

Review on PTSD on Coronavirus Time : A personal experienceIn

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Introduction

Italy no doctor decides on survival and which patients survive on the basis of criteria, all patients are equal for the treatments. This principle is granted by the medical ethics and constitution. In this extraordinary situation Italian doctors are facing an intense mental pressure on life/death decisions, taking care of patients in critical condition and fear for own life. In fact this weird and unknown pneumonia rapidly evolves into MODS (Multiple Organ Dysfunction Syndrome), increasing the stress of battle with this invisible enemy. Doctors and all health care workers are at higher risk of infection, therefore unable to help the population in case of infection. The major concern is a proper self protection at work and the reasonable risk for your life. The scenarios can be experienced like war in terms of higher level of attention, anxiety, concerns, limitations of actions and at same time emergency action. The paradoxical perception is triggered by a sense of Emotional and physical detachment with the patients and emotional and physical detachment with relatives. The permanent feeling of being catapulted into a very distant and completely different reality to live, occurs in my mind. This type feelings and experiences that can occur in people who have experienced or witnessed a traumatic event, such as a serious accident, terrorist attack or a physical assault, indeed working at

Hospital. Being selected as member of CORONAVIRUS TASK FORCE in Italy, makes me proud. No therapy, no defined cure at moment, Mechanical Ventilation and Intubation can be helpful. What's the next? The treatments and protocols we are applying are enough? For my experience the answer is no. My Experiencing of intense flashbacks, sometimes nightmares, irritability, anger, and fear in the middle of a traumatic event like the Covid-19 pandemic, it's common to feel this way. My moody behavior has increased recently, in particular after the hard shift. My mindset is on war zone, and it takes me 48 hours to relaxing. I m not specialized in psychiatry, but I can recognize that the anger, the mood changes and the other minor symptoms can be related to this experience and, if not considered and valued, may develop into a PTSD disorder. Therefore the psychological support by professional staff is mandatory for health care workers.

Reference:

1) The psychological impact of quarantine and how to reduce it: rapid review of the evidence Samantha K Brooks, PhD, a Lancet. 2020 14-20 March