

COVID 19 Pandemic: Challenges

Geeta Dorkhy*

Department of Biochemistry, SSR Medical College, Dagotiere, Mauritius

EDITORIAL NOTE

Amongst the COVID 19 pandemic, where the globe is carrying toll of death and rise in the admission rates, an important lesson learnt from the past few days. The world has learnt that nothing is permanent. Life and death of our love ones is precious, we need value family and time. The COVID-19 pandemic creates a special challenge due to the paucity of testing services, weak surveillance system and above all poor medical care. The impacts of this pandemic, and especially the lockdown strategy, are multi-dimensional. Life biggest lessons are experienced, at that time, when there was national lockdown, no international trespass and shut down of sea access. This called for declared war against the invisible enemy, increased tension and stressful moments.

Getting the essentials, vaccines as a priority many, from all ages, providing care to the sick and suffering patients. Our new generation of COVID 19, techno-science, combo, revealed, quite intelligently, how online, at home, work can still go-on. Life just went on since end of 2019 till date. Readopting new practice, rearranging work and minimizing human interaction, physical are distancing, to protect ourselves first, then those surrounding us. Law enforcement, to ensure correct delivery and health policies revised and updated. "Health is not everything in life, but without health, life is nothing". There are the two extremes group of vulnerable ages, our kids and elders, must be cared, loved and listened to. Giving special attention and support to their needs is mandatory. Information and knowledge about the

pandemic and current statistics mandates for changed life practices.

Primary health care delivery is essential for economic growth, social and mental wellness of a country. These demands for a robust, integrated health care services, essential medicines and practices, both human and infrastructural systems working side by side with referral to central big hospitals. In the core, health awareness and education, primary immunizations, and prevention are primordial. Training of health personnel and continuous professional development to ensure quality delivery health services. Mental health and social wellbeing need to be addressed during and post pandemic. Research and development for evidenced based practice goes without saying.

Just as we reopened our borders, we still face the variant form of the virus for many years of mutation to come and attack. Our immune resilience needs to be fortified and made stronger alongside the medical facilities and good hygienic life styles. We have seen countries helping each other, providing necessities, food, vaccines and herd immunity and sharing of technology, toolkits. Migrants should not be left out in this fight and countries accepting movement of people across the world, as we refer to globalization, liberalization and human rights. Let us all move towards a COVID free world, for we have learnt from it now. Given all the challenges and opportunities set for current and future generations. Let's end this World War 3.

Correspondence to: Geeta Dorkhy, Department of Biochemistry, SSR Medical College, Dagotiere, Mauritius, E-mail: dorkhyg@yahoo.com

Received: September 27, 2021; **Accepted:** October 11, 2021; **Published:** October 18, 2021

Citation: Dorkhy G (2021) COVID 19 Pandemic: Challenges. J Psychiatry. 24:e005.

Copyright: © 2021 Dorkhy G. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.
