

Care for covid-19 patients

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ABSTRACT

During the covid-19 pandemic, taking care, maintain personal hygiene, proper medication and following safety precautions are the only best remedies to fight against with the disease. However, there is a chance to be effected by this hazardous virus, because it's wide spreading nature. Healthcare workers, employs and the people who are stepping out from home should strictly follow recommendations and instructions given by World Health Organization (WHO) and Occupational Safety and Health Administration (OSHA) for their safety. If someone is identified of Covid-19, they must be under observation of doctors/professional nurses based on their health condition. Proper care and medication will help the patient out of the disease. The current article explores the care that needs to take for covid-19 patient and for their speedy recovery. In addition, the study describes the diet for covid-19 patient and isolation care, nurse care as well as home care for the patient.

Keywords: Covid-19; Nurse Care; Home Care; Health care; Isolation care.

INTRODUCTION

The novel virus that emerged across continents and became life threat to many is **Coronavirus** that belongs to the same family as the pathogen which causes severe acute respiratory syndrome, or SARS and causes a respiratory illness called COVID-19, which can spread from person to person. Most common symptoms are fever, dry cough, tiredness and less common symptoms are aches and pains, sore throat, diarrhea, conjunctivitis, headache, loss of taste or smell, a rash on skin, or discolouration of fingers or toes [1]. If someone feels sick should follow below safety precautions to protect others at home.

1. Must avoid in contact with other people and pets.
2. Should use tissue for coughs and sneezes. Has to through tissue away and then wash hands with soap water or sanitizer.
3. Better avoid using common washroom as well stay separate from other people.
4. Should clean room with disinfectors and suggested to wash cloths separately with warm/hot water.

If the patient symptoms are like difficulty breathing or shortness of breath, chest pain or pressure, loss of speech or movement must consider as serious condition and has to undergo medication.

FOOD FOR COVID-19 PATIENT

Proper diet helps the patient for speedy recovery. Here are some foods

that need to take by Covid-19 patient with mild symptoms [2].

- Drinking enough water to avoid risk from dehydration.
- Eating fresh vegetables and fruits for gaining vitamins and minerals.
- Avoid processed, fat and oily foods.
- Keep away from drinking soft drinks and beverages. Replace these with fresh juices, hot soups and warm water.
- Suggested to eat nuts, grains, millets, eggs.

Along with nutrition food, patient should follow proper medication as suggested by doctors. In addition, yoga, exercise and meditation will improve the patient mood swings and helps for better sleep. Caregivers at home should take care of the patient by continuously watching the patient condition and giving medicines on time. Also, caregivers must wear masks, eye protection, face shields for the protection.

CONCLUSION

During the Covid-19 pandemic challenging times, everyone should aware about the safety measures that recommended by World Health Organization (WHO), to protect themselves from virus. A proper and healthier food along with doctor's prescription can be make patient from life threat due to coronavirus. Sound sleep and physical exercises also gives speedy recovery of patient.

Special Issue: Jelena Roganovic, *Patient Care, Nursing Safety & Workload Balance during Covid-19 Pandemic Situation*

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Received: August 12, 2020; Accepted: August 22, 2020; Published: August 31, 2020

Citation: Silva F (2020) Care for covid-19 patients. J Perioper Crit Intensive Care Nurs S1: 154. doi: 10.35248/2471-9870.20.S1.154.

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