



Effect of Covid-19 on Budding Doctors

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ABSTRACT:

Corona virus emerged as a sudden pandemic with its highly transmissible nature. Its spread can be prevented with social distancing , restricting the movements and gatherings . To follow the protocols ,the educational institutes were closed suddenly and a virtual platform was selected for all to overcome the academic loss. This affected the medical education also where they need personal interaction and exposure. Medical students were stressed due to this pandemic and virtual classes limited their theoretical and practical knowledge .At the same time, this situation has opened new opportunities to develop new skills . A study was conducted on first year MBBS students to know the effect of COVID in their life and their readiness to learn through virtual classes and to acquire new skills. The study revealed that most of the students gained knowledge about the virus .They have taken all precautionary measures to protect themselves from the virus. Few students are under stress as this pandemic made them stay away from their family and friends.

KEY WORDS: COVID-19,Pandemic, lockdown, virtual

Received 10 July, 2021; Revised: 24 July, 2021; Accepted 26 July, 2021 © The author(s) 2021.

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I. INTRODUCTION

Coronavirus disease 2019 (COVID-19) is caused by SARS-CoV-2.It is highly transmissible and announced as pandemic due to its community involvement. Its preventive measures are social distancing at both the individual and population level .So lockdown was declared everywhere restricting the gatherings to prevent its spread.

All educational institutes were closed and every one are advised to stay at home and follow the safety measures of disease. If affected with virus, they have to isolation themselves and close contacts should be in quarantine to prevent its further spread.

This unforeseen situation created a lot of ambiguity about routine events of life and the career with added stress in life. COVID-19 pandemic changed the daily routine, physical and mental health of the individuals especially students. Medical student training was impacted due to sudden lockdown to escape from the contagious virus .Medical students are future health providers. So they must be provided with good knowledge of this sudden outbreak and its necessary preventive measures so that they can handle the situation properly without any stress and anxiety. In this sudden lockdown, to avoid loss of academic year, academic activities are continued through e-learning. Online classes are conducted and the students are advised to attend these virtual classes. They are forced to depend more on online material without any physical interaction with the teacher or peers. Lack of interaction and the unfamiliar classroom environment increase the concerns among the students. (1) At the same time, this online platform disturbed their practical exposure also.

A key element of medical training is developing interpersonal and practical skills. Digital learning lacked these skills. In this process of virtual classroom, few students faced connectivity issues and this disturbed their understanding of the topic. To overcome this, online materials are provided and assessment techniques are adopted to involve them actively. New courses were introduced by the educational institutes to acquire new knowledge, skills and techniques to update themselves. The present study was conducted on 1st MBBS students to understand their emotions during this sudden lockdown and their attention for the virtual classes in this pandemic situation.

II. MATERIALS AND METHODS

The present study was conducted on 1st year MBBS students .Students were advised to take all preventive measures and stay safe at home..Online classes were conducted and study material was provided in the forms of PPT and videos to avoid the loss of academic year in this pandemic. They were asked to pay attention to the virtual classes regularly and be in touch with their mentors if they are facing any difficulty or stress.

Questionnaire was prepared and given to the students online. They were informed about the purpose of this questionnaire and consent was taken .The medical students were asked about this pandemic situation, their update about this new virus and the preventive measures. The questions also focused on their ability to follow the virtual classes, the time management, learning new things and resuming their hobbies.

Are you experiencing high rates of Anxiety due to sudden outbreak of covid-19

Have you worried about your health and your family members?

Have you practiced self care methods?

Have you felt loneliness during this period?

Have you interacted frequently with your friends /relatives?

Did you worry about losing the near and dear due to this sudden risk?

As a medical student have you updated yourself about this pandemic situation?

Have you worried about your career as the academic schedule is changed suddenly?

Are you able to participate actively on the virtual classes?

Are you able to allocate your study time properly with discipline from home?

Have you adopted any alternate ways to acquire knowledge of your subject in this pandemic situation?

Have you ever felt depressed due to this unexpected situation in life?

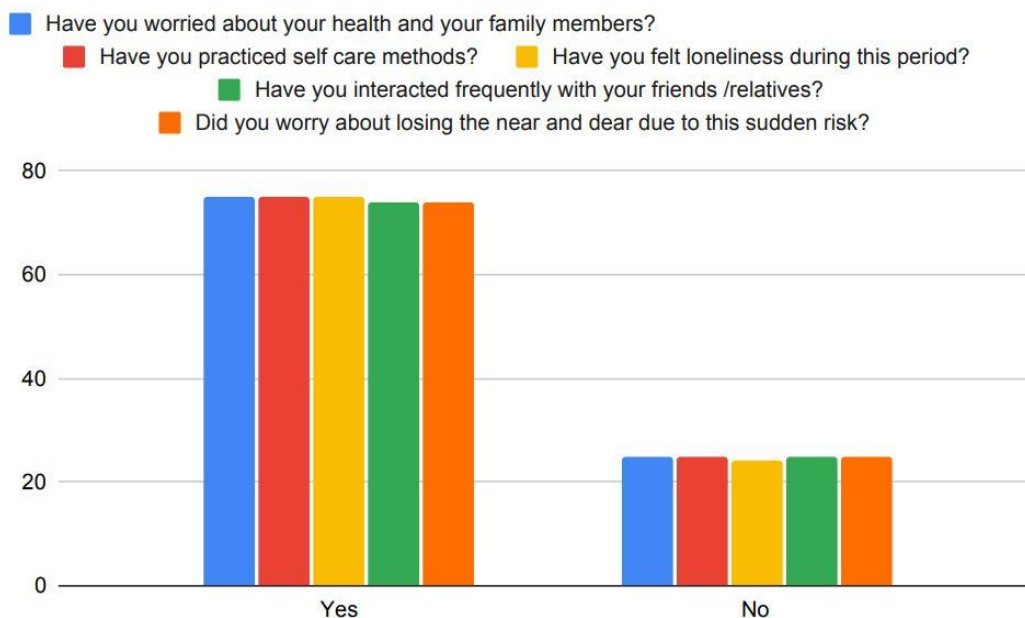
Other than studies, have you explored your hobbies or talents during these days .

Anything which you want to share

The feedback given by the student was noted.

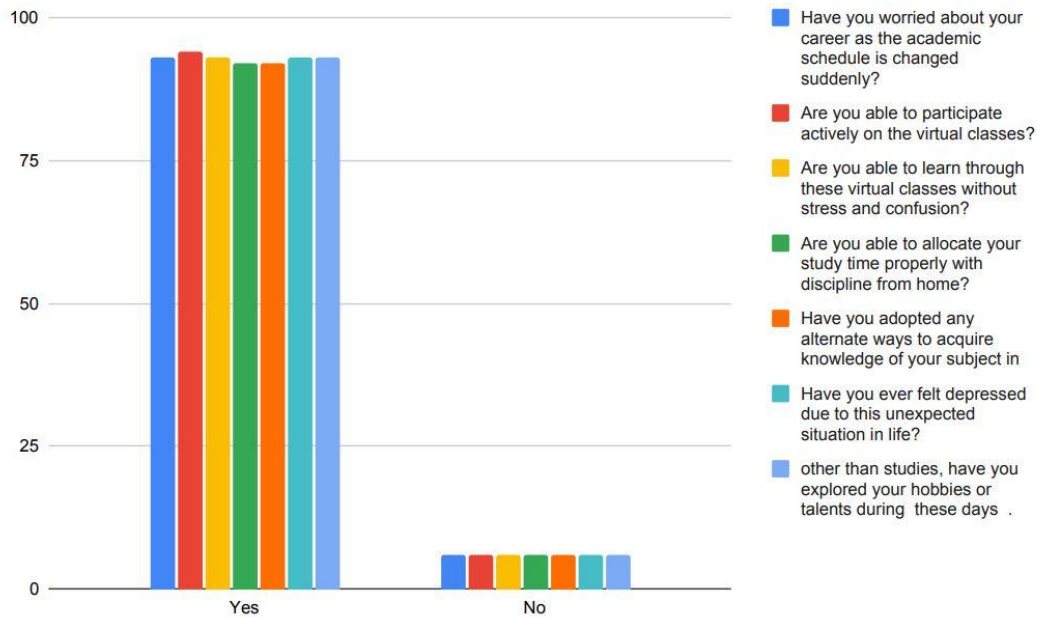
III. RESULTS

Most of the students followed the self care measures .Due to this sudden lockdown they felt alone and were interacting with friends and relatives maintaining social relations (graph.1).



Graph.1 Feedback regarding self care about covid &

As their academics were stopped in the middle of the year,most of students were very much worried about their career . Under these situation also they were able to follow the virtual classes and adopted alternate methods also to improve their subject.(graph.2)



Graph.2 Feedback of the students about their academics/stress during the Pandemic

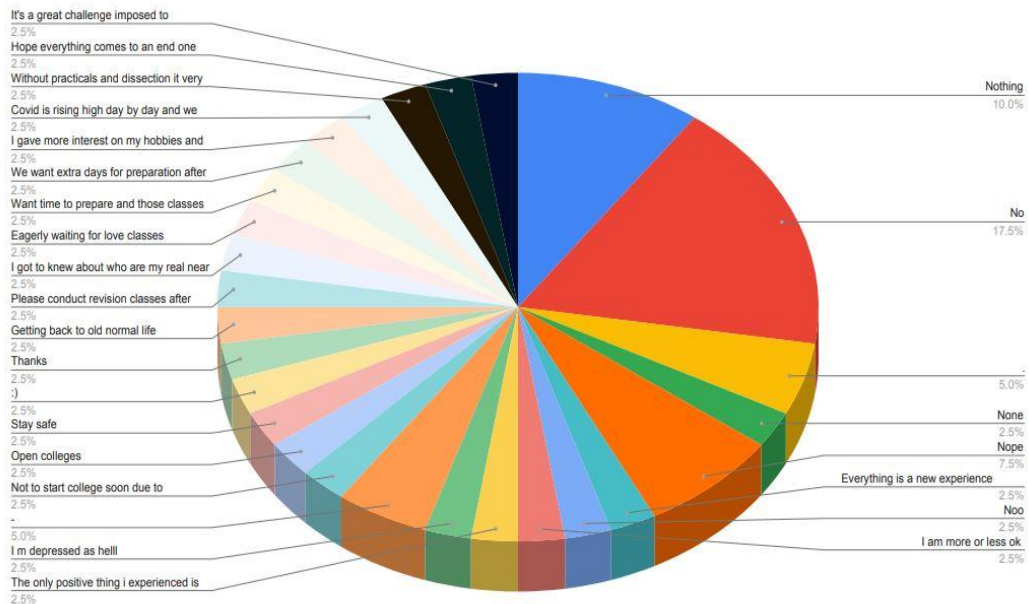


Chart.1 Other views of the students during this pandemic

IV. DISCUSSION

COVID-19 ,a sudden pandemic disturbed normal routine of every individual . Medical students must have knowledge of unexpected conditions so that they will be ready to face any situation. This sudden lockdown forced some students to stay away from family and friends as they cannot travel distant places. This will create a lot of stress thinking about their near and dear. Leah Komer et al described that medical students struggled a lot due to sudden withdrawal from family and friends. (2).

The ongoing pandemic is a challenging time to maintain clinical education for students but could be regarded as an opportunity to educate them beyond the traditional curriculum .Education through e-learning without geographical limitations is the only way of learning in this situation and students are forced to adopt new technologies to prevent the academic loss even though its level of acceptance is low. But more than 55% of the students found it to be useful, time-saving and effective (3,4)This online platform provides support for those who have time management problems.(5) There are a large number of online anatomy software programs

available for students to use but they provide significantly lower rates of self-perceived learning and satisfaction to the students compared to dissection (6) Students had perceived severe stress as they agreed that regular class lecture is easy to understand.

Studies have reported that online healthcare development skills pose a new challenge for the learning of medical students. (7,8) Innovative ideas are urgently needed in order to implement these novel-learning opportunities. Rasmussen and colleagues initiated fast-track courses in ventilation therapy and nursing assistance for medical students attending Aalborg University and successfully integrated the majority of these students into medical care teams(9) These newly acquired clinical skills improve the student's opportunities in their future career as a physician.(10) Online courses in Coursera were taken by our 1st year students to improve their knowledge and skills during this virtual period.

V. CONCLUSION

COVID-19 pandemic kept every individual under stress. To prevent its rapid spread lock down was implemented and this affected the educational system a lot. With the sudden shift of the online education system, medical students are most affected due to lack of practical exposure which is essential in their training. This forced them to learn new skills and courses to prepare themselves to face the unexpected circumstances, an encouraging one in this difficult situation.

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