

# MENTAL HEALTH ISSUES FOLLOWING COVID- 19



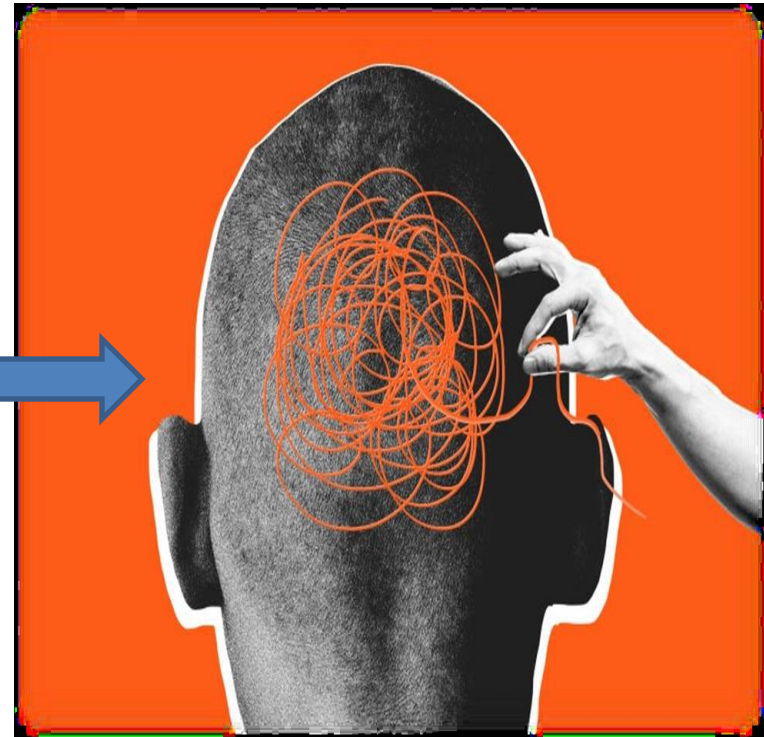
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# SCIENTIFIC KNOWLEDGE AND PROFESSIONALISM



# COVID 19

## Impact of Lock-down on Mental Health and Tips to Overcome



# Lockdown is the world's biggest psychological experiment - and we will pay the price



What will the psychological impact be for 2.6 billion people under lockdown?

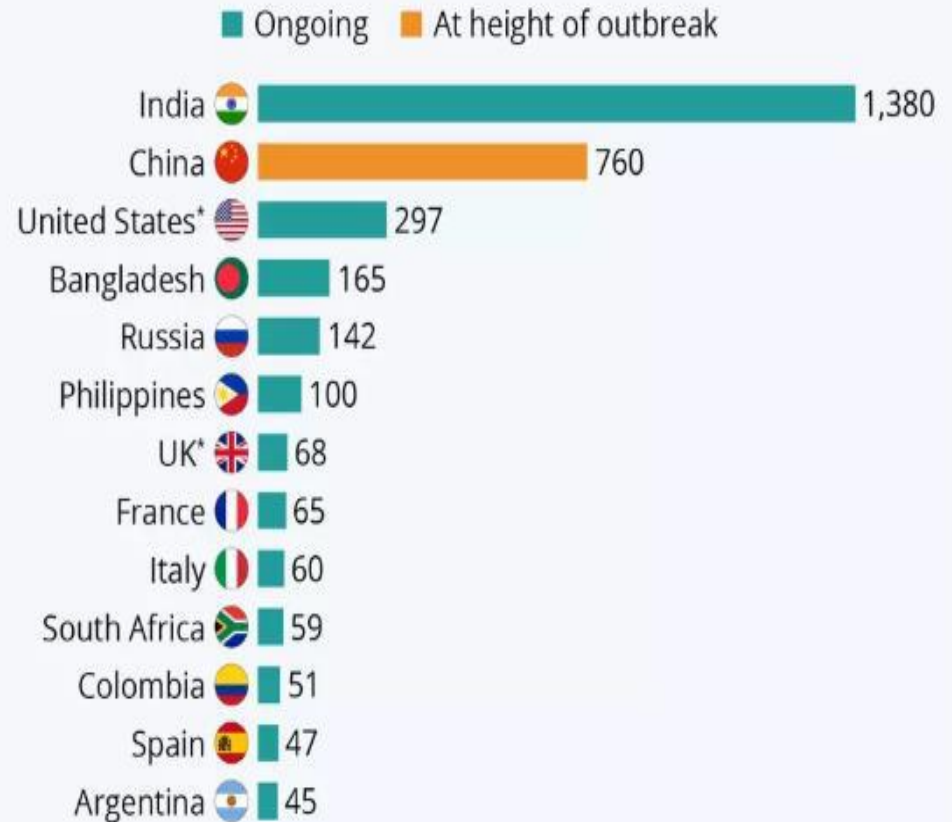
Image: REUTERS/Francois Lenoir

Currently, an estimated 2.6 billion people –one third of the world’s population –is living under some kind of lockdown or quarantine.

This is arguably the largest psychological experiment ever conducted.

## The Size of Coronavirus Lockdowns

Number of people placed on enforced lockdown due to the coronavirus pandemic, per country (in million people)



\* At least partly enforced

# SOCIAL DISTANCING AND ISOLATION

- **Social distancing is** a critical means to break the cycle of infection. There is a significant decrease in growth rate and increased doubling time of cases because of the lock-down.
- In addition to various psychological problems like Adjustment Disorder, Depression, Anxiety, and Panic disorder, the COVID 19 pandemic has caused severe threats to the lives and physical health of people around the globe.
- Although isolation helps in achieving the goal of reducing infections, **reduced access to family, friends, and other social support systems have increasing mental issues like anxiety and depression, suicide , substace withdrawal.**

# MENTAL HEALTH ISSUES

- **PSYCHIATRIST**

**BIO**

- **CL.PSY.**
- **COUNSELLORS.**
- **EFFETIVE COPING**

**PSYCHO**

- **COMMUNITY**
- **FAMILY**
- **ENVIRONMENT AND FRIENDS AND RELATIVES.**

**SOCIAL**

# LOCKDOWN SYNDROME AND MENTAL HEALTH

BEFORE

- **NORMAL PHYSICAL AND MENTAL HEALTH**

DURING

- **COPING WITH CHANGE**
- **ADJUSTMENT ISSUES**

AFTER

- **MENTAL HEALTH**
- **PHYSICAL AND MENTAL HEALTH**





# Effects of COVID-19

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- Physical symptoms- Cough, fever, sore throat
- Psychological symptoms-
  - Anxiety, fear, depression, denial, anger outburst, post-traumatic stress disorder and stigma.
- Psychological symptoms are commonly seen among
  - Patients,
  - Their family caregivers,
  - Health care providers.



# Psychological impact of Isolation & Quarantine

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- **Isolation** is the act of separating a sick individual with a contagious disease from healthy individuals without that contagious disease.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- Isolation and quarantine help protect the public by preventing exposure to people who may have or may not have a contagious disease.
- Both are very important steps in prevention and spread of COVID-19 infection.



# Psychological impact of Isolation & Quarantine

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- Isolation
- can be an extremely frightening and anxiety provoking experience.
- disrupts the normal routine and gives stress resulting in emotional and behavioural manifestations.
- Create feeling of loneliness, stigma & Depression
- Keeps a person away from familiar objects and routine which may evoke fear, anxiety, depression & rapid mood swings.
- Due to infectious disease affects the attitude of the hospital staff which in turn affects their care.



# Psychological impact of Isolation & Quarantine

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- Management during isolation-
  - Organise the isolation room to make the environment as normal as possible. Staff should encourage patients to express any negative feelings associated with being in isolation so that prompt strategies can be implemented.
  - Relieving boredom: Encourage the use of TV, radio, newspaper, and other AV devices(music etc.).
  - Use of information leaflets: Leaflets can help to support explanations.
  - Communication: allow patient to do frequent phone calls and video conferencing.

# **MENTAL HEALTH ISSUES**

- **NORMAL REACTION.**

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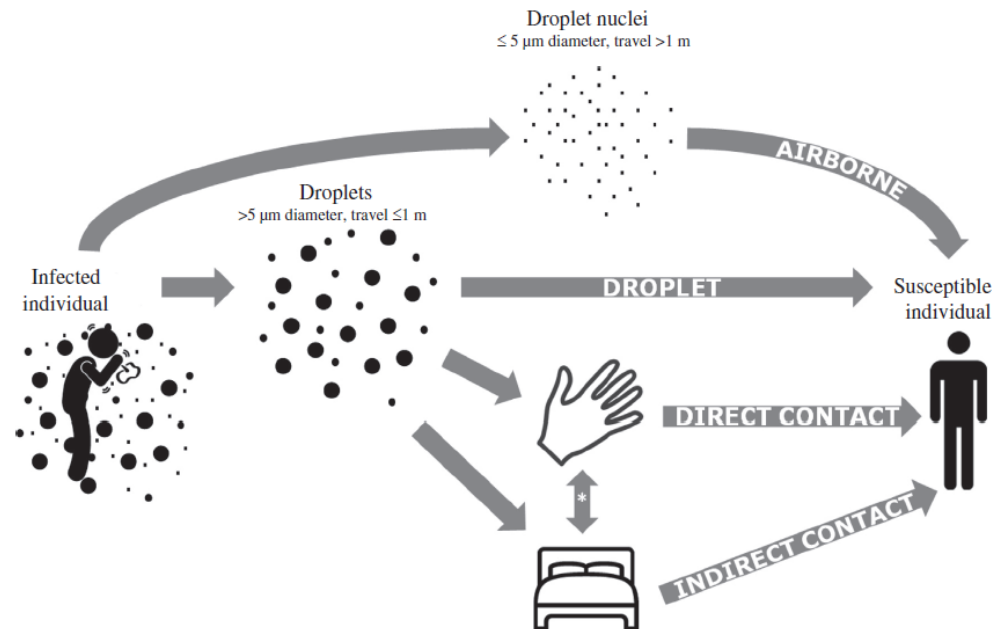
- **EXASERBATION OF PREEXISTING MI.**
- **PERSONALITY.**
- **SUBSTANCE ADDICTION.**
- **CHIDRENAND ADOLOSCENTS.**
- **GERIATRIC POPULATION.**
- **MENTAL HEALTH ISSUES OF HEALTHCARE PROFESSIONALS.**
- **DOMESTIC VIOLENCE.**

# Need for Intervention

- **During such stressful situations, the concerned government, hospitals, educational institutions, organizations, and even individuals need to look into psychological intervention and adopt necessary measures.**
- **In addition to educating individuals to stay isolated, it is vital to educate and prepare them to face the mental health issues they may endure during the period.**

# Coronavirus –Transmissibility

- Infected droplets
  - $>5\mu\text{m}$ , travel
- Aerosols
  - $<5\mu\text{m}$ , travel
- Contact
  - Hands, surfac



\* Transmission routes involving a combination of hand & surface = indirect contact.

Figure 1. Transmission routes: droplet, airborne, direct contact, and indirect contact. (Indirect contact: routes involving a combination of hand and surface.) Definitions of 'droplet' and 'droplet nuclei' are from Atkinson *et al.*<sup>5</sup>

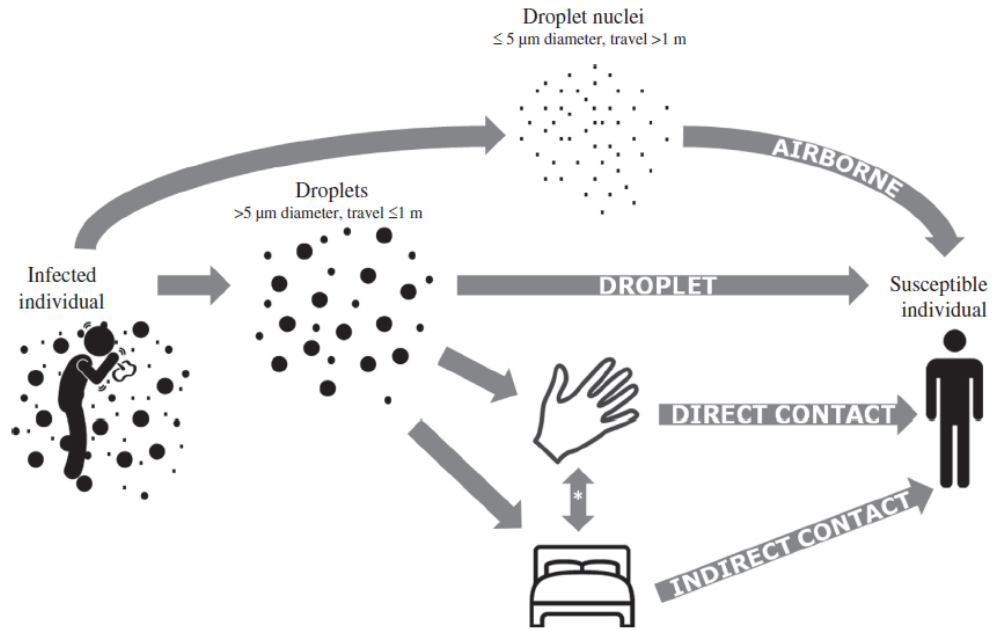
# Coronavirus –Transmissibility

## Survivability outside body:

- 1-2 days on nonporous surfaces
- 8-12 hours on porous surfaces
- Currently this information on 2019-nCoV not clear

## Incubation period:

Current estimates of the incubation period of SARS-CoV-2 range from 2-14 days.



\* Transmission routes involving a combination of hand & surface = indirect contact.

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# MI AND COVID-19

- ***ENSURING CONTINUED CARE OF SEVERE MENTAL ILLNESS.***
- ***MEDICATION AVAILABILITY.***
- ***EMERGENCY CARE.***
- ***MEDICATION WITHDRAWAL.***
- ***INDUCED PSY.ILLNESS WITH COVID -19 TREATMENT (HCQ, IVERMECTIN, CORTICOSTEROIDS).***
- ***SUICIDAL IDEATION IN HCQ.***

# MANAGEMENT OF MH ISSUES IN ICU WITH COVID-19

- **MECHANICAL VENTILATION.**
- **DELIRIUM AND ICU PSYCHOSIS.**
  1. *Inattention, confusion or disorganized thinking.*
  2. *Fluctuation in level of consciousness and alter PMA*
  3. *Rapid fluctuation in emotion.*
  4. *Presence of auditory or visual hallucination*
- **MANAGEMENT OF DELIRIUM.**
- **CAUTION IN USING BENZODIAZEPINE USING CPAP. OR WEANED OF VENTILATORY SUPPORT.**
- **DISRUPTIVE BEHAVIOUR OF COVID-19 PATIENT.**

# PSYCHOTROPIC DRUGS & COVID-19

**Table-1 Prominent interactions of psychotropic drugs and drugs used for COVID-19**

Drug	Interactions/precautions with psychotropics		
Hydroxychloroquine/ Chloroquine	Augmentation of QTc prolongation when given with ziprasidone, haloperidol, quetiapine, amisulpride, citalopram and tricyclic antidepressant		
Azithromycin	Can prolong QT <sub>c</sub> interval and thus should be used cautiously with the above drugs, especially in elderly and those with pre-existing cardiac illness		
NSAID	Increase the levels of lithium		
Lopinavir/Ritonavir	Increases the levels of	Decreases the levels of	Levels increased by
	Haloperidol Risperidone Aripiprazole Quetiapine SSRIs TCAs Alprazolam Diazepam Zolpidem	Olanzapine Bupropion Valproate Paroxetine*	Fluoxetine Fluvoxamine Paroxetine

- NSAID – Non-steroidal anti-inflammatory drugs, SSRI - Selective serotonin reuptake inhibitor, TCA – Tricyclic antidepressants
- \* there is evidence to suggest that paroxetine levels might decrease in contrast to other SSRIs

# PRIMARY PREVENTION USING NONPHARMACOLOGICAL

- *Efforts to help in orientation*
- *Enhance sensory efficacy*
- *Promote sleep*
- *Pain management*
- *Preventing complication of immobility*
- *Optimization of physiological parameters*
- *Foster physical therapy/early mobilization*



# Psychological symptoms-

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- Anxiety-
- High level of anxiety due to uncertainty about prognosis, treatment, future, dis-ability, stigma, isolation and so on.....
- People may be panic as we seen in Italy and Spain.



# MANAGING ANXIETY.

- Recognize **the fear**.
- Remember that you are not isolated in feeling insecure.
- **Planning the daily routines** helps in adapting quickly and managing anxiety.
- Divide your time clearly as work and non-work times. Make the same division in your headspace too.
- **Identify an activity/hobby that brings you joy and perform it.**
- Working in *short bursts* with clear breaks will help to maintain your clarity of thought

# Loneliness IN COVID-19.

- Several community teams have developed interactive platforms.
- Be active in groups you like.
- Spend time with loved ones.
- Be in touch with friends, family, and colleagues over social media or the phone.
- Pick a new hobby.
- Learn something new every day. Keep your mind engaged.
- Pen down your thoughts and emotions regularly

# Difficulty in concentrating, low motivation and a state of distraction

- Remember, It takes time to adapt.
- Pick a physical activity of your choice like Yoga or even simple stretches.
- Spend at least one hour per day on your physical health.
- It is a good idea to meditate. Meditation improves concentration.
- It is important to be rational regarding the expectations we set for ourselves as well as for those in care of us.
- Do not have high expectations of others because they are sailing in the same boat.



# STRESS AND COPING

- Prioritize your physical and mental health .
- *Exercise regularly, eat healthy food and sleep thoroughly.*
- It is a good idea to meditate.
- *Meditation improves concentration and reduces mental stress.*

# Negative Emotional Spirals

- Do not Google symptoms of any disease, trust doctors.
- **Avoid frequently checking the latest COVID statistics.**
- Do not be hesitant to seek help.
- **Keep time aside every day for breathing exercises and meditation.**

# Desperation

- *People with habits like smoking and alcohol consuming, are desperate to have cigarettes or alcohol. (SUBSTANCE ADDICTION)*
- *Take this positively as a challenge to change habits by engaging yourself I **meditation or Yoga.***
- *Distract yourself with **new hobbies or family discussions** when you feel the urge to smoke or drink.*

# Apprehension about Future

- It is common to have apprehensions and panic regarding the future.
- However, worrying does not help.
- Avoid speculation and focus on facts. Do not believe everything you read.
- Confirm your suspicions.
- Remember, humanity has seen worse, and every time we have bounced back.
- We will, again. Being hopeful is the key.



# Vulnerable group for COVID-19

## Vulnerable Groups



Babies  
< 6 months

Adults > 65  
years-old



Childcare or  
nursing home  
workers



People with weak  
immune system



People  
suffering  
chronic  
illnesses



Pregnant  
women



# Vulnerable group for COVID-19

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- Patient with existing disease like diabetes, hypertension, asthma, COPD, immuno-compromised including HIV and cancer patients
- Pregnant
- Neonates, children and teenagers

# **Populations of interest, including vulnerable groups...**

- Front-line health-care workers might be affected by fears of contamination, moral injury, disruption of normal supportive structures, work stress, and retention issues.**
- People with learning difficulties and neurodevelopmental disorders might be affected by changes and disruption to support and routines, isolation, and loneliness.**
- Society might experience increased social cohesion and communitarians, but also be negatively affected by increased health inequalities, increased food bank use, increased race based attacks, and other trauma. Rural communities might also be affected differently than urban communities.**
- Socially excluded groups, including prisoners, the homeless, and refugees, might require a tailored response.**
- People on low incomes face job and financial insecurity and poor access to the internet and technology.**



Pain

Reduced activity -  
may be off work

Fatigue /  
lack of stamina

Muscle weakness,  
reduced fitness

Stress,  
anxiety,  
tension

Poor sleep

Anger,  
fear and  
frustration

low mood,  
negative  
thinking

Stress  
cycle





# COVID-19

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- Globally every country is trying hard to get a solution for this grave disease but still every country is struggling for an effective or permanent answer.
- The fear of uncertainty, stigma, non-availability of standard treatment and the large-scale quarantine measures are fuelling the mental pressure (1).



# 1. Try to maintain positive perspective

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- Everyone is concerned about the outbreak of corona virus and it is normal to feel concerned but we should not forget that medical, scientific and public health experts globally are working hard to contain this deadly virus.
- Hope is the best medicine and it is very true that very soon we will have a definite answer or vaccine for this COVID-19 virus.
- A sense of hope instead of fear could allow all to better cooperate with one another – a vital element in defeating this outbreak.



## 4. Try to maintain a practical and calm approach

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- Extensive panic can cause difficulties and further complicate efforts to manage the outbreak effectively.
- Try to stay calm and follow official advice, particularly around observing good hygiene habits.
- Do Exercise/meditation/yoga
- Initiate a Hobby





## 5. Advice to Stay connected

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### Provide the patient or suspected of exposure

- To enjoy company and support but with social distancing
- to keep in touch with their friends and family, by telephone, email or social media for emotional support.
- Make sure they not to sensationalise issues related to infection.
- Advice them content sharing on social media, use factual information and trusted sources.





## Managing mental health while in self-isolation/ quarantine

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- Advise suspected of exposure that this is a temporary period of isolation to slow the spread of the virus.
- Explain that their effort is helping others in the community avoid contracting the virus.
- Assist to stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.
- Advice to engage in healthy activities that you enjoy and find relaxing.
- Keep regular sleep routines and eat healthy foods.
- Try to maintain physical activity.
- Advice to establish routines as best possible and try to view this period as a new experience that can bring health benefits.
- Advice to maintain a healthy balance by allocating specific work hours and taking regular breaks.
- Advice to avoid news and social media if you find it distressing.



## Managing mental health of children with COVID-positive cases

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### **Some common changes to watch for include:**

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain



## Managing mental health of children with COVID-positive cases

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### Management:

- Take time to talk with child or teen about the COVID-19 outbreak. Answer questions about COVID-19 in a way that child or teen can understand.
- Reassure child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with own stress so that they can learn how to cope.
- Limit family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. Create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.



## Feelings of people who have been released from quarantine

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- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes





## Common psychological issues for health care workers

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- **Stress:** Health care workers may feel extra stress during the COVID-19 outbreak. - This is a normal response in these unprecedented circumstances. Such feelings are not a sign of weakness and it's important to acknowledge this.
- There are practical ways to manage mental health during this time includes:
  - Getting enough rest during work hours and between shifts
  - Eating healthy foods and engaging in physical activity
  - Keeping in contact with colleagues, family & friends by phone online
  - Being aware of where you can access mental health support at work
  - Create a mentally healthy work structures and environment.



# Common psychological issues for health care workers

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- **Seek support:**
- It's normal to feel overwhelmed or stressed by news of the outbreak. We encourage people who have experienced mental health issues in the past to:
  - activate support network
  - acknowledge feelings of distress
  - seek professional support early if you're having difficulties.
  - For those already managing mental health issues, continue with your treatment plan and monitor for any new symptoms.
  - Social contact and maintaining routines can be supportive for our mental health and wellbeing. In circumstances where this is not possible, staying connected with friends and family online or by phone may assist (4).



# Stigma Associated With COVID-19

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- The outbreak of COVID are stressful times for people and communities.
- Fear and anxiety about a disease can lead to social stigma toward people, places, or things. For example, stigma and discrimination can occur with people infected with COVID-19, families of COVID -19 infected person, with a population or nationality, even though not everyone in that population or from that region is specifically at risk for the disease.
- Stigma can also occur after a person has been released from COVID-19 quarantine even though they are not considered a risk for spreading the virus to others.  
Other groups of people who may be experiencing stigma because of COVID-19 include people who have travelled abroad, emergency responders or healthcare professionals and public servants dealing with mass people.
- Stigma hurts everyone by creating fear or anger towards other people.



# Management of psychological issues

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- Pharmacological Treatments may be required depending upon previous history of psychiatric disorder and substance use
- Time-bound behavioral therapy should be provided to persons exhibiting signs of mental disorders to reduce the cognitive effects of the pandemic
- The patient should also be allowed for personal adjustment to face the situation; this involves the behavioral and emotional responses, coupled with the psychotherapeutic treatments based on the model of stress adaptation



## Improve your preparedness against COVID Pandemic

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- Get trained in managing care protocols in  
Barrier and Isolation-Training is essential
- To be Well informed of all practices
- Confidence in maintaining PPE
- Confident in -How to assess psychological distress
- Confident in -How to assess depression
- Call for consultation of Psychiatrist and Psychologist
- Keep Talking to patient while doing procedures
- Reassure appropriately
- Get the history in detail regarding previous Psy. Disorder/substance Use



# Conclusion.....

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- COVID Pandemic is very very stressful and traumatic as it requires Isolation for very long time and create panic due to uncertainty and can take an emotional toll on Nurse as well.
- Training and Training and Training is the only KEY
- There are things you can do to reduce the impact on mental health by acknowledging, and identifying psychological reactions:
- Learn the symptoms of psychological distress (fear, withdrawal, guilt).
- Seek consultation with psychiatrist
- Take a breaks in between
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your patients as you did before the outbreak.
- During break talk about anything except COVID



## Conclusion.....

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- There are things you can do to reduce secondary traumatic stress (STS) reactions:
- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.

# MY EXPERIENCE WITH DISASTER

- *Disaster are challenge for everybody.*
- *Disaster are experienced by each individual in his/her own way.*
- *There are many ways of coping.*
- *Support of every type limits the suffering and long term consequences*
- *Every type of intervention meeting , human support, music ,spirituality etc are helpful.*



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**THANK YOU**

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CENTRE OF EXCELLENCE IN MENTAL HEALTH, CUTTACK