

## Caring of Health Care Team in COVID-19 Crisis

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### Dear Editor in Chief

Coronavirus (COVID-19) spread in December 2019 in Wuhan, China, and was announced on January 30, 2020, by the World Health Organization (WHO) as an urgent status with an international concern. Up to date, this disease is spread in many countries (1).

According to the WHO report, up to date, 190 million individuals worldwide are infected by this disease, and more than 4/2 million were expired. So that in the United States of America, about 35 million cases of infection and more than 600 thousand deaths are recorded (2). According to the recently published report by the ministry of health, treatment, and medical training, the number of death was more than 60 thousand, and in total, the number of infected patients was more than 1/6 million cases in the Islamic Republic of Iran (3).

No definite treatment is discovered for this disease up to date (4), and this issue, despite mental and spiritual pressures for patients, causes worry for the health care team in the front line of fighting with COVID-19. In this critical condition of the corona epidemic, caring of the health care team to continue daily care of patients with COVID-19 and stopping this disease are of most importance; therefore, providing personal protection facilities and appropriate masks for the health care team is essential (5).

The health care team is exposed to serious risks to care and treat patients; therefore, they are highly susceptible. The reports show that more than 3000 individuals in the USA and more than 100



individuals of the health care team in Iran, despite different reports, died due to infection (3, 6).

Physical and mental exhaustion, anxiety and stress, and pain due to missing colleagues, and mental and spiritual disorders are among other threatening factors of the health care team, which in addition to adverse affecting of mind and mood of the personnel, decreases the quality of treatment and care service (7, 8). Fear of transmitting the disease to colleagues, family, and friends is another threatening factor that needs consideration (9).

To decrease the risk of infection transmitting to the health care team following actions is necessary:

- 1- preparing special hospital protocols by managers and policy-makers
- 2- Providing appropriate personal protecting instruments such as mask and all new instrument in the world
- 3- Providing useful personal training about using the of new protective instruments, adhering hand hygiene etc.
- 4- Sanitizing wards of hospitalization
- 5- Managing medical waste (10).

In summary, in the epidemic crisis, to protect and care for healthcare teams, providing appropriate and efficient personal protection instruments for use by health care and treatment personnel and developing psychological consultations by those involved in the health system is considered necessary. On the other hand, increasing performance and using current personnel, regulating times of rest, and decreasing their workload by recruiting newly trained personnel are considered a resolving way.

We hope to observe the increase in the quality of therapeutic care services by considering the treatment personnel and preparing optimum conditions.

### Key words

COVID-19, Crisis, Health care team

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