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## Inspirational stories for healthcare workers

The WHO has designated 2020 as the International Year of Nurses and Midwives, and while this designation was made before the COVID-19 epidemic, we can't think of a better time to honor nurses and acknowledge their commitment to the profession. Nurses around the world are at the forefront of fighting COVID-19 every day. But what about the feeling of being a nurse during the COVID-19 epidemic? Lamee is one of them, and this is her story. Lamees Lamees is a mother of four and a nurse dedicated to meeting the needs of the community in Oman. She began her career in 2000 and at the time of the outbreak, her work was largely managed, but with the onset of the COVID-19 epidemic, she was assigned to supervise patients assigned to an institutional quarantine setting prepared by the Ministry of Health at Oman's largest sports complex. Her job has now been to leave her house. Doctors and nurses who work closely with patients are at increased risk of getting caught infectious diseases, including COVID-19, increasing the risk of doctors and nurses working closely with patients falling ill. So it is necessary to establish hospital-specific protocols to reduce their risk of infection over interactions with COVID-19 patients. One of Rami's roles is to control the spread of COVID-19 in her workplace with her team. This includes training nurses on personal protective equipment (PPE), hand hygiene, patient admissions, vital signs checking, workplace disinfection, medical waste management, sterilization of patient care units, and occupational exposure management. Nurses have an in-depth knowledge of effective hand hygiene, and lamy is no different. She says that if you practice good hygiene, you can only protect yourself from COVID-19. She taught all staff to observe how medical staff and other health care providers perform proper hand hygiene to keep their hands clean and prevent health care-related infections. Hand hygiene is the top priority and 19 of the most effective ways to prevent healthcare-related infections including COVID-19. Such prevention depends on hand hygiene, which is carried out when necessary, and appropriate cleansing agents and techniques are being used, she says. If a patient suspects that they have COVID-19, health workers must go through the process of wearing PPE before entering their room. Lamees found that all suspected cases were using the same pen when arriving at the airport or entering an agency quarantine, so he prepared one employee to take responsibility for the patient's hospitalization, including writing his name and room number. She also devised protection measures to avoid touching the lift button in an institutional quarantine environment. Responsible employees use cards to swipe access (smart use control reader) or the lift button that is disinfected after each use. These are simple behaviors, but such attention to detail helps prevent the spread of the virus and these precautions are being implemented across all healthcare facilities. Ramiz changed our routine, and this new routine quickly became the norm. I realize that treating patients with COVID-19 is very hard, every single one with their own unique needs. Stress and anxiety about COVID-19 can be overwhelming for patients. Lamee says that patients with symptoms are often frightened when they are hospitalized. She advises that I should talk to them, calm them down, take care of themselves, clear their minds, and find light in this darkness. In the battle against COVID-19, there is an urgent need to provide healthcare providers with PPE such as masks, gloves and gowns to keep them safe when treating patients. Ramiz says the Department of Health is providing all necessary medical supplies, including adequate PPE. However, she recommends that we use surgical medical masks when dealing with suspected and mild cases, and to store N95 masks for medical staff who are identified and deal with serious COVID-19 cases, as we need to use this PPE wisely. Rami also points to tremendous support from the community and the private sector, which allow health officials to convert private buildings, including hotels and sports centers, into COVID-19 hospitals and medical facilities in a short time, add spare beds for future patients and use them as isolation facilities to isolate those who may have come into contact with identified cases. COVID-19 also affected Rami's personal life, especially her family life. As a front-line healthcare worker and mother, she practices social relationships with her family. We always love to hug. When my nearly 4-year-old kid runs to hug me, I ward him off from afar, and he says: 'Oh mom COVID-19 after I'll hug you a million times!' She also says: My parents don't recognize that I handle COVID-19 cases, because I don't want them to care. However, she has a support partner. My husband was my rock. He said he fully understands my position and what I went through and is very supportive from the start. Ramiz developed a new decontaminating ritual before leaving the hospital and again before entering the house, and said practicing optimal hand hygiene measures could help protect the health of the family and everyone else. She points out that many nurses are concerned about accidentally infecting their children or elderly family members at home, nurses who do not work directly with infected patients. Proper hand washing remains a priority caveat for lameness: viruses Here, and during this time we must endure it by carrying out all recommended measures, including hand hygiene. Everyone is doing their best, and that mindset helps. You have to stay positive. Pakistani Sania, a midwife at a government hospital in Islamabad, Pakistan, vividly remembers the first time she met Rajia, a 25-year-old woman who was due to give birth to her second child. Terrified, Rajia immediately burst into tears as soon as she entered the test room for her first pre-baby visit. Sania recalls. I was often taken back when checking in the growth of their baby, because my patients are full of expectations. Sania tried to ease Rajia's fears and asked why she was crying. She tearfully told the story of her first birth. As a member of a poor family, Rajia lives in a shared family system where elders make all decisions, including where women give birth. Her first birth took place at home with the help of a local die or an uned trained traditional birth performer. She endured many complications: vaginal tears and bleeding followed by fever that lasted for days. Her newborn daughter's umbilical cord became infected, and later she suffered diarrhoea and struggled to gain weight. This time, Rajia talked to her husband about giving birth and knew she wanted to go to the hospital, but she still had fears. The COVID-19 epidemic was now her biggest worry, and she contemplated whether it was safe to give birth in a hospital or at home. Sania gave her the confidence she needed. She sat next to Rajia and explained how the COVID-19 virus spreads. She said taking appropriate precautions, such as rubbing soap and water or alcohol-based hands, could prevent COVID-19. She even went a step further and showed Rajia how to wash her hands properly. Rajia's nerves calmed, and she decided to register for childbirth at the hospital. She is now taking COVID-19 precautions. Sania has taught her and is practicing hand hygiene and social flue eating at home. Improving Patient Safety in Pakistani Hospitals The hospital where Sania works is one of more than 80 hospitals in Pakistan that implements the Patient Safety Friendly Hospital Initiative Jun-soo Lee a WHO-led program that implements a harmonious set of evidence-based patient safety standards that must be placed in hospitals to ensure safe care. It provides a platform for integrating patient safety priorities, where infection prevention and control (IPC), including hand hygiene and standard precautions, is an important component. Now, with the COVID-19 crisis, IPC is even more important. Amid the epidemic, Pakistan began developing national guidelines for infection prevention and control and inaugurated a new center for occupational and patient safety in the National Of Health (NIH). The center provides a strategic direction for health professionals to embrace, create, and implement transformational changes in underserved occupational safety areas. There could not have been a better time to discuss infection prevention and control in Pakistan, said Dr. Zafar Mirza, the prime minister's special assistant on health on the eve of the inauguration. The role of health workers, especially nurses and midwives, in dealing with COVID-19 is very appreciated. It turns out that teaching patients about health education, like teaching Razia to practice Sania hand hygiene, is not unusual. Many hospitals across the country currently provide regular training for patients as well as health workers on hand hygiene. Nurses are very important in ensuring quality care. They take part and empower patients to speak on their behalf, and also enforce hand hygiene measures with colleagues at all levels of the hospital hierarchy. Nurses are important watchdogs of patients, so all of them prioritize patient safety and responsibility for hand hygiene compliance is absolutely critical, said Dr. Palitha Gunirathna Mahipala, WHO representative Pakistan. All hospitals around the world must empower their health professionals to ensure safe care. Dr. Loa Althaheli of Saudi Arabia is chair of the Saudi Midwifery Group and director of the Midwifery Department of the Ministry of Health of Saudi Arabia. She began her career as a nurse and stumbled upon a midwife's job. It was love in the first contact. Loa loved the connections that the sanpa gives her when she cares for her mother. She describes midwives as the noblest professions that have existed since the beginning of human life. Roa believes that every woman has the right to a safe natural experience of childbirth. She tells the story of a young woman she met while volunteering in Zanzibar. Her name is Mariam, a 15-year-old first-time mother who does not have access to maternity care. When she arrived at the small hospital, she was in vigorous labor. She came alone and seemed very frightened. With the help of a local midwife, she was able to deliver the baby without major complications. As soon as Mariam arrived with her new baby, the expression of fear on her face was replaced by a look of love for the newborn. Loa says this is what she likes about midwives. She feels blessed to have a career that gives people the opportunity to touch people's lives in a very special way. Mai Iskandrani is a young nurse working at a high hospital in the eastern region of Saudi Arabia. She entered nursing because she was narrated by nurses who cared for her mother, who were dying of brain tumors, how she preserved her mother's dignity, alleviated her pain and provided the care she needed. Today, Mai is outstanding at She works as a nurse manager in the Cardiac Catheterize Laboratory (cath lab) and radiology department. When the COVID epidemic arrived, Mai planned an annual vacation. Instead of going on vacation and staying safe at home, Mai decided to work to make sure front-line employees had everything they needed to stay safe. One of her main priorities is to keep her staff psychologically as well as physically safe. That's why she signs up for support webinars provided by hospitals and recommends using counselling services provided by hospital psychologists. The experience of St. George Hospital University Medical Center on hand hygiene as part of infection prevention and control in the Lebanese COVID-19 era has been a day of daily hand hygiene since January 30, 2020, when COVID-19 was declared a public health emergency in international issues. Global agencies and local authorities are demanding that everyone carry out good hand hygiene to stay safe. Nurses and midwives are among a team of front-line staff at all medical institutions and a leader in enforcing and following hygiene practices for their own safety and patient safety. In Lebanon, the importance of hand hygiene has consistently been strictly reinforced among healthcare workers and patients. Since the beginning of the COVID-19 epidemic in Lebanon in late February, St. George's Hospital University Medical Center, Beirut's Higher Treatment Center, has implemented a COVID-19 emergency response plan. As part of the plan, multiple COVID-19 care services have been established, including the Corona Clinic, which has so far served more than 1000 patients, 27 of which have been found to be carrying the virus. The entire operation of the hospital, including shifts in doctors, residents and nursing staff, has been restructured and reduced to the minimum required personnel needed to protect safety and wellbeing. Weekly training seminars on infection prevention and control practices are provided, and a direct channel of communication with the entire hospital community has been established with daily detailed email updates on safe hygiene practices and the COVID-19 situation across the medical center and Lebanon. Following a global consensus on the importance of infection control measures and the importance of hand hygiene in combating the disease, the center has stockpiled the basic tools it needs, including personal protective equipment, soap and alcohol-based hand rubs and solutions. They were therefore ready to fight COVID-19 by making these tools widely available, accessible to all staff and patients. On May 1, the Medical Center launched a mass screening program that began with hospital-full screenings of all medical and non-medical personnel. So far, it has about 1,000 employees. 491 nurses and 43 midwives were tested with all the test sound! This shows that following hand hygiene practices and infection control strategies is actually an effective and best way to navigate the COVID-19 epidemic in a hospital environment. Dr. Id Azar, director of the epidemic and safety department at St. George's Hospital and chairman of the Safety Committee

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