

## **Covid-19: Perspectives of a Physician and a survivor**

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“**H**umanity has but three great enemies: fever, famine and war; of these by far the greatest, by far the most terrible, is fever”—William Osler.

Covid -19 is an unpredictable disease, it has brought forth the best and the worst in humanity. As it grips the world in its terrible grasp, it is imperative is to understand the social dynamics which has been perturbed.

The relation between the doctor and his patient has been transformed in this pandemic.

Covid patients suffer not just the disease and its varied manifestations but also face a lot of socio-economic boycott, mental trauma and ostracism .

Frontline health workers, already burdened in a populous country like India with a decadent health infrastructure have worked beyond their capacities (mental/physical) to tackle challenges thrown up by this pandemic. Mental health among doctors and health workers is less talked about. It exists. It is a serious issue. They have families to take care of too, but sometimes the society becomes a hindrance to this aspect. The doctor may fail to support his family properly due to societal pressure.

Issues of staying away from family, fighting an unknown disease with unpredictable treatment outcomes, putting in maximal effort with sub optimal infrastructure and poor administrative backup is something Indian doctors have always faced.

The need of the hour is to tackle the pandemic, every member of the society needs to realize his/her potential to stem the pandemic, rally behind health workers ,work with compassion, integrity and professionalism since Covid 19 is not just a simple health issue anymore it has turned into a multipronged warfare between the human and virus .

Medical innovation, vaccine development, affordable/accessible homeground solutions for health service related issues need to be taken up.

Gathering correct information from reliable sources regarding Covid 19 is essential.

Following norms of social distancing, masks, hand washing and other guidelines will help us to keep the disease at bay.

Being there for each other, respecting humanity, avoiding panic, addressing issues of patients and doctors, underprivileged, socially vulnerable will be the main challenge for the Government while tackling the crisis.