

# COVID Patient Counselling: An Imperative Exigency

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## ABSTRACT

The research include methodology consisted of conducting the Survey based research with different awareness campaign. Special Survey Campaign of which quantitative survey was a part involved conscientious background research, discussion, and survey formation. The motive of the campaign was to collect information about the troubles, help, or advice people needed through Google forms. According to our survey, 61.29% of people have faced the core symptoms of the virus, out of the total population 62.9% people have been taking immunity boosters including Zinc and Vitamin C.

The people hit by the Delta variant were more likely to show symptoms and were affected more as compared to the other variants of the virus. Overuse of Chemical Immunity boosters should be prevented as they have many side effects, and hence, can lead to Diarrhoea, Vomiting, loss of appetite and many more

The best measures such as eating well, adopt physical activity, yoga and especially prone position in their daily routine, following official guidelines of the government and their doctors' advice and lastly staying strong, happy and healthy would help the people to overcome and defeat this Pandemic.

**Keywords:** Zoonotic, Quantitative Survey, Symptoms, Immunity boosters, Yoga, Side Effects, Pandemic

## 1. INTRODUCTION

We are in a time of massive mayhem. Human control is loosening over biological forces, including the pandemic, human's social and mental behaviour. Being a tough scenario to accept many of us respond by endlessly searching the Internet for answers and thinking over all the different scenarios that might happen. But focusing on questions with unknowable answers and circumstances will lead us nowhere- besides leaving us with drained, anxious, and overwhelmed feelings [Kaushik et al. (2020)].

It's natural to be concerned about what may happen if your workplace closes, your children must stay home from

school you, or someone you love gets sick or you have to self-quarantine. While these possibilities can be scary, being proactive can help relieve at least some of the anxiety. Evidence shows that many people with Coronavirus in their system—particularly young, seemingly healthy [Ranjan et al. (2021), Gopal et al. (2021)]. People and who do not even have symptoms but can still spread the virus. This is the reason why practicing social distancing is recommended that can make a positive difference in the current scenario. But social distancing comes with its risks. Humans are social animals. We are hardwired for connection. Isolation and loneliness can exacerbate anxiety and depression, and

even impact our physical health. That is why it is important to stay connected as best we can and reach out for support when we need it, even as we cut back on in-person socializing [Laxminarayan et al. (2020), Varshney et al. (2020), MyGov.in (2021)]

### 1.1 About Coronavirus:

COVID-19 is an infectious disease caused by a newly discovered “coronavirus”. SARS-CoV-2 type of this virus is responsible for causing the current pandemic. Coronaviruses (CoVs) are a large family of viruses, and most of them cause respiratory diseases in humans, from the common cold to rare and serious diseases such as the Severe Acute Respiratory Syndrome (SARS) and the Middle East respiratory syndrome (MERS), both of which have high mortality rates and were detected in 2003 and 2012 for the first time, respectively [W.H.O. (2019), Vasantha Raju, and S.B. Patil (2020), W.H.O. *Origin of SARS-CoV-2* (2019)].

Most people infected with the COVID-19 virus experienced mild to moderate respiratory illness and also recovered without requiring any special treatment. Although, older people and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness and are more prone to the virus infection, which can be fatal too [W.H.O. (2019), NEJM -Novel Coronavirus (2019)].

### 1.2 Transmission of Covid-19

Droplets formed while talking, coughing, and sneezing of a contaminated person are the chief reason for the transmission of SARS-COV-2. Several cases were also identified, where travelling to the affected area was unidentified, therefore indicating a strong possibility of community transmission. However, there are broadly two modes of transmission which exist: -DIRECT and INDIRECT [Karia et al. (2020)].

**The direct mode includes: [Karia et al. (2020), Bloomberg Article (2021)]**

- (1) Transmission in the form of **respiratory droplet nuclei or aerosols formed due to surgical and dental procedures.**
- (2) **body fluids and secretions** from the body, for example, faeces, saliva, urine, semen, and tears
- (3) mother-to-child.

**Indirect transmission may occur via [Karia et al. (2020), Bloomberg Article (2021)]**

- (1) **fomites** (e.g., furniture and fixtures) present within the immediate environment of an infected patient
- (2) used items and objects from an infected person (e.g., **stethoscope or thermometer**).

These modes of transmission may be undervalued, but it is necessary to attend and demonstrate them.

### 1.3 Different COVID Strains:

#### Alpha coronavirus

**Kent, U.K.** firstly reported the presence of **alpha (B.1.1.7) strain on December 2020** which dragged it to lockdown in January. Other countries also followed the U.K. and reimposed restrictions on any kind of movement [Gulfnews.com (2021), W.H.O. (2020)].

Alpha was previously a dominant strain in the U.S. and according to W.H.O. around **173 countries** reported it. Analysis and various studies observed that males are prone to this strain than others, thereby. female Covid patients require intensive healthcare treatment as they have marginally a higher chance of dying.

#### Beta coronavirus

**Beta (B.1.351), first reported in the South Africa in October 2020**, led to re-emergence in Covid cases that overwhelmed southern Africa. The strain was reported in other **122 countries** too [Gulfnews.com (2021)].

### Gamma coronavirus

This Gamma (P.1) variant which was first spotted in the Amazon city of Manaus in December 2020, has contributed to a spurt in cases that exhausted Brazil's health system and led to oxygen shortages. 74 other countries also reported it [Gulfnews.com (2021), W.H.O. (2020)].

### Delta coronavirus

Delta (B.1.617.2) was first reported in Maharashtra, India in October 2020. This rapidly spreading variant strained the health system and led to an exceptional wave of covid in India and it has been reported in 104 other countries too. The strain is being estimated to be 55% more transmissible than alpha one almost twice as infectious and contagious than the original strain from 2020. The individuals affected from this strain were found with

exceptionally more contagious viral particles in their always when compared with the patients infected from other strains. Doctors in India have linked delta to a broader arrangement of Covid symptoms which includes hearing impairment, and early data from Scotland found Covid patients infected by delta were 1.8 times more likely to hospitalized than those with an alpha infection. Other evidence found delta had some tendency to dodge antibody-based treatments and carries an increased risk of reinfection in people who have recovered from COVID-19 caused by another strain [Gulfnews.com (2021), Sujita Kumar et al. (2021), Sengupta et al. (2021)].

Different COVID-19 strains as per the W.H.O. represented as table 1 [W.H.O. (2021)].

Table 1: Different COVID Strains and details according to W.H.O.

S. no.	W.H.O. label	Scientific Name	Firstly, seen in	No. of Countries affected
1	Alpha	B.1.1.7	United Kingdom, September 2020	173
2	Beta	B.1.351	South Africa, May 2020	122
3	Gamma	P.1.1	Brazil, November 2020	74
4	Delta	B.1.617.2	India, October 2020	104

### 1.4 Symptoms difference between Delta and other variants:

Covid-19 patients infected by the Delta variant reported some serious atypical symptoms such as hearing impairment, severe gastric upsets, and blood clots that might lead to gangrene [India Today (2021)].

However, according to a study from the University of New South Wales, other variants found in South Africa and Brazil like alpha, beta, gamma, and other variants have reported no such symptoms [Mallapaty & Smriti (2021)].

The Delta variant has been reported from over 60 countries. In the UK, covid-19 patients are hospitalized more than before due to delta variant, which is leading to major problems and is affecting vital body functions [Jain et al. (2021)].

Some studies also show that vaccines have scaled down the effectiveness

against the delta variant which can result in higher risk.

## 2. RESEARCH METHODOLOGY

The whole project divided into 2 phases i.e., Awareness Campaign and Survey Campaign

### 2.1. Different Awareness Campaigns:

#### 2.1.1 Did You Know campaign:

'Did You know' Campaign was a web-based media buster mission. Through this day-by-day facts, General Knowledge, realities, and details were picturised with a tag of did you know. This mission assisted with updating the maximum number of people about new strain of infection, indications of the new strains, and accessibility of emergency hospitals/oxygen/ lifesaving drugs, etc. The figure 1 is shown below comprises of few posters [W.H.O. (2021), ICMR (2021), The Times of India (2021)]



Figure 1.: Few Posters of Did You Know Campaign

### 2.1.2 Myth Busters Campaign:

W.H.O. is sparing no effort to put an end to the myths of COVID19 by explaining them with various realities and truth. In this mission similar thought was followed, thoughts and wrong perceptions of people were collected, understood, and

henceforth were clarified with the authentic data and information. Myths like illness are not treatable, the antibody will prompt Covid contamination, etc. were explained with rude awakening articulations. The figure 2 is shown below [W.H.O. (2020, 2021)]

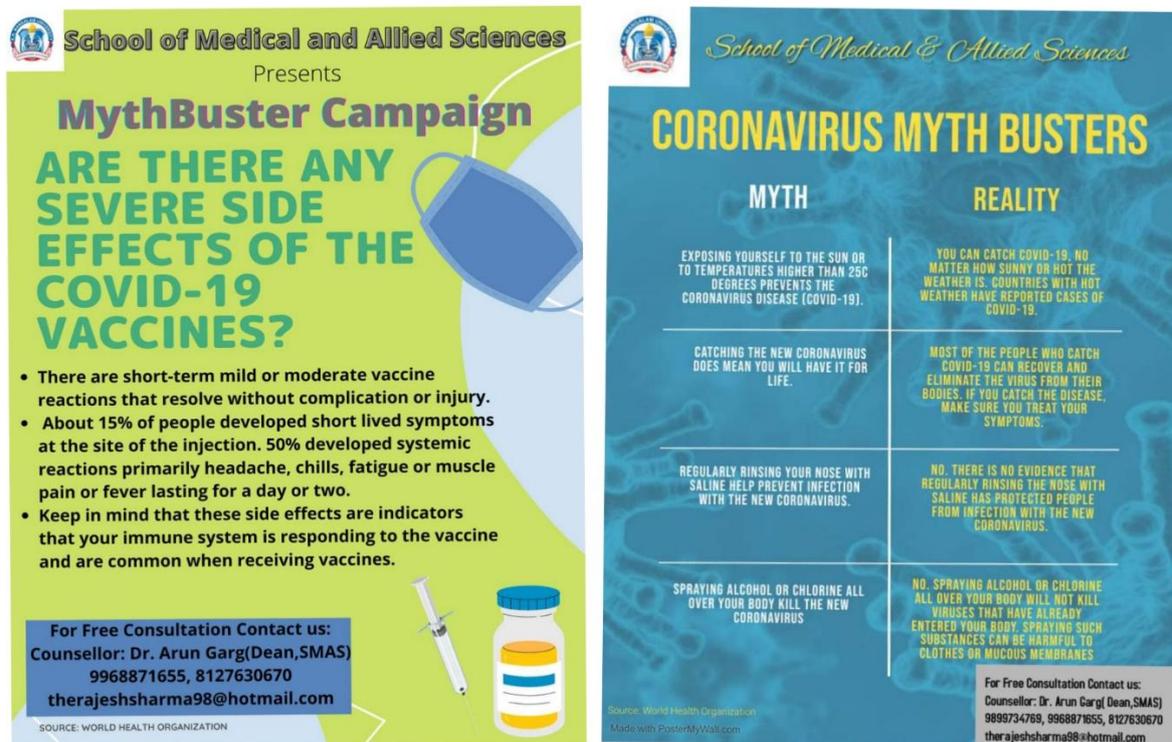


Figure 2.: Few Posters of Myth Buster Campaign

### 2.1.3 Counselling Helpline campaign:

In these tough times, people are in seclusion, many don't have proper routine, proper facilities, and even a source of income and food. Consequently, they are confronting mental pressure. With this mission once in seven days telephonic

counselling was provided to such people and they were suggested about the diet plans, immunity boosters, ayurvedic cures by the Ministry of AYUSH, and most significant psychological and mental well-being. The figure 3 is shown below is the trailing poster for the same.



Figure 3.: Weekly Posters of COVID Patient Counselling Campaign

### 2.1.4 Dos and Don'ts Campaign:

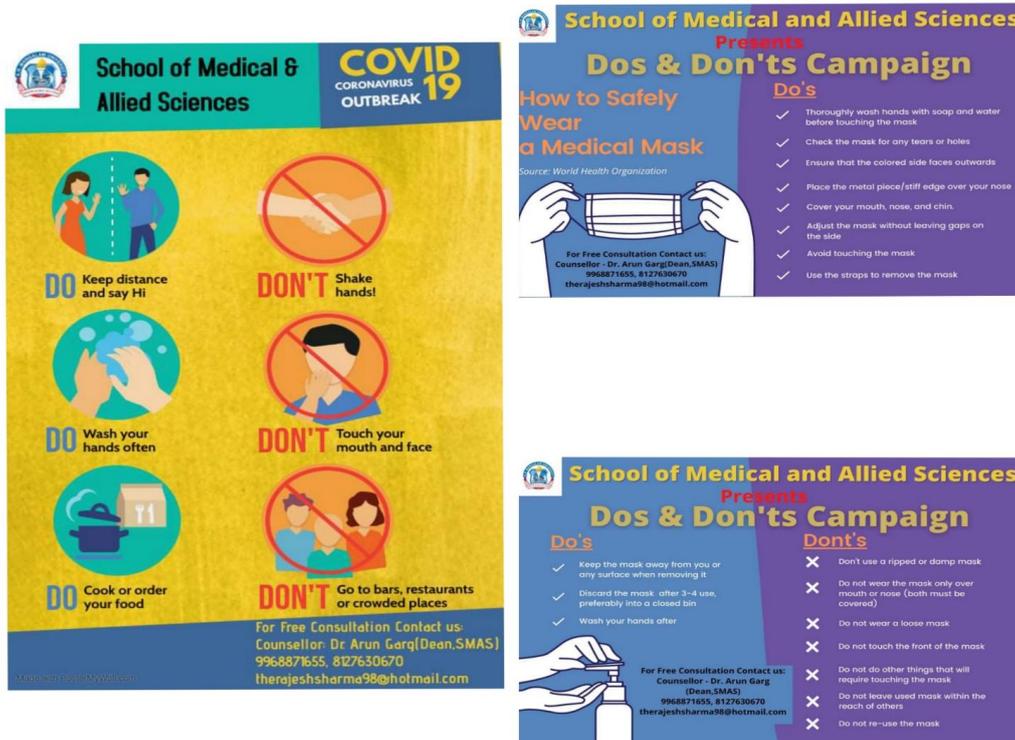


Figure 4.: Few Posters of DoS and Don'ts Campaign

In every kind of illness, there are some preventions and must to do things that we have to follow along with the medication. Following these things help us get a cure sooner and also to prevent the infectious disease from spreading to the people. There are **numerous Dos and Don'ts for COVID-19** which is likewise recommended by W.H.O. The initiative of this campaign was too aware of the maximum number of people about these Dos and Don'ts and how they can protect themselves and their near ones by following these basic steps. **The figure 4 is shown below comprises of few posters [W.H.O.**

**(2021), ICMR (2021), The Times of India (2021)]**

### 2.1.5 Update News Campaign:

As the name suggests this mission incorporated every updated report with concerning **COVID-19 like Oxygen accessibility, COVID Hospitals, New strain data, etc.** The updated and authentic news and information taken from official sources were delivered to the maximum number of people. **The figure 5 is shown below comprises of few posters [W.H.O. (2021), ICMR (2021), Hindustan Times (2021)].**



Figure 5.: Few Posters of Update News Campaign

## 2.2. Survey Campaigns:

The survey is the best methodology and procedure to consider the considerations, conditions, and vision of a particular culture. The survey campaign was started through Google forms and information was collected about the troubles people are facing during disease, any help or advice they needed, and so forth this assisted us with making our endeavour stronger and being in contact with more individuals.

An elucidating and cross-sectional review was directed essentially having quantitative survey incorporate Google survey form using a pre corroborated and substantiated questionnaire. About 62 Covid Patients from all over India responded from 18+ states.

### 2.2.1 Quantitative Survey

This survey involved conscientious background research, discussion, and survey formation. A survey was specially

fabricated to be filled and distributed amidst the Covid Patients who had suffered from Different variants of COVID, a different part of the country containing a total of 12 questions divided into objective (11) and subjective (1) including multiple-choice questions. Assessment of the form was done via software, histograms and pie charts, and other graphical representations from MS EXCEL. A perspicuous and lucid language was used i.e., ENGLISH for all the different responders. Sample size, extend and knowledge was maneuvered only by online platforms and social media.

Due to the flexibility, versatility, and all-encompassing nature of form, it covered a sample size of 62 people from divergent backgrounds.

#### Key factors of the form

- ✓ Symptoms facing before or during Infection.

- ✓ Preferred Diagnostic Test.
- ✓ The proportion of Spread of Infection to Family.
- ✓ Measures were taken during Quarantine Period.
- ✓ Preferable diet and Immunoboosters.
- ✓ General awareness about prone position and Yoga.

The questions and key factors were fortified preceding the interactive session with the experts. Evaluation, investigation, and interpretation regarding literature.

Accuracy and meticulously were prioritized that is why each and every aspect of the survey was scrutinized and contemplated closely.

### 3. RESULT AND DISCUSSION

#### 3.1 Quantitative analysis

The analysis is done in two categories i.e., Objective analysis & Subjective analysis

#### 3.1.1. Objective Analysis

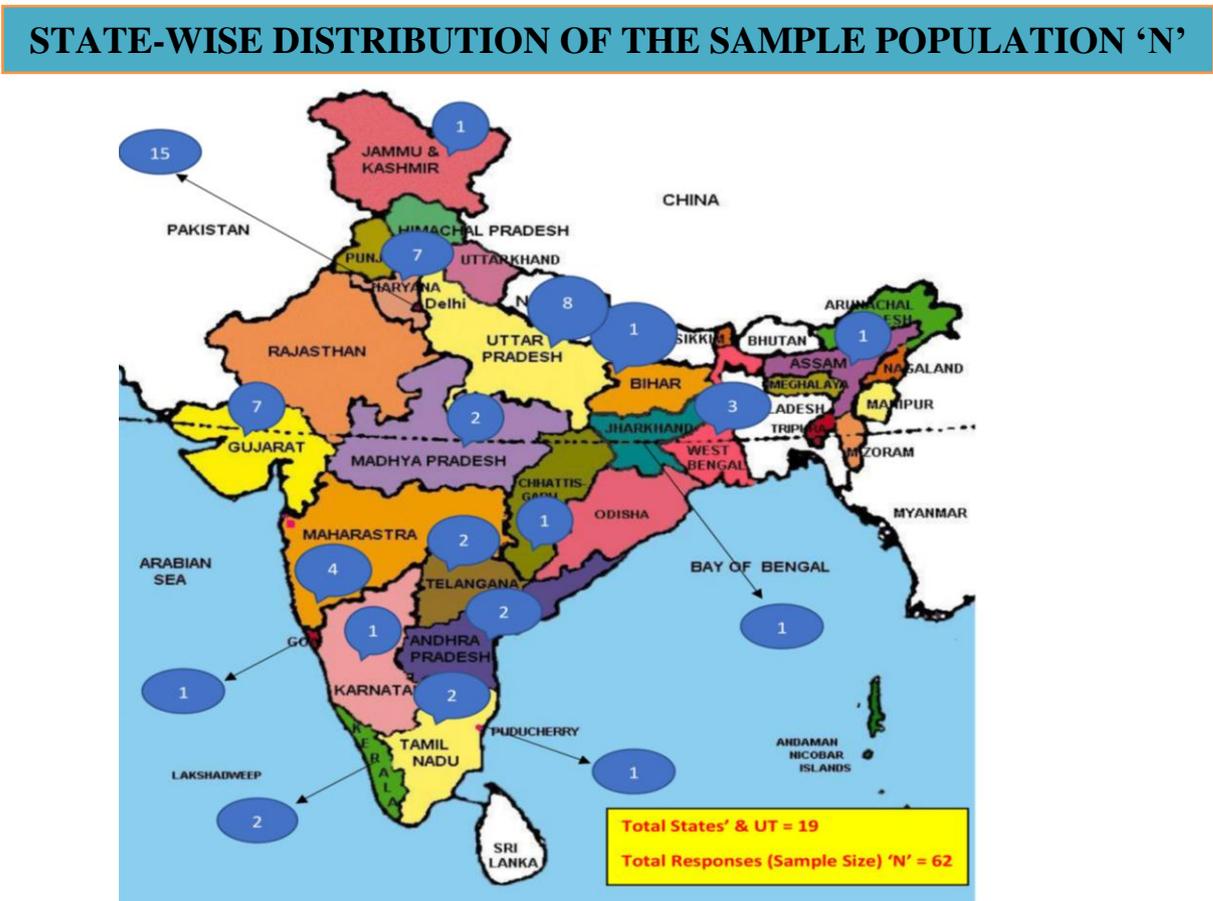


Figure 6.: Map showing number of Responses received from the different states of India of the Objective survey conducted. Maximum responses were received from the North region.

### Analysing the Responses of the Sample Population

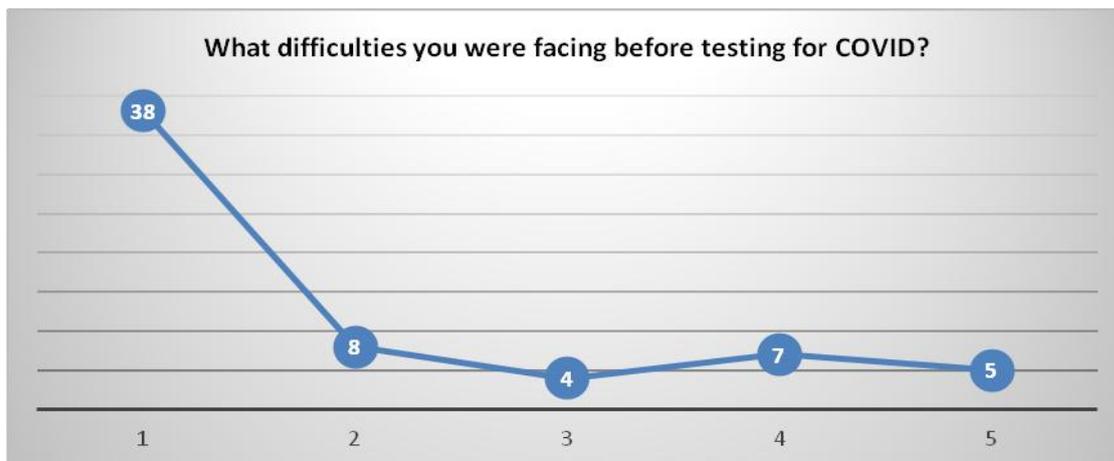


Figure 7: 2D line graph depicting the census of the population having different symptoms or combinations of symptom.

Table 2: Depicting the Symptoms facing by the patients and pointer no. on fig. 7.

Pointer No.	Symptoms
1	Fever, Dry cough, Fatigue, Loss of taste or smell, Nasal congestion, Conjunctivitis (also known as red eyes), Sore throat, Headache.
2	Muscle or joint pain, Different types of skin rash, nausea or vomiting, Diarrhoea, Chills or dizziness.
3	Shortness of breath, loss of appetite, Confusion, Persistent pain or pressure in the chest, High temperature (above 38 °C)
4	Any other
5	No symptoms

Figure 7 and Table 2 represent that Out of the total sample surveyed, 61.29% of the people Faced Symptoms like Fever, Dry cough, Fatigue, Loss of taste or smell, Nasal congestion, Conjunctivitis (also known as red eyes), Sore throat, Headache. 12.9% Population faced problems like Muscle or joint pain, Different types of skin rash,

nausea or vomiting, Diarrhoea, Chills or dizziness other 11.29% Faced the symptoms like Shortness of breath, loss of appetite, Confusion, Persistent pain or pressure in the chest, High temperature (above 38 °C) and rest others faced other symptoms than these. Few Patients do not face any symptoms during Infection.

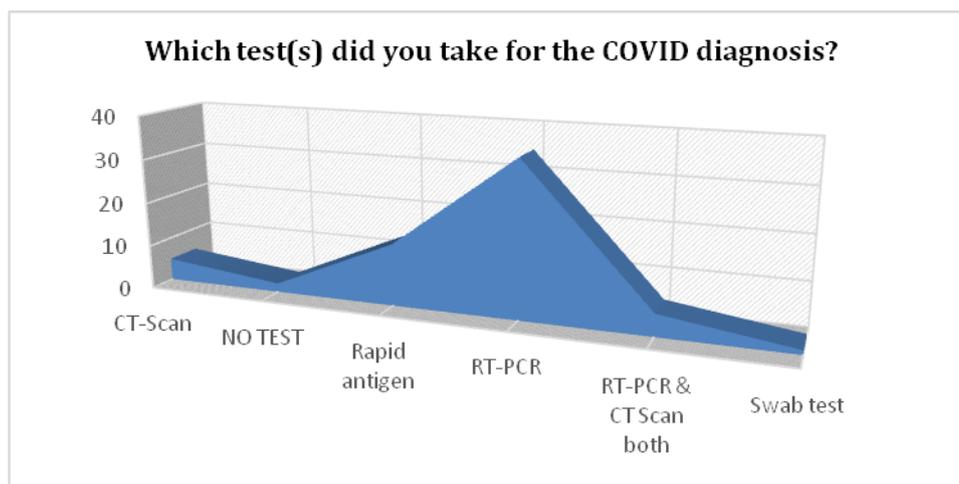


Figure 8: 3d Area graph representing the preferences of COVID Diagnosis among the sample population.

Figure 8 shows that out of 62 people surveyed, 35 people Prefer RT-PCR as a Diagnostic Test for an Infection of COVID and 14 voted for the Rapid Antigen test and the other 11 prefer CT-scan and Swab Test. While 2 hadn't tested for COVID but faced the Covid Symptoms.

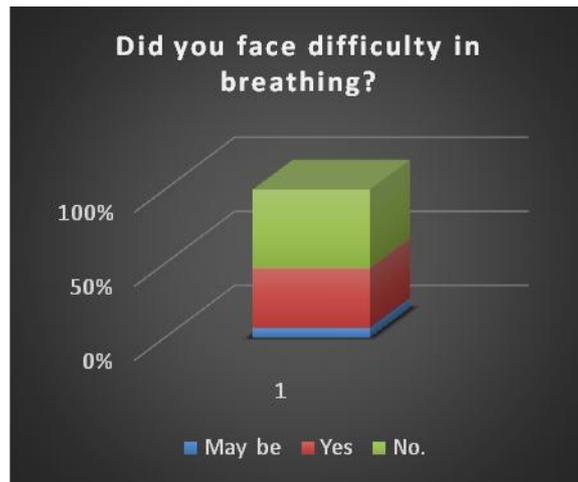


Figure 9: 3d Column Graph analysing the percentage population Faced any Difficulty in Breathing.

On being asked whether you have faced difficulty in breathing, 40.3% replied that they faced difficulty in breathing, as 53.2% are sure that they hadn't faced any difficulty while 6.4% population is unsure about that it may be 'yes' or 'no'.

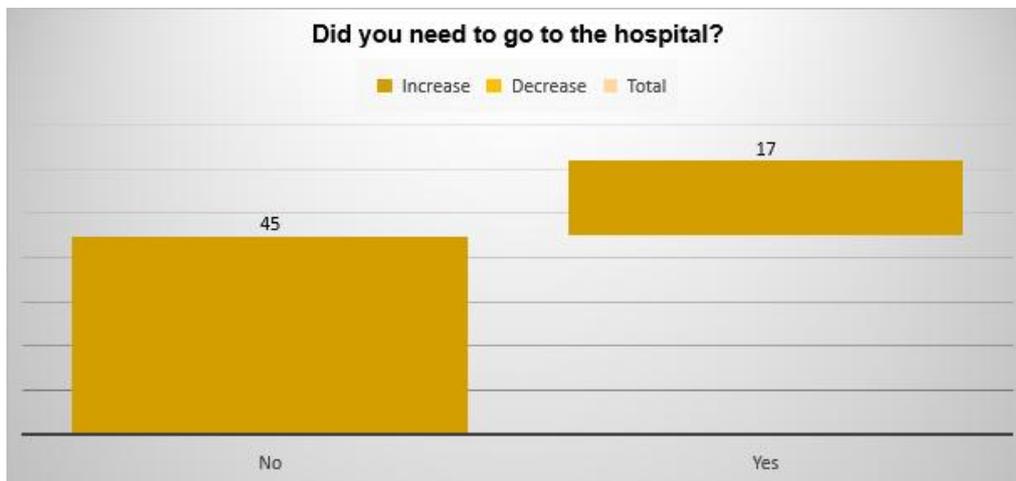


Figure 10: 2d Waterfall chart representing the number of the population need to go for Hospitalization.

The above Figure 10 represents the number of patients who need to go to the hospital, out of the total sample size 45 patients replied as "NO" for getting hospitalized and 17 patients need to go to the hospital and to get intensive care.

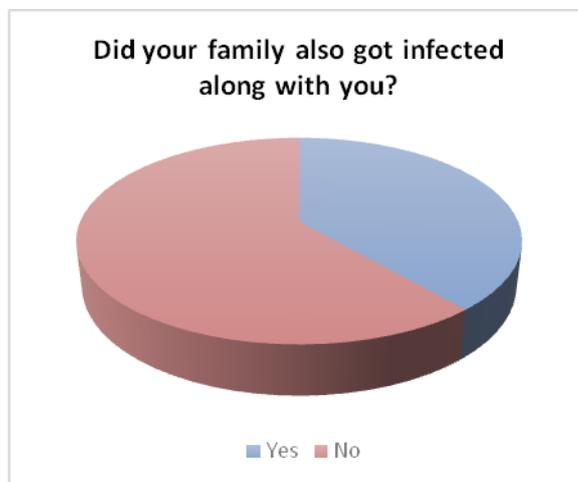


Figure 11: 3d Pie chart representing the population whose Family got infected along with them.

On being asked whether your family got affected with you or not, 61% denied the same and 39% replied that their family also got infected from COVID at the same time.

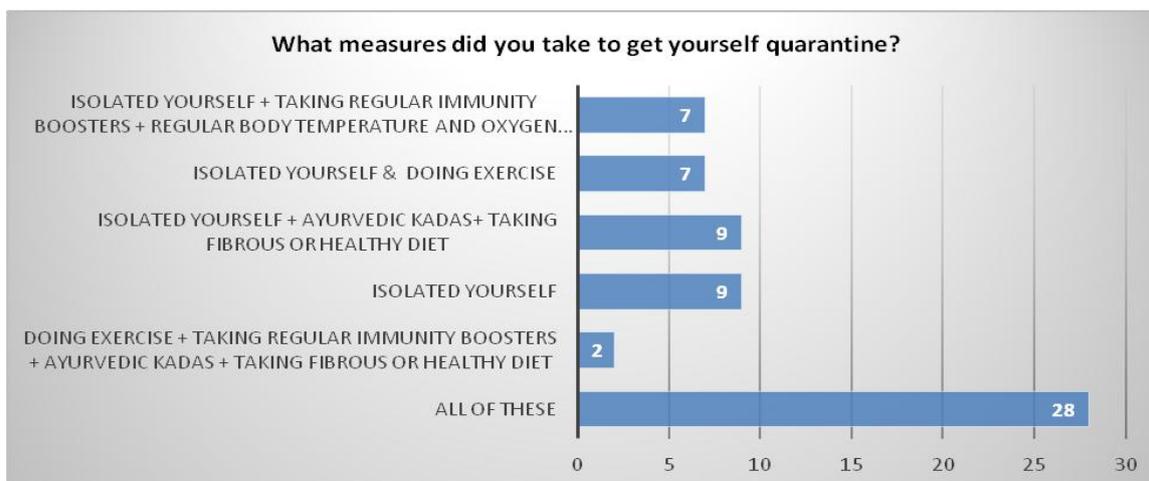


Figure 12: The Bar Graph represents the Number of people taken different measures during the Infection Period to get recover from infection.

Table 3: Depicting the Symptoms facing by the patients and pointer no. on fig. 12.

No. of Patients	Measures Taken During Infection
7	Isolated yourself & Doing exercise
7	Isolated yourself + Taking regular immunity boosters + Regular body temperature and oxygen level check-up + Taking a fibrous or healthy diet
9	Isolated yourself
9	Isolated yourself + Ayurvedic Kadas+ Taking a fibrous or healthy diet
2	Doing exercise + Taking regular immunity boosters + Ayurvedic Kadas + Taking a fibrous or healthy diet
28	All of these

The above figure 12 and Table 3 shows that the maximum population, about 45.1%, population Taken of the above-stated measures to get rid of COVID infection and to recover Fast. These measures included Isolation Technique,

Taking Regularly Immunity Booster, taking a Fibrous food, Ayurvedic Kadas, Doing Exercise and Regular Food Temperature and oxygen check-ups. 29% followed the combination of a few steps/ measures but didn't follow all.

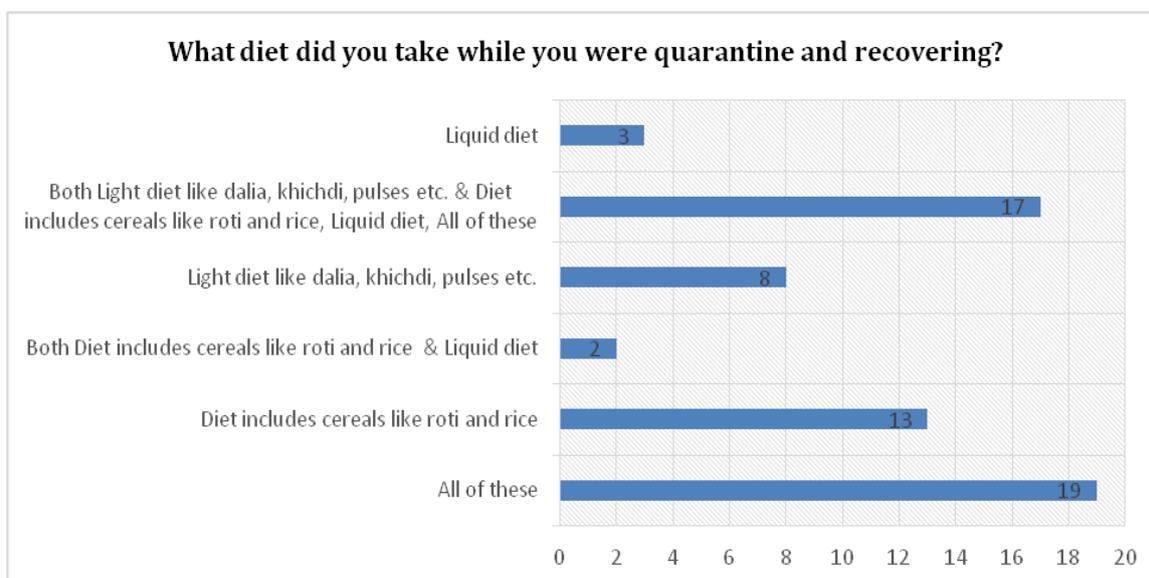


Figure 13: The Bar Graph depicting the diet followed by the patients During Infection.

On being enquired with the diet of the respondent during the infection phase, 19 out of 62 sample population are taking normal diets with all fibrous and cereals food and After analysing 38 patients out of 62 are on cereals diet. Few are on a liquid and light diet.



Figure 14: The 2d line Graph depicting the time taken to recover from the infection and tested Negative.

On being asked about the time taken in recovering and being tested negative, the majority responded '10-17 days' for the same. 20 Respondents responded that it will take more than 17 days to recovered from the COVID infection

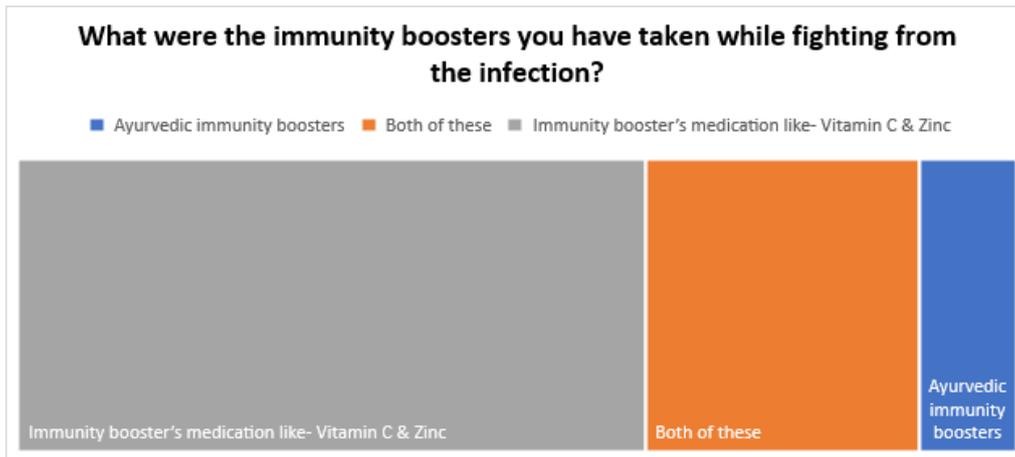


Figure 15: The 2d Tree map chart analysing the Preference of the type of immunity Booster to recover from COVID.

Figure 15 shows that out of 62 people surveyed, 62.9% of people were taking Immunity booster's Medication like zinc & Vit. C and only 9.6% prefer Ayurvedic Kadas and immunity boosters while 27.4% of patients prefer both of these.

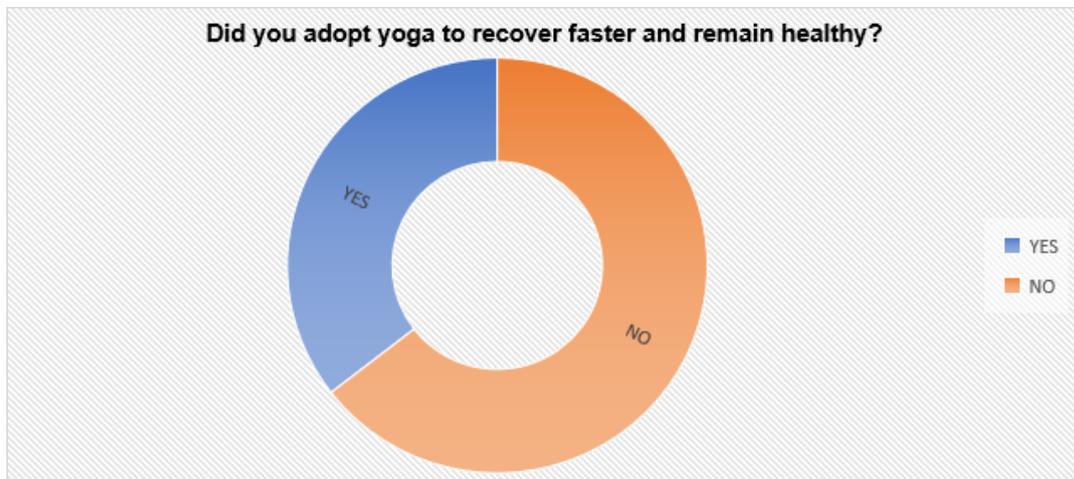


Figure 16: The 2d Sunburst chart Depicting the percentage of the population adapted yoga for a speedy recovery.

Only 35% of patients adapted yoga for a speedy recovery from COVID infection and to remain healthy during this phase and 65% replied with a negative.

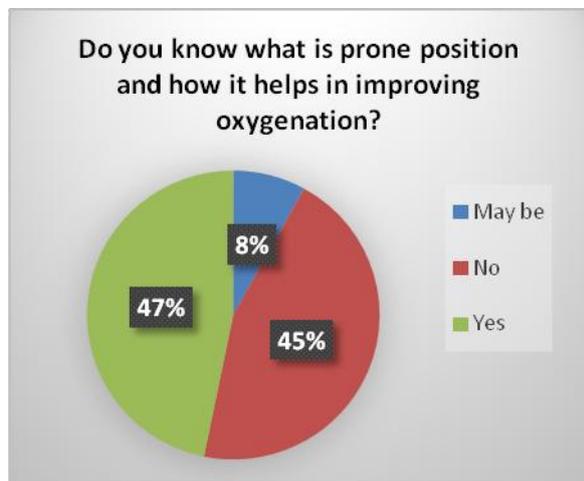


Figure 17: 2d Pie chart analysing the percentage population known to the prone position and its benefit.

On being asked whether you are aware of the prone position or not and its health benefit. There is an equal vote for the yes and no. About 47% of Respondents responded as “YES” and 45% of Patients Responded as “NO”. Out of this 8% of patients are confused with their thought and responded as “May Be”.

### 3.1.2. Subjective Analysis

The last section served as an open platform for the responders to showcase their perspective for a speedy recovery from COVID. This level however proved to be the most beneficial part as it helped us to connect with the ground-level perception of the crowd.

#### Some of the best ideas that can be adopted: -

- People should eat well, adopt physical activity, yoga and especially prone position in their daily routine which will ultimately avoid stress, and panic situations and help people staying happy and healthy.
- People should follow the official guidelines of the government and their doctors' advice. They should stay calm and balance their mental peace.

- People should try to stay strong, happy and healthy. consequently, these tough times will pass in no matter of time.

## 4. CONCLUSION

The coronavirus disease continues to spread across the world following a trajectory, difficult to predict. The health and socio-economic policies adopted by countries will determine the speed and strength of the recovery [Atul, and Samiran (2020), The Hindu (2021), SCE (2021)]. The survey focused on the covid patients and their perspective towards the treatment. It showed that almost more than 60% of the population showed the symptoms like sore throat, fever, dry cough, conjunctivitis, loss of taste, and smell and fatigue. Common delta symptoms include hearing impairment, gangrene caused may be due to formation of blood clots in the body, and severe gastric problems.

40.3% of the surveyed population faced problems in breathing. Although according to this survey fewer patients were hospitalised as only 17% of the population agreed that they needed to be hospitalized for the treatment. 39% of the population get infected along with their families however 61% of them denied and operated self-quarantine to the procedure to stop the spreading of infection. To defeat the corona population has to work together and the support of each community is required to beat coronavirus. People are taking measures at individual levels to prevent covid-19. some of the surveyed population quarantined themselves and try to adopt various guidelines to boost immunity and fight corona. some of them started taking immunity boosters, Kadas, started a healthy diet and also included exercise, and yoga in their lifestyle. Almost 29% of the surveyed population adapted all of these procedures to fight covid-19.

Diet also affects how the body responds to the virus. according to the survey we conducted people are taking a cereal-rich diet. This cereal-rich contains a good amount of glucose, which is a

mandatory requirement of the coronavirus to foster. However, a liquid diet is more appreciated and more liquids should be included in the diet of a patient suffering from covid-19. Out of 62 sample population, 38 of them are having cereal rich diet and many of them are eating both fibrous and liquid diet both. A fibrous and liquid diet is recommended to the population who are trying to recover from infection which includes Dalia, Oats, and Khichdi as well as liquid portions too [NCDC (2021), Guideline for Ayurveda Practitioner (2021)].

Recovery is a slow process but in the case of covid-19, it takes around 14-15 days to test negative. Based on the survey, we can say that the average time to recover properly from covid-19 is 10-17 days. Around 50% of the surveyed population took 10-17 days to test negative however, 20 of the respondents said that it took more time for them to recover. Immunity boosters play an important role in the prevention of the Covid-19 virus. However, excess immunity boosters can create a healthy environment for many harmful bacteria and fungus to faster. Excessive chemical Immunity boosters should be prevented from including in the treatment of covid-19 as they have many side effects and hence, can lead to Diarrhoea, Vomiting, loss of appetite, and many more. 62.9% of the population preferred to take vitamin-C, and zinc as immunity boosters, and 9.6% of the population take ayurvedic Kadas and the rest of them followed both. According to the AYUSH ministry guidelines, people should do yoga to stay fit as well as to speed up the recovery from COVID-19 [AYUSH (2021)] but 35% of the population from the respondents included yoga in their lifestyle.

Yoga included many exercises like prone position or the increase in oxygen levels in the bloodstream minimum oxygen level of a healthy person is between 96-100. In the case of Covid patients, it kept falling rapidly and many patients died due to the unavailability of oxygen supplies. A device called pulse oximetry is used to measure

oxygen levels in the human body. From the respondents, half of the population was aware of the prone position.

Mental health is also important in hard times like these, where people are being quarantined and isolated from their loved ones. For good mental health, people should try meditation and stay connected to their loved ones through any online media platform. It is a hard time for the world and this virus can be defeated only by community efforts and support. Stay calm and follow the guidelines and policies given by different governmental health departments [Lancet (2021), Pal and Yadav (2020)].

## 5. ACKNOWLEDGMENT

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We would like to express our deep gratitude and respect to all the respondents, who were a part of the survey process. Their positive response was of utmost importance for the project and helped us record reliable and well-grounded data to work upon the necessary amendments that are the need of the hour.

We would like to extend our love and respect to our parents and lastly, thanks to the All Mighty for his blessings and restraining us from negativity. Although this project has been prepared with utmost care and deep routed interest. Even then, we accept respondent and imperfection.

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