.

Another story concerns the Covid-19 patients. By the effect of the Corona illness, patients often struggle after they have been declared recovered, for a rather long period with loss of their condition, which makes their recovering period very slowly successful. Coaches and physiotherapists and also rehabilitation specialists contribute to strengthen the forces and recovery of the patients' health situation.

Rehabilitation will be helpful by taking attention of post-intensive care (ic)-syndrome and more unexpected problems, especially lung problems, ventilatory deficits, dysphagia, difficulty in resuming of daily activities. In this way the Covid-19 have brought the attention to the rehabilitation as a specialism, which has been too long out of sight for many health problems.

Rehabilitation deserves a more important place in the medical health care. That must be the conclusion after a period in which so many patients after their Covid-19 illness came under treatment. Networking so that collaboration may be fruitful will support the rehabilitation treatment in many ways. Colleagues need to know each other to understand each other's propositions.

At last the public health care must not be overlooked by it's importance to watch over the epidemiologic consequences of certain illnesses. The different components of a population determines the management of important health problems. The covid-19 period showed that the urgency of a health care situation asks for willingness to cooperation and acting along working standards. Public Health specialists contribute by information of their medical colleagues as family doctors, specialists [1-4].

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Volume 13 Issue 2 February 2021

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