

ASSESSMENT OF BELIEVES AND ATTITUDES REGARDING COVID 19 PANDEMIC AT AMANA RRH

**Presenter: Tamasha S. Ngalomba
SWO, RN, Sign Language Interpreter**

Presentation Outline

- Definitions of Terms
- Introduction to COVID 19 Pandemic
- Relationship between mental Health and COVID 19
- COVID 19 Vaccine and Psychological Unpreparedness in Tanzania
- Response to Psychosocial Unpreparedness at Amana RRH
- Social Worker safety precautions during response

Definitions

- Health is a state of complete physical, mental and social well being and not merely the absence of diseases(WHO)
- COVID 19 pandemic is an infectious disease caused by the SARS-COV-2 virus.
- Pandemic means disease prevalence over the whole country or the world.
- Mental health is a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

Introduction to COVID 19 Pandemic

- COVID 19 Pandemic is an infectious disease caused by the SARS-COV-2 virus.
- It takes an average of 5-6 days when someone is infected with the virus to show symptoms. However, it can take up to 14 days
- The impact of COVID 19 are both social and economical effects. The LOCKDOWN being among the main cause of economical drop (Tanzania being exceptional where the the on going activities helps to rise the country economy)

Introduction to COVID 19 cont...

Signs and symptoms include:

- **Most common symptoms**

Mild to moderate illness that recover without hospitalization e.g. fever, cough, tiredness, loss of taste or smell

- **Less common symptoms**

Sore throat, aches and pain, headache, diarrhea

- **Serious symptoms**

Difficult in breathing , Loss of morbidity, confusion, chest pain

Mental Health and COVID 19

- Patients with mental health disorder may be at particular risk of COVID 19 outcome
- Patient with mental health disorder can have multiple comorbidities that have been identified as risk factors for severe COVID 19
- COVID 19 patient can complicate to mental health and psychological disorders

Assessment for Psychosocial Preparedness for COVID 19 Vaccine

General assessment on COVID 19 Vaccination with high refusal pressure in Tanzania and Globally revealed the following;

- Psychological unpreparedness is the leading cause for refusal of vaccine.
- Need for psychosocial interventions to promote COVID 19 Vaccine

Psychosocial Unpreparedness for COVID 19 Vaccine

- Contributing factors being:
 - ✓ Lack of information
 - ✓ Misconception
 - ✓ Political influence and Trust
 - ✓ Mob psychology
 - ✓ Believes *ie can cause infertility and impotence etc*
 - ✓ Fear of vaccine
 - ✓ Fear of Needle prick

Psychological unpreparedness in Covid 19 Vaccine contributing factors cont...

- ✓ Feeling of helplessness
- ✓ Aware but not concerned
- ✓ Mistrust of ingredients
- ✓ Anxiety and denial
- ✓ Sense of rejection and exclusion
- ✓ Dependency and conflict avoidance
- ✓ Crisis of confidence and distrust
- ✓ Religious issues

Response to Psychosocial Unpreparedness at Amana RRH

Activation of Amana Hospital Emergency Response Plan – Psychosocial and community mobilization Pillar;

- Promote psychosocial preparedness to the public before and after the COVID 19 Vaccination
- Psychosocial support to patients and relatives during emergency response at the emergencies department
- Collaboration initiatives with politicians
- Provision of Scientific facts sheet to the public

Measures taken to promote psychosocial support to health care providers

- Promote frequency CME's on COVID 19 pandemic and COVID 19 Vaccine
- Organize CMEs for facts on Vaccination to health care providers
- Observation of changes in behavioral patterns of frontliners thus special consideration to mental health and psychosocial wellbeing

Psychosocial Advice to Health care workers

- Avoid using unhelpful coping strategies such as tobacco, alcohol or other drugs. In the long term, these can worsen your mental and physical wellbeing
- Ensuring sufficient rest and health food
- Engage in physical activity.
- Stay up to date with accurate information about COVID-19 and follow safety measures to prevent infection.
- Be realistic about what you can and cannot control

Social Worker safety precautions during response

- Avoid direct contact.
- Maintain physical distance to reduce COVID-19 infection Establish rapport.
- Use of Specific PPE
- Frequent Hand hygiene

SUMMARY

The wellbeing of mentally in COVID 19 pandemic can helps:

- Prevent distress and suffering developing into something more severe
- Help people cope better and become reconciled to everyday life
- Help beneficiaries to resume their normal lives
- Meet community-identified needs

THANK YOU