

Perceptions And Practices Towards Protective Measures During Covid-19 Pandemic Among Outpatients, Chennai

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ABSTRACT

INTRODUCTION: COVID 19 virus started in December 2019 as a viral outbreak in Wuhan city of central Hubei province of china. A study was done to assess attitude and practice of protective measures during covid 19 pandemic among out patients in Chennai .

MATERIAL AND METHOD: An interview type survey was conducted among 117 outpatients in Saveetha Dental College Chennai. Demographic details and the questions based on protective measures, anxiety, mental care during covid 19 pandemic were also included in the questionnaire. Descriptive statistics and chi square test were done to analyse the collected data.

RESULTS: About 98.29% of the respondents felt the need to use gloves/sanitizers. Around 72.65% feel paranoid about contacting the corona virus infection. About 69.23% reported that they are sometimes affected by the talks of the coronavirus pandemic on the newspaper and news channels. Awareness of the need for sanitizers / gloves was more among graduated study participants (p value - 0.000). Awareness about the need to wash hands frequently was more among males (p value - 0.248)

CONCLUSION: It can be concluded from the study that the majority of the study participants were aware about protective measures during covid 19 pandemic, followed government guidelines on quarantine and social distancing covid 19 pandemic.

Key words : mental health care , novel coronavirus , pandemic situation, innovative analysis, perceived

INTRODUCTION

COVID-19 virus started in December 2019 as a viral outbreak in Wuhan city of central Hubei province of china(1) . Coronavirus has a fringe envelope protein resembling crown (corona in latin which means crown) and family of enveloped RNA virus (2) . They are generally pathogenic to mammals and can cause mild upper respiratory tract infections in humans. They occasionally can be transmitted to large human populations and can cause severe respiratory illness caused by SARS and MERS , dueto similarity between covid 19 virus and SARS , coronavirus and because the virus was posting to be global threat throughout the world , awareness of health care workers around the globe were starting to get created (3)

The state of lock down are high trigger points or attributes to the large global economy(4) . The pandemic has increased in the production of masks , sanitizers , gloves(5). Despite creating awareness many people tend to ignore the importance of social distance. The anxiety and corners in society affect every person. outpatients tend to show anxiety ,distress, anger ,confusion for those who are experiencing isolation and quarantine experience.(6). The media, doctors, researchers, government ,celebrities ,police and NGOs are trying to appeal to people in the society to avoid large gatherings like public gathering ,sports ,religious ceremony, family functions ,meetings , class in school and college to prevent the spread of coronavirus pandemic(7).

Mental health is a state of wellbeing in which an individual realizes that his /her own abilities, can cope with normal stress of life, can work with full productivity and fruitfully. In stress out situations, anxiety tends to be the common response for many outpatients during the pandemic. During the covid 19 pandemic there is increased worries and oppression towards various situations during the pandemic among out patients (3) . An increase in the amount of anxiety is being expressed in various forms like intensive, excessive, extensive and persistent and worry about fear about day to day activities. Some symptoms of anxiety are fast heart rate, rapid breathing, sweating and a feeling of tiredness and laziness may happen due to anxiety .(3) .

People have high perceived health needs to deal with their mental health needs to deal with during covid 19 pandemic(3) . Inadequate treatment of major depression is the main cause of public health concern .(3,8) .Perceived stigma is the belief that most outpatients will devalue and discriminate against individuals who use mental health against individuals who use mental care service / mental illness(3,8,9). Our team has extensive knowledge and research experience that has translate into high quality publications(10–18),(19),(20),(21,22),(23),(24),(25–29) Aim of this study is to assess attitude and practice of protective measures during covid 19 pandemic among out patients.

MATERIALS AND METHODS

Study Design: A cross sectional questionnaire study

Study Setting: Saveetha Dental College in Chennai.- An institutional based study

Study population: Study was conducted among 117 outpatients visiting a private dental college in Chennai.

Ethical Clearance: Prior to the start of the study, ethical clearance was obtained from the institutional ethical committee.

Sampling methodology: Non probability convenience sampling was followed to select the study participants. All those who were willing to participate were included in the study and those who were not willing to participate were excluded from the study

Survey Instrument: An interviewer administered questionnaire of 14 closed ended questions were prepared. It was conducted in an interview type manner.

Statistical Analysis: The responses were collected and tabulated in the excel sheet and analysed . chi square test was used to analyse the data. Independent variables are age, gender, education. Dependent variables are knowledge, attitude responses.

RESULTS

This survey was conducted among 117 outpatients in Saveetha Dental College, Chennai questionnaire in which females were 29.06% and males were (69.23%) and transgender were(1.71%) . Age wise

distribution study participants were 18-35 years 68 (58.97%) ,36 - 55 years 27 (23.08%) , and above the age of 55 years 21(17.95%). Educational level of the participants were as follows: primary education (2.56%), secondary education (38.46%), higher secondary education (14.53%), postgraduate (16.24%), graduate (28.21%).

Questionnaire responses

About 72.65% felt paranoid about contacting the coronavirus infection, 1.71% haven't and 24.79 % sometimes feel paranoid about contacting the coronavirus. Participants in the age groups of 18- 35 years are more paranoid about contacting the corona virus when compared to others and this was found to be statistically significant. (Figure 1)

27.35% said they avoid partying, 69.23% said they avoid partying sometimes and 3.42 % have not avoided . 68.38 % responded to feel affected by the post on social media about coronavirus infection, 30.77% have responded to sometimes to feel affected by the post on social media about coronavirus infection 0.85% haven't been affected. 29.91 % feel affected by the talks of coronavirus pandemic on the newspaper, 69.23% reported that they are sometimes affected by the talks of coronavirus pandemic on the newspaper and news channels and 0.85% haven't . 64.96% feel the need to buy and stock all essentials at home 35.04% sometimes feel the need to buy and stock all essentials at home .18.80% often avoid large meetings and gatherings and 76.92% sometimes avoid large meetings and gatherings and 4.27% haven't . 67.52% inner circle reports of being sick, 31.62% sometimes reports of being sick and 0.85% haven't . 3 70.09% need to constantly wash their hands, 28.21% sometimes need to constantly wash their hands and 1.71 % havn't. Awareness about the need to wash hands frequently was more among males when compared to others (Figure 2). 3.33% feel the need to use gloves/ sanitizers 64.96% sometimes need to use gloves/sanitizers and 1.71 % don't feel the need to use gloves/sanitizers. Awareness of the need for sanitizers / gloves was more among graduated study participants when compared to others (Figure 3). About 20.51% respondents mask the apparent signs and symptoms of the infections, 64.10% haven't , 8.55% sometimes mask the apparent signs and symptoms of the infection . 2.56% mask without any apparent sign and symptoms of the infection and 4.27% sometimes mask without any apparent sign and symptoms of the infection . 68.38% idea of coronavirus infection freak them out on post of social media 29.91% sometimes idea of coronavirus freak them out on post of social media , 1.71% haven't freak out . Participants who had secondary education were more affected by post on social media on coronavirus when compared to others (Figure 4)

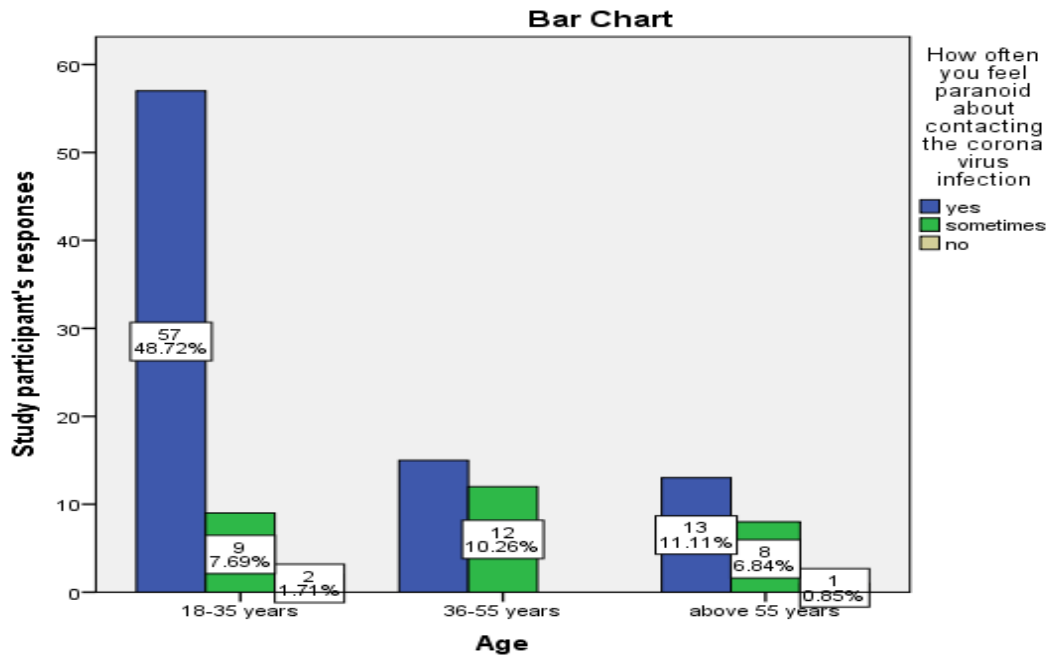


Fig 1 showing association between the age and the responses regarding their paranoia about contacting the corona virus infection. X axis represents the age of the respondents and the Y axis represents the study participant's responses. Participants in the age groups of 18- 35 years are more paranoid about contacting the corona virus when compared to others and this was found to be statistically significant .{Chi square value -12.938, p value - 0.012}

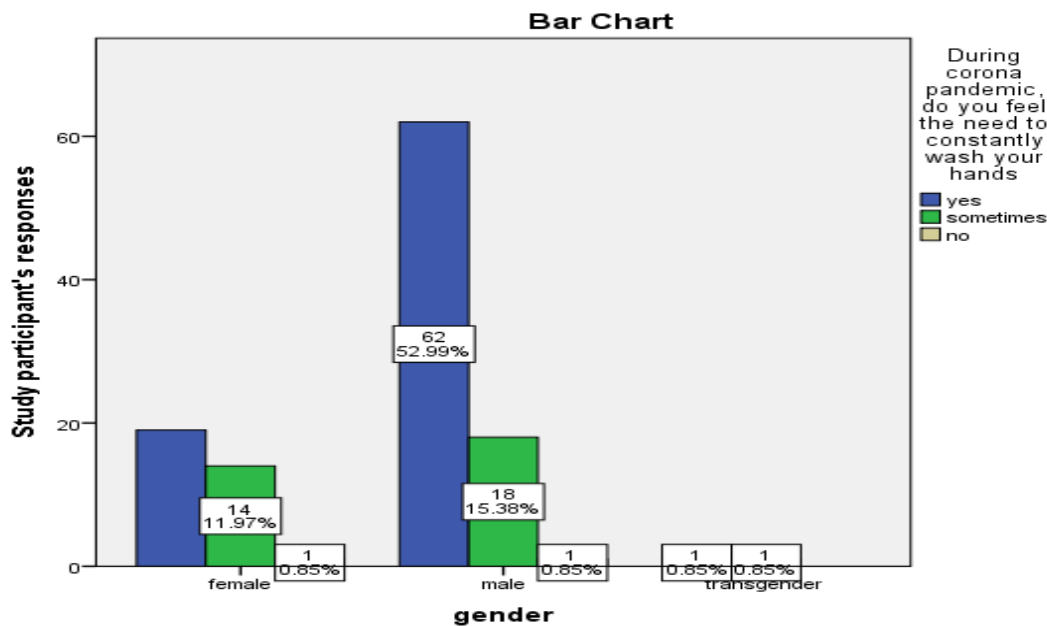


Fig 2 showing association between the gender and the responses regarding their constant need to wash hands. X axis represents the gender of the respondents and the Y axis represents the study participant's responses. Awareness about the need to wash hands frequently was more among males when compared

to others and this was found to be statistically insignificant . (Chi square value -5.412, p value - 0.248)

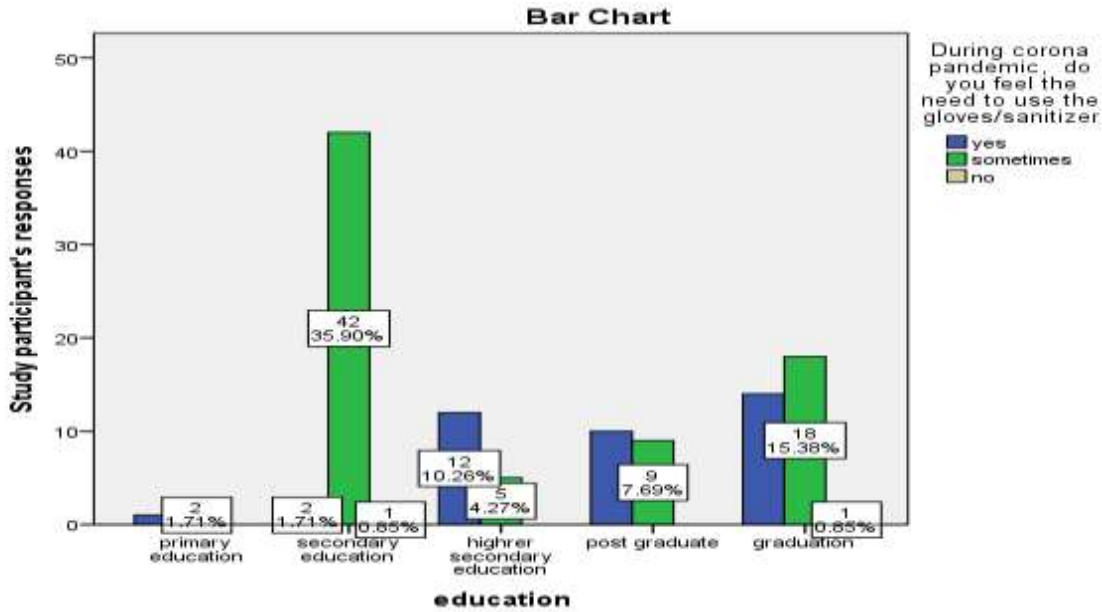


Fig 3 showing association between the education and the responses regarding feel to use sanitizers / gloves. X axis represents the education of the respondents and the Y axis represents the study participant's responses. Awareness of the need for sanitizers / gloves was more among graduated study participants when compared to others and this was found to be statistically significant. (Chi square value -32.701, p value - 0.000)

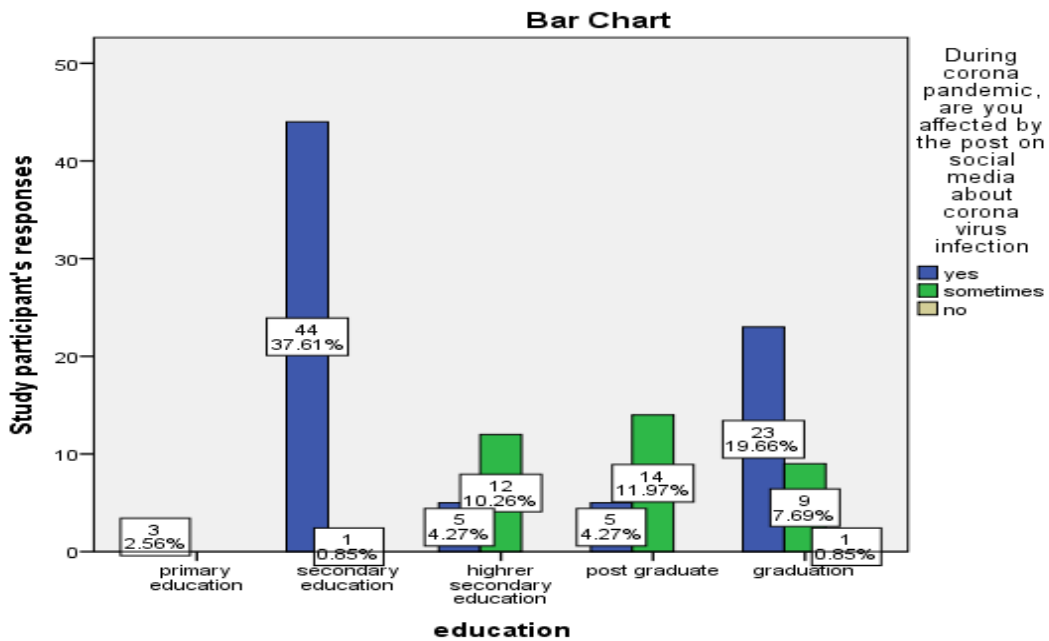


Fig 4 showing association between the education and the responses regarding posts on social media on coronavirus. Participants who had secondary education were more affected by post on social media on

coronavirus when compared to others and this was found to be statistically significant Chi square value - 50.478 , p value - 0.000

DISCUSSION

Epidemics and pandemics are a periodic phenomenon. People in the community face several challenges during such periods.(1,30) Lack of awareness often leads to an unconcerned attitude, which may adversely affect the preparedness to meet these challenges. Impacts of these epidemics and pandemics are often intense, which may adversely affect the mental well-being of a given population. The fear and anxiety related to epidemics and pandemics also influence the behavior of people in the community(31). Hence, this study attempted to evaluate the awareness, attitude, anxiety and perceived mental healthcare needs in the society.(1,4,5,30))

All epidemics and pandemics have their unique characteristics in terms of causality, progression and control measures. It is crucial to provide health education and create awareness during such situations for effective prevention of disease spread.(32). It has been seen in a previous study that health professionals often have better awareness, positive attitudes towards epidemics/pandemics and they often experience low levels of anxiety .(33)

Deblina roy(3)had responses on how often do you mask without any apparent sign and symptoms of the infection is 36.6% is always whereas 18 - 35years have responded 53 % for always reason is because 18 - 35 years are being aware of coronavirus and try to hide in order to avoid stigma that comes if they get the virus .From the Deblina roy(3) had responses on how often do you freak on social media after the post on the corona virus 44.7% has responded always where as 18-35 years old have responded to 56% years this is because the younger generation know how to use the technology and tend to view apps like WhatsApp , Facebook etc. (10–18),(19),(20),(21,22),(23),(24),(25–29).Hence they tend to be frightened after seeing posts on social media. (3) has collected responses to how much time you avoid partying. 90.1%have responded to always whereas 18 - 35 years have responded to 55% in some cases the reason for the huge difference is because of sample size limitations.

CONCLUSION

Within the limits of this study it can be concluded that the majority of the study participants were aware about protective measures during covid 19 pandemic

CONFLICT OF INTEREST

The author declares that there was no conflict of interest in the present study

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