

Mental Health of Dental Professionals during the Second COVID-19 Pandemic -A Brief Review



Editorial Desk

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After a brief hiatus in 2021, the COVID pandemic has made a strong comeback in many countries, especially India. In contrast to the previous year, the younger population and entire families have been affected at a given time in the second wave of cases. Personal medical care involves not only individual treatment and monitoring, but also guiding the entire family in numerous related areas of health care and lifestyle. Families with COVID face unique challenges, including different symptoms and clinical courses, as well as multifaceted problems for their physicians.¹ Coronavirus disease (COVID-19) has been a problem in India since February 20. It is expected that the first wave of vaccinations will begin in early 2021, with the second wave beginning in late 2020. However, the country was hit by an unexpected COVID second wave in mid-March 2021, with daily new cases reaching 2-3 lakh per day in April and May 2021. There was a severe shortage of hospital and diagnostic resources as a result of the high caseload.² Large parts of India have been infected with the highly transmittable viral variants, including the recently designated Delta variant (B.1.617.2), which originated in Maharashtra, and the Alpha variant (B.1.1.7, which originated in the United Kingdom).³ In one way or another, we've all been paralyzed by the COVID-19 pandemic since it began almost 11 months ago. It was a time of self-discovery, which manifested itself in the form of cooking, painting, and family bonding. As the 60 days of lockdown drew near, the reality of work, finances, employability, and sustenance, in general, began to sink in. As a result of negative media coverage, dental professionals were most affected. In the past, many dentists treated their patients only in an emergency situation. Dental activity was adversely affected by the COVID-19 pandemic.⁴ We stopped routine dental procedures due to the possibility that there could be a cross-contamination during dental treatment.⁵ In addition, oral mucosa has been identified as a route of infection entry, which restricts dental activities to essential and emergency procedures in order to minimize drop or spray output.⁶ So, it is very important to maintain a social and mental distance from each other. It is one of the most important aspects of family medicine that family doctors should take on with pride. They should be on the frontlines. It is essential to strengthen biomedical research, improve the healthcare delivery system, establish a permanent "watch-dog" body, and improve communication and coordination among the diverse agencies responsible for mitigating the broader adverse consequences of pandemics, according to a new report.^{7,8}

Apparently, the clinical trial of one of the vaccines was incomplete and it should not be used until the final results were available. Indeed, at the time, it was true, but it did saw the seed of indecision to take the other vaccine, whose trial was complete at the time. This resulted in a coverage rate of about 50 percent within the



specified time. Those who were 60 years of age or older and those in the age group of 45-60 with comorbidities were included in the next phase of the study. Many of the reported cases of adverse events were not confirmed to be due to the vaccination, and a few cases of coagulation abnormalities were noted. Vaccines that are 100 percent safe are few and far between. Are there any vaccines in the past or present that have not had some negative side effects? So much attention was paid to this issue by both visual and print media that the public began to question whether or not they should get vaccinated. Side effects were debated daily, but not the benefits of taking the vaccine and putting an end to a pandemic that would have otherwise occurred. No vaccine can prevent the disease from occurring in, and there is no rule that those who have been vaccinated cannot contract corona. Corona, even if it develops after vaccination, will be mild and not fatal. There are questions about whether the current vaccine will be effective against the mutant virus. As a result, some of the virus components have undergone mutations, and the current vaccines may still be effective against them but not completely. It is inevitable that mutations will occur in a pandemic that has been going on for more than a year, and a new vaccine cannot be manufactured after every mutation. A second Corona wave is sweeping the country after the number of cases began to decline. Governments relaxed the rules and the public completely forgot the Sanitation, Mask, Social Distancing (SMS) they were supposed to follow. Rule-following persists among people. There are now fines for not wearing a mask, failing to keep a safe distance, and gathering too many people together. Changing attitudes and following safety precautions should be the goal of everyone. Without a change in attitude, no epidemic or pandemic will be halted. Wouldn't the government have been better off making vaccines mandatory in the national interest? Positive effects of vaccines? Can the media change their negative attitude? COVID safety precautions are repeatedly emphasized instead of the deaths that have occurred. Currently, these questions remain unanswered, but they need to be addressed in the near future. What do you think will happen when this pandemic ends? Or there should be herd immunity which would probably lead to more deaths, or there should be vaccine-induced immunity to break the spread chain. For now, the public must follow SMS instructions and get vaccinated as soon as possible in order to protect themselves and others. The most important thing that needs to happen soon is a change in public opinion.⁹

"Safety work is today recognized as an economic necessity. It is the study of the right way to do things."

– Robert W. Campbell, first president of the National Safety Council.

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