

What we learned from the Covid-19 Outbreak in 2020

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Short Communication

The onset of worldwide contamination of an unknown subject brought a lot of fear around the world. The first thought was that reducing of interpersonal distance and reduction of travelling would undermine contamination. Rather quickly the origin of the evil in the form of a Covid-19 virus became clearer after energetic investigation in only several weeks. Rapidly it has been decided that a vaccination would be helpful to attack the problem.

Several challenges had to be taken: The production of a safe vaccine therapy which would be not too expensive and of good quality and the distribution has to be done in such a way, that the vaccine could be well preserved with the right temperature and in the right rotation of priorities administered to obtain best results in these aspects, working following a translational research plan was needed. Many websites from scientific origin explain how translational approach of different problems has contributed to a quick response.

We learned, that cooperation brought immediately effect as well in the technical approach on this problem as well as in the organization of the distribution. Co-operation in the way how politicians attached the problems in organizing, the same for (scientific) laboratories, pharmaceutical industries, health care workers and institutions. In Europe the EMA, the European Medicines Agency provided the final impartial investigation of the quality of the different vaccine products as a central controlling agency.

New insights have been developed around the working capacity of the health care workers. Medical personnel experienced a lot of stress by the workload, which led to the need of psychological assistance for some of them. Insight in special crisis-management brought the necessary approach of the new situation.

Contact with colleagues, the possibility to discuss certain problems on the working field could help to overcome loss of motivation. A

positive attitude by the supervisors has been important to reassure the health care workers in their situation. New ways of organizing the influx of patients have been made possible. Helpdesks manned with experienced specialists for a mental support to physicians in the field were realized.

Other problems showed up with patients when these had been sent home at the moment recovery was sufficient enough to leave the hospital. To become real apt in resuming daily life appeared not always easy. Specialized treatment would help to further rehabilitation. Coaches and physiotherapists or even rehabilitation specialists have been active to help those patients. Lung problems appeared a typical problem to be cured by specialised rehabilitation.

Patients and health care workers will necessarily take advantage of new insights. So visual phone calls between physician and patient served with great advantage in keeping contact during a treatment. Also monitoring of patients at home as soon as recovery had been set on brought relief for the hospitals and their health care workers [1-3].

The situation with the Corona threat brought many people to reflection about their lives, about organization of work and society. Hopefully the results of those reflections will bring a healthier community, where people care for each other and taking up a healthy life-style!

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