

# “EFFECTS OF LOCKDOWN ON DOCTORS AND COMMON MAN”

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## ABSTRACT:

A lockdown is a requirement for people to stay where they are, usually due to specific risks to themselves or to others if they can move freely. The Government of India announced a complete lockdown of the entire country for 21 days as a preventive measure against the COVID-19 pandemic. During the lockdown we conducted an anonymous survey among a few doctors and a limited number of people representing the general population in India to assess the impact that the lockdown has had on them. The survey had a total of 29 questions with an aim to understand the perception and the state of mind of both doctors and common man.

Survey was completed by 612 people from general population (representative of common man) and 304 doctors which includes 124 consulting physicians, 16 medical consultants, 50 General physicians and 106 Super-speciality consultants from various cities in India.

Keywords: *Survey, COVID-19, Common-Man and Lockdown Effects*

Sr. No.	Title
1.	Response of doctors to “I am enjoying the lockdown, being at home”
2.	Response of doctors to “I am able to do a hobby which I couldn't do before”
3.	Response of doctors to “Due to lockdown, I am doing a lot of webinars”
4.	Response of doctors to “I am missing my OPD”
5.	Response of doctors to “Is screening available for patients and bystanders in your hospitals?”
6.	Response of doctors to “Is it difficult to follow up your regular patient during lockdown?”
7.	Response of doctors to “Which form of communication is better to consult with patients?”
8.	Response of doctors to “Do you think all patients are telling truth about present, personal and family history?”
9.	Response of doctors to “Because of less resources of PPE, are you willing to work in hospital?”
10.	Response of doctor to “Which speciality do you think is more exposed to COVID-19?”
11.	Response of doctors to “Are telemedicine helping doctors for better consultation?”
12.	Response of doctors to “Is telemedicine helping in making better quality of life for your patients?”
13.	Response of doctors to “Being a specialist, wanting to volunteer for hospitals with COVID-19 patients?”
14.	Response of doctors to “How long do you think this crisis can go on?”
15.	Response of general population to “How do you get to know facts about COVID-19?”
16.	Response of general population to “Have you become anxious due to the COVID-19 crisis?”
17.	Response of general population to “Have you been tested for COVID-19?”
18.	Response of general population to “Do you follow the practice of social distancing when you need to go out for a purpose?”
19.	Response of general population to “Do you think social distancing is helping the crisis to settle?”
20.	Response of general population to “Is the present life comfortable for you?”
21.	Response of general population to “Are you happy because of the lockdown?”
22.	Response of general population to “Are you depressed as you cannot meet your family, friends and colleagues?”

23.	Response of general population to “Are you able to get time to talk to your distant relatives and friends due to the lockdown?”
24.	Response of general population to “Due to lockdown were you able to start any hobbies that you couldn’t do before?”
25.	Response of general population to “Do you think a lot, can’t sleep and have disturbed routine around this time?”
26.	Response of general population to “Are you having difficulty in planning ahead of time?”
27.	Response of general population to “Is telemedicine helping you in getting treated?”
28.	Response of general population to “Do you advice your family and friends about the practices and protocols?”
29.	Response of general population to “Are you happy because of the lockdown?”

## INTRODUCTION

In December 2019, a cluster of cases of pneumonia with unknown causes were reported in Wuhan, China. In January 2020, the World Health Organisation (WHO) confirmed that a novel coronavirus was the cause of this respiratory illness named as SARS-CoV-2. In February 2020, the novel coronavirus disease was named as COVID-19.

By March 2020, COVID-19 was rapidly spreading worldwide. It was classified as a pandemic by the WHO due to its alarming levels of spread and severity. It was also stated that this is the first pandemic caused by a coronavirus. In India, the first case of COVID-19 was reported on 30<sup>th</sup> January at Kerala.

On 24<sup>th</sup> March, the Government of India ordered a complete lockdown of the country in order to control the spread of the disease. The term "stay-at-home" is commonly used for lockdowns that affect an area, rather than specific locations. The effects of lockdown are numerous. Besides potentially reducing the spread of disease, it also leads to other issues such as unemployment, hunger, migrant worker crisis and loss of access to healthcare.

A recent survey by the Indian Psychiatric Society suggests a 20% rise in cases associated with mental illnesses because of uncertainties referring to issues such as finance, work, health, and stress in relationships. Children are one of the biggest victims of the lockdown. Data collected from surveys conducted in parents indicate changes in their children’s eating and sleeping patterns, happiness levels, physical and psycho-social well-being as well as an increase in stress and anxiety levels. Senior citizens have also been severely affected by the lockdown.

Medical professionals are subject to a lot of stress even in normal conditions. The demanding hours, psychological strain and cumbersome work processes can cause burnout, one of the most common conditions affecting doctors across the country. As the current crisis topples almost all aspects of society, frontline healthcare workers shoulder

the burden of systemic unpreparedness. Nurses have to facilitate phone calls between dying patients and their family members, who are denied entry.

This survey was undertaken where a questionnaire was provided to a small group of doctors and general population of the country in order to assess their stress levels, the effect of lockdown on their work and daily life and gain valuable information on their perspective and their response during this unique lockdown period due to COVID-19.

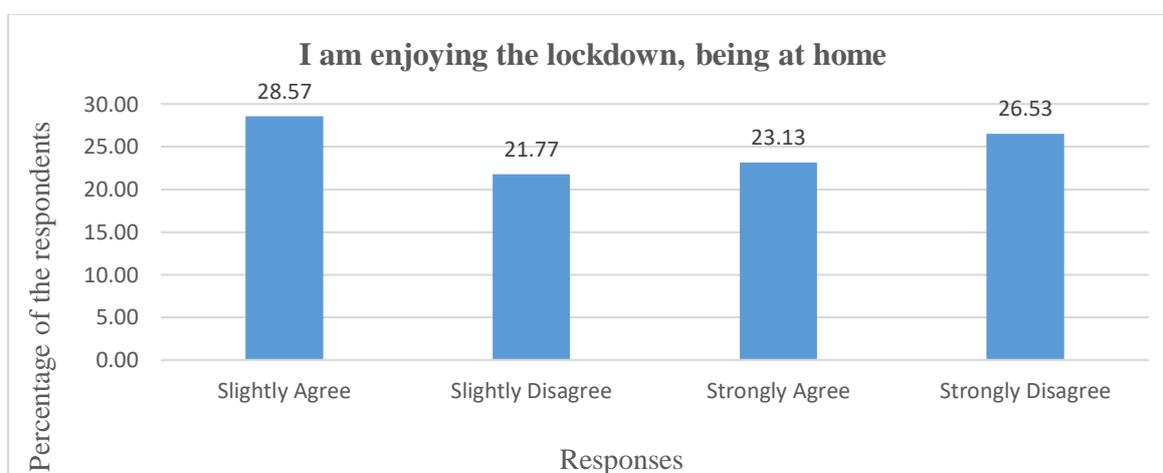
## RESULTS AND ANALYSIS

Out of the 937 potential survey participants, 97.76% (916) attempted the survey. Out of these, 32.44% (304) were Doctors and 65.31% (612) belonged to the general population. 40.79% (124) were Consulting Physicians while 34.87% (106) were Super Speciality Consultants, 16.45% (50) were General Physicians and 5.26% (16) were Emergency Medical consultants.

The survey questionnaire had a total of 29 questions (14 questions were to be answered by doctors while the remaining 15 questions were to be answered by the general population) and was designed with an aim to understand and assess the impact of the lockdown on both doctors and the common man.

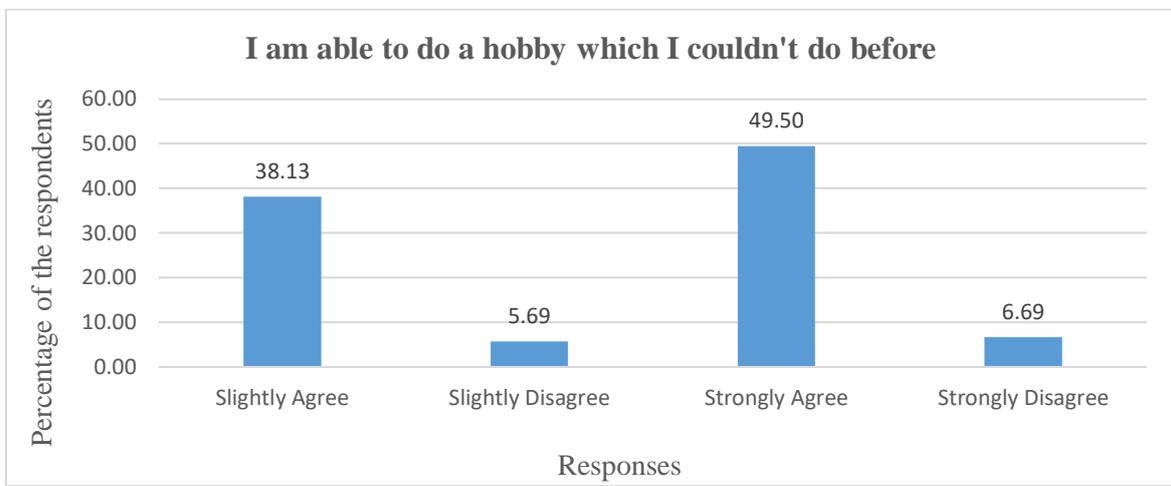
### A. Effect of lockdown on doctors

The lockdown has made us spend all of our time at home. Some doctors too are unable to go to work for various reasons. According to the survey, 68 doctors (23.13%) mentioned that they were enjoying their time being at home due to the lockdown. 84 doctors (28.57%) slightly agreed that it was good to be at home [Fig.1]



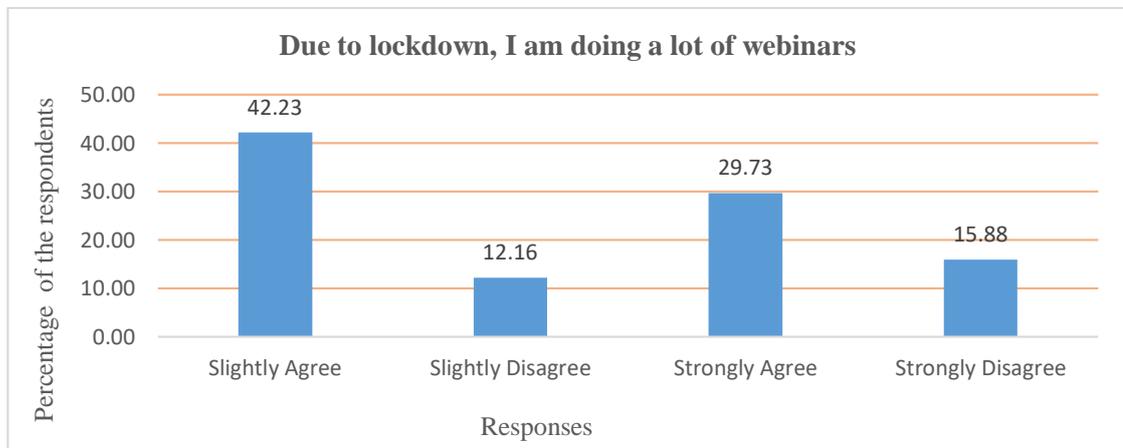
**Fig. 1: Response of doctors to “I am enjoying the lockdown, being at home”**

Being at home gives us more time to pursue our hobbies or talents which have taken a backseat due to our hectic schedules. Almost half of the surveyed doctors, 148 doctors (49.50%) strongly agreed that they have been able to pursue a hobby during the lockdown as compared to 114 doctors (38.13%) who slightly agreed with the same. [Fig. 2]



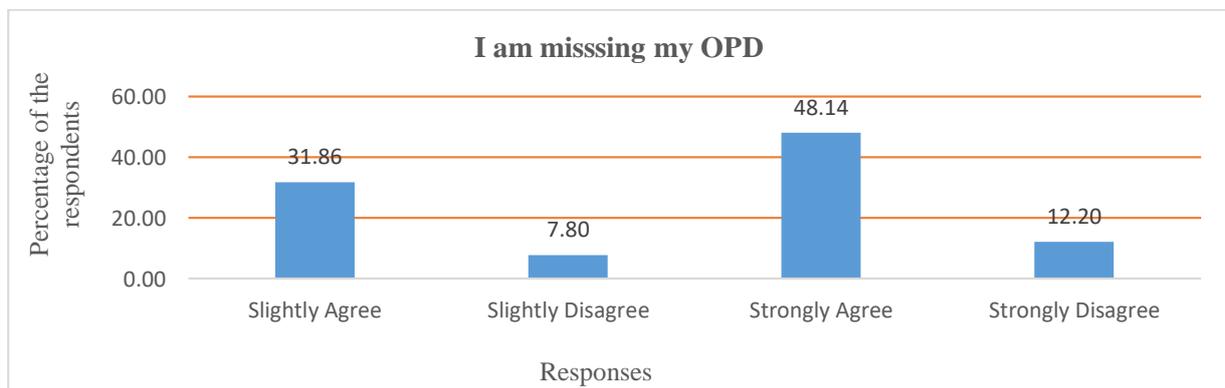
**Fig. 2: Response of doctors to “I am able to do a hobby which I couldn't do before”**

88 doctors (29.73%) have shown tremendous participation in learning or teaching webinars, 125 doctors (42.23%) have shown a little participation in webinars.[Fig.3]



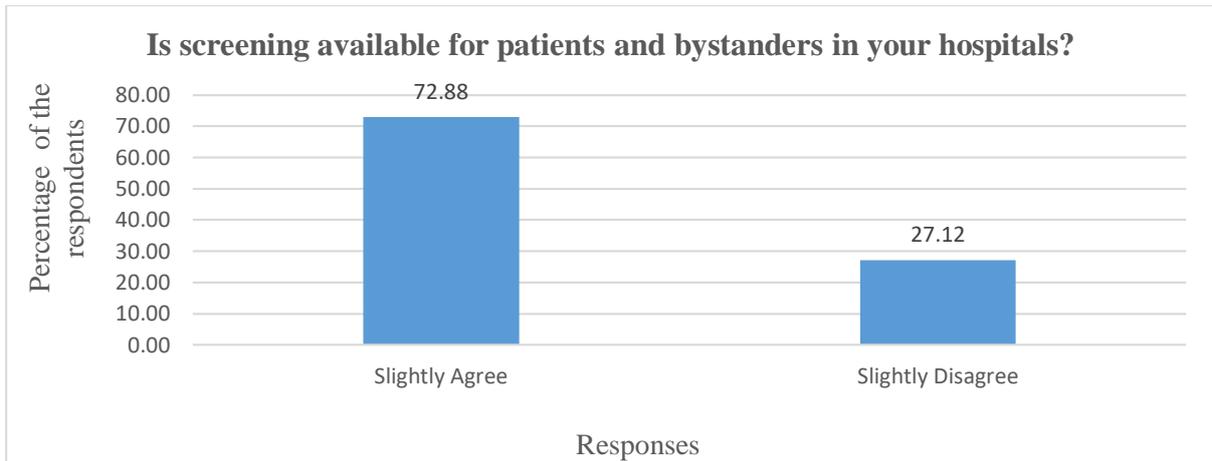
**Fig. 3: Response of doctors to “Due to lockdown, I am doing a lot of webinars”**

During the survey it was observed that, 142 doctors (48.14%) strongly opined that they are missing their Out-Patient Department (OPD) work due to lockdown. 94 doctors (31.86%) slightly agreed to the fact that they are missing their OPD work. [Fig. 4]



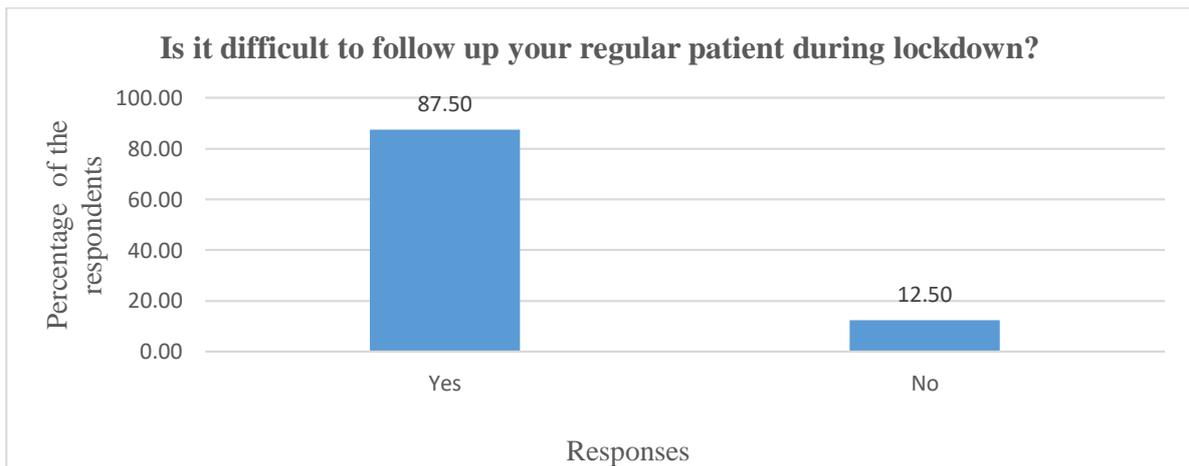
**Fig. 4: Response of doctors to “I am missing my OPD”**

Due to the rapid spread of COVID-19, hospitals are encouraged to have screening procedures for patients and bystanders in order to prevent spreading of the disease. 215 doctors (72.88%) mentioned that their hospitals had screening procedures for patients and bystanders. [Fig. 5]



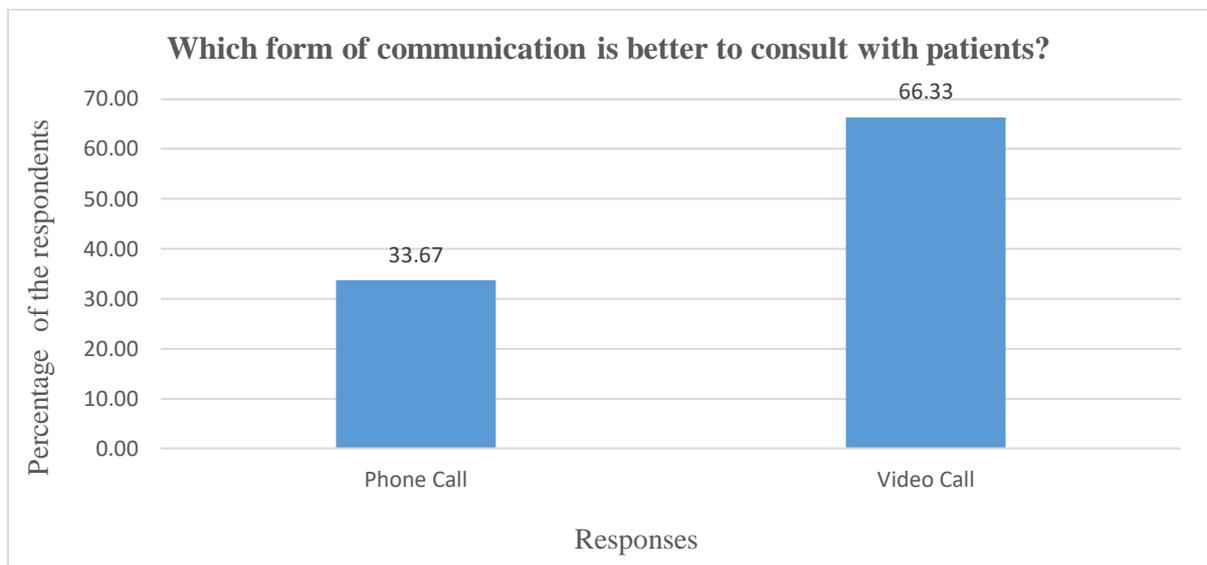
**Fig. 5: Response of doctors to “Is screening available for patients and bystanders in your hospitals?”**

With lockdown measures and restricted movement in place, most patients are unable to visit their doctors for their usual follow up visits. 259 doctors (87.50%) have said they are finding it difficult to follow up with their regular patients during lockdown. [Fig. 6]



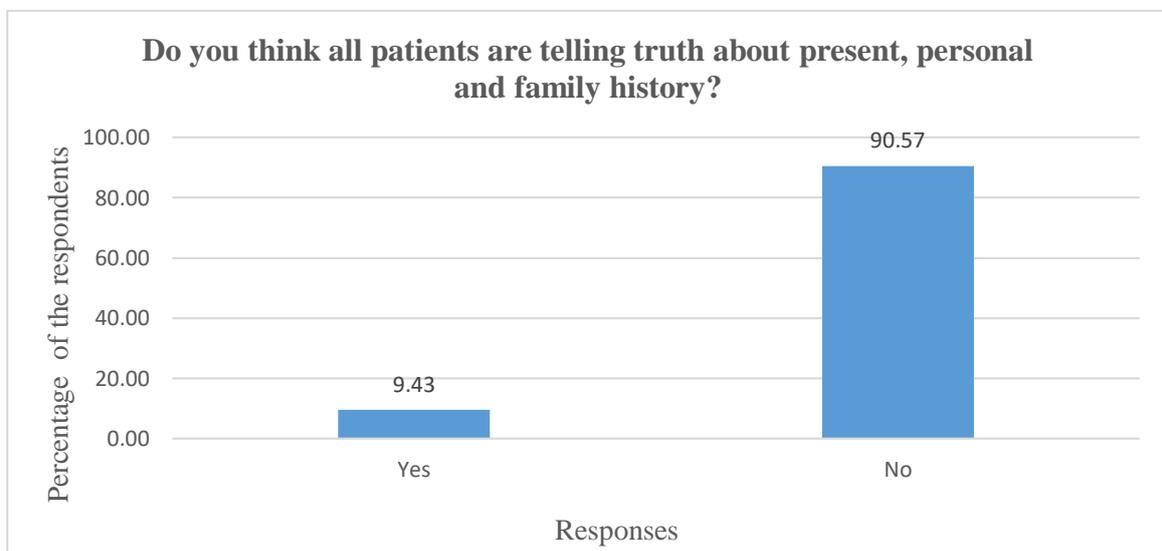
**Fig. 6: Response of doctors to “Is it difficult to follow up your regular patient during lockdown?”**

99 doctors (33.67%) find phone call communication better to consult with patients whereas 195 doctors (66.33%) find video call communication better to consult with patients. [Fig. 7]



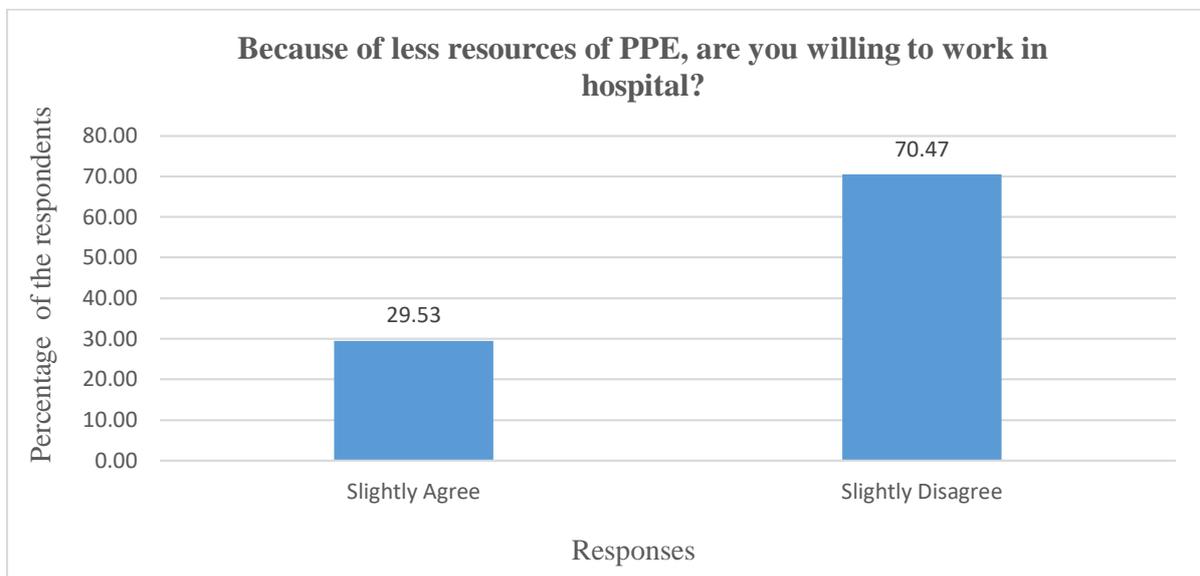
**Fig. 7: Response of doctors to “Which form of communication is better to consult with patients?”**

Based on the current scenario, 269 doctors (90.57%) mentioned that all patients are not telling the truth about present, personal and family history and 28 doctors (9.43%) mentioned that all patients are telling the truth about present, personal and family history. [Fig. 8]



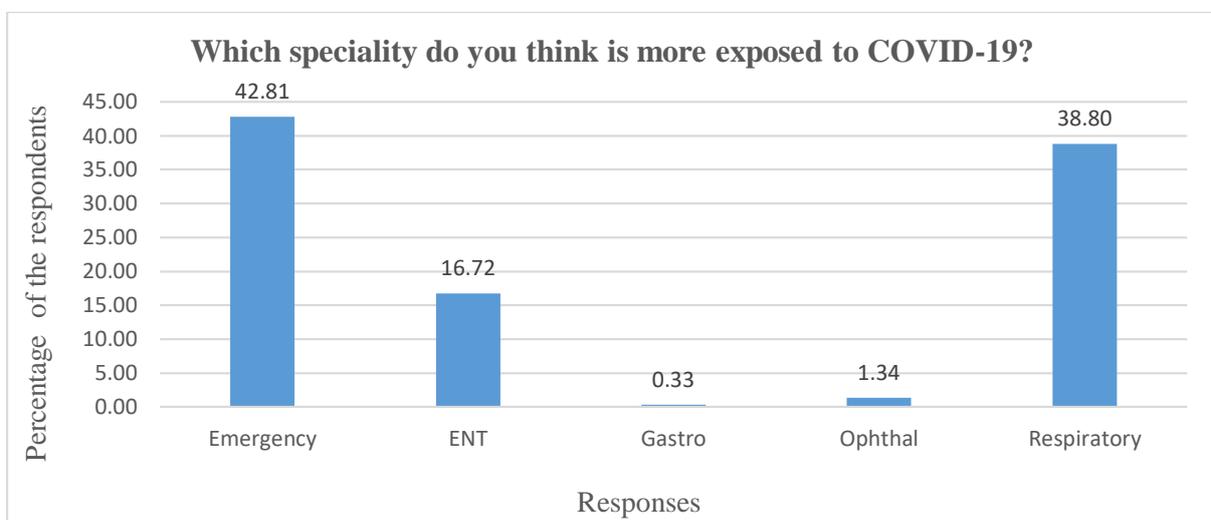
**Fig. 8: Response of doctors to “Do you think all patients are telling truth about present, personal and family history?”**

Personal Protection Equipment (PPE) are protective gear used by staff while dealing with outbreaks of infectious diseases. Due to the current scarcity of PPEs, 210 doctors (70.47%) are not willing to work in hospitals [Fig. 9]



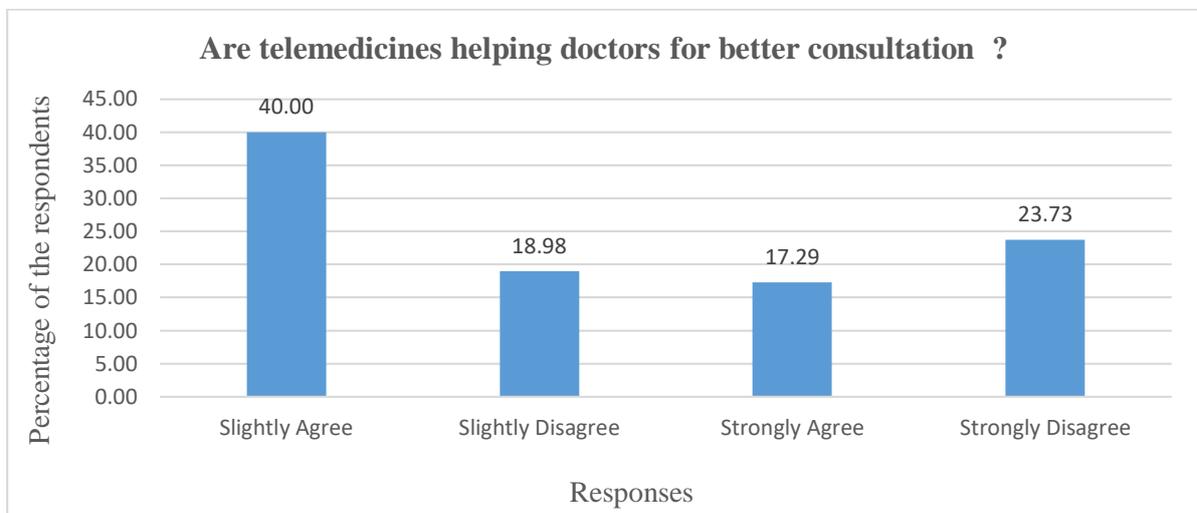
**Fig. 9: Response of doctors to “Because of less resources of PPE, are you willing to work in hospital?”**

Medical staff and frontline health workers are exposed to coronavirus daily during the course of their work. 128 doctors (42.81%) think that staff in emergency departments are more exposed to COVID-19 followed by 116 doctors (38.80%) who think Respiratory speciality is more exposed to COVID-19. [Fig. 10]



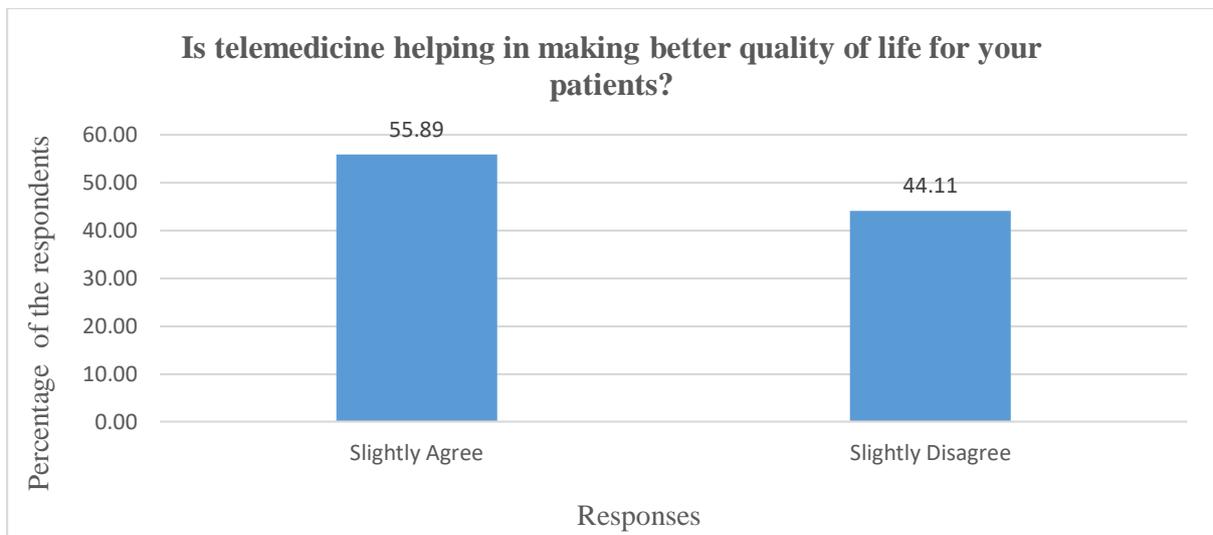
**Fig. 10: Response of doctor to “Which speciality do you think is more exposed to COVID-19?”**

Out of 295 doctors, 51 doctors (17.29%) strongly agree that telemedicine helps their consultation better while 118 doctors (40%) slightly agree that telemedicine helps their consultation better. [Fig. 11]



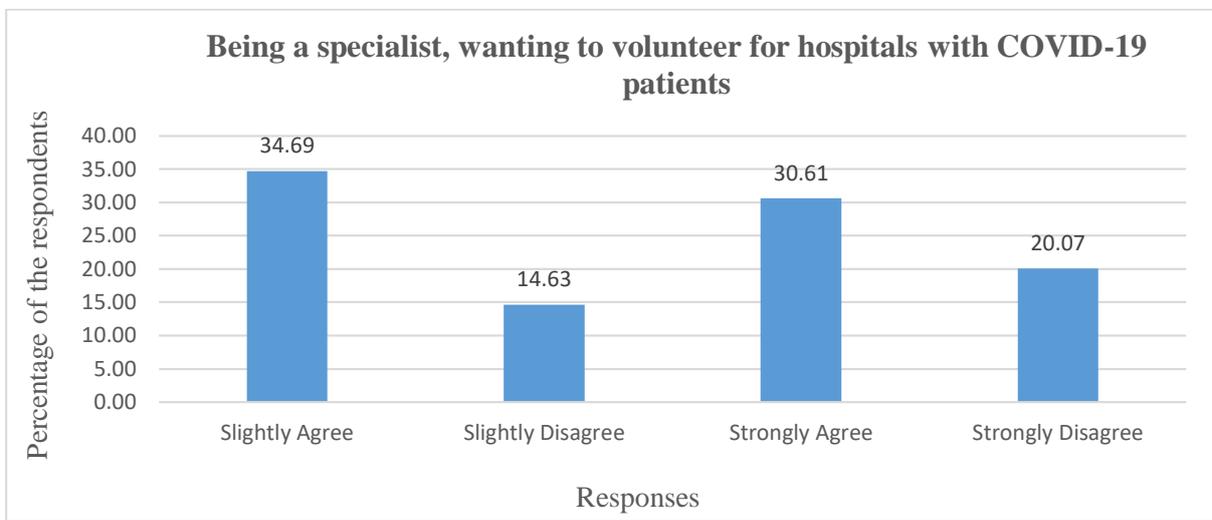
**Fig. 11: Response of doctors to “Are telemedicines helping doctors for better consultation?”**

166 doctors (55.89%) agree that telemedicine is helping to make a better quality of life for their patients. [Fig. 12]



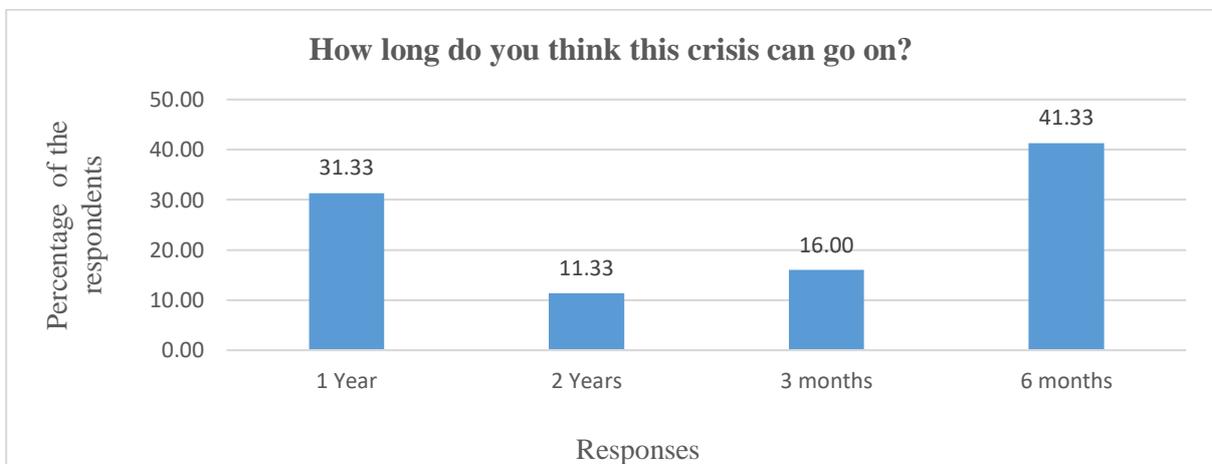
**Fig. 12: Response of doctors to “Is telemedicine helping in making better quality of life for your patients?”**

102 doctors (34.69%) who slightly agreed volunteer to work for hospitals whereas, 43 doctors (14.63%) slightly disagreed to volunteer to work for hospitals where there are COVID-19 patients. [Fig. 13]



**Fig. 13: Response of doctors to “Being a specialist, wanting to volunteer for hospitals with COVID-19 patients?”**

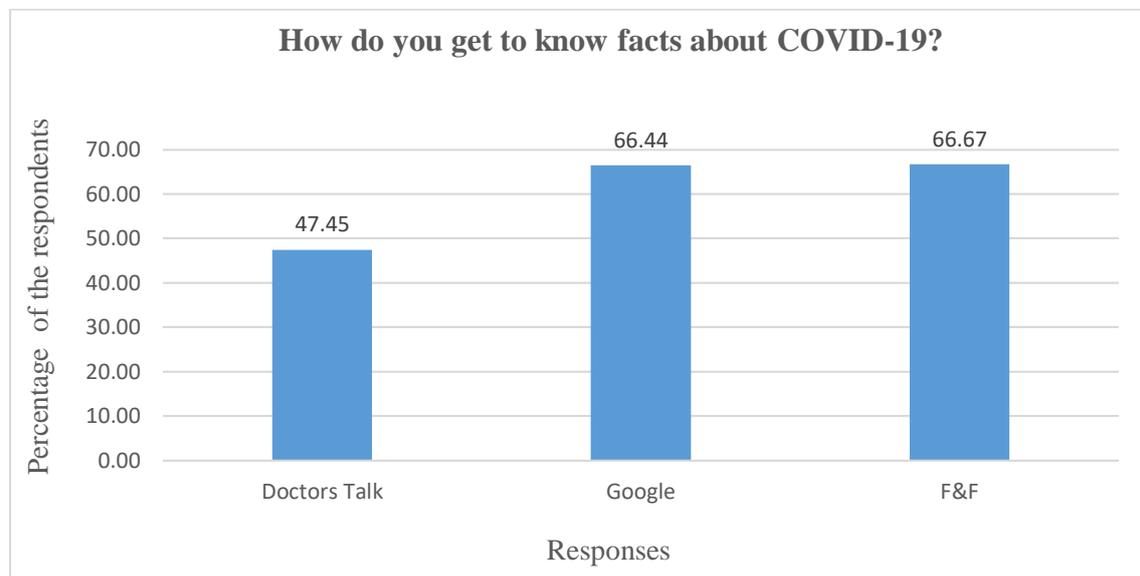
48 doctors (16%) think this crisis can go on for 3 more months while 124 doctors (41.33%) are of the opinion that this crisis can go on for 6 months more. [Fig. 14]



**Fig. 14: Response of doctors to “How long do you think this crisis can go on?”**

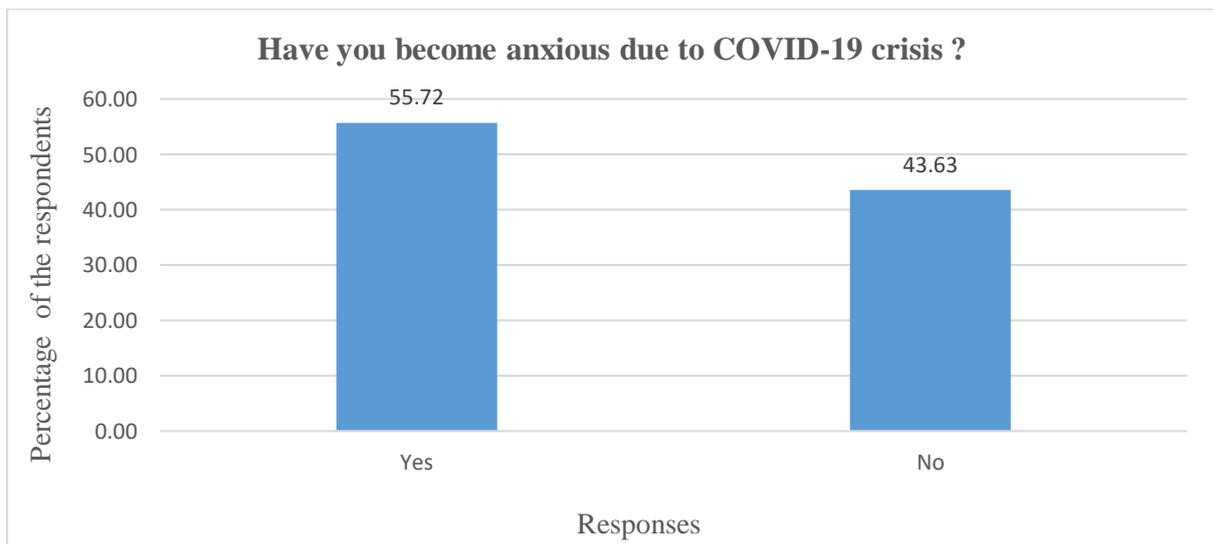
### **B. Lockdown effect on the Common Man**

Out of the general population who were surveyed, 289 people (47.45%) mentioned that they get to know facts about COVID-19 from doctors. 192 people (31.53%) use Google for obtaining facts and 128 people (21.02%) get COVID-19 facts during their discussions with their family and friends. [Fig. 15]



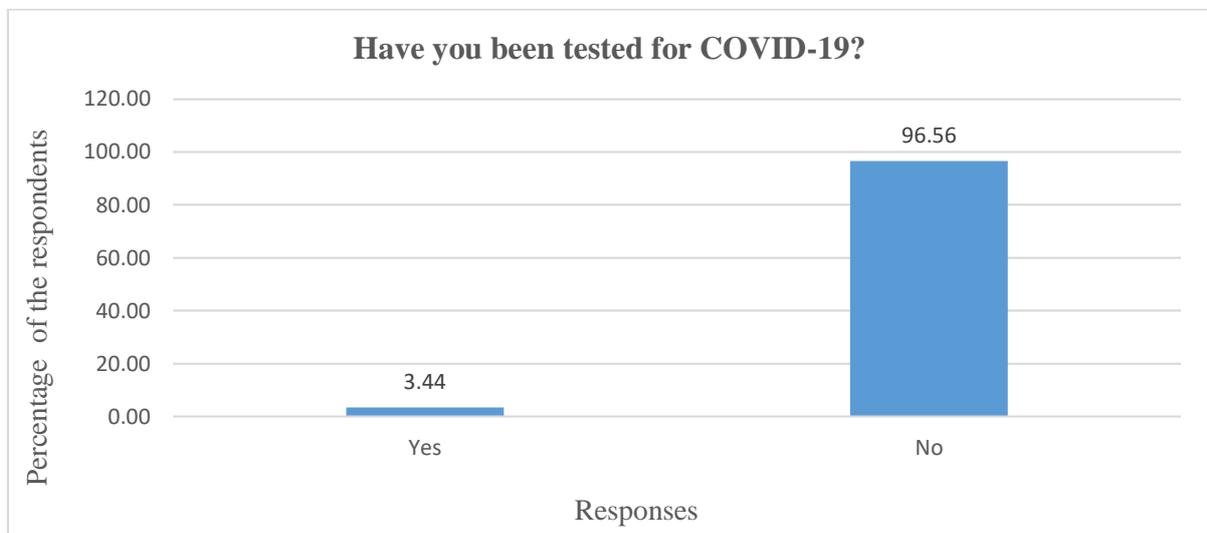
**Fig. 15: Response of general population to “How do you get to know facts about COVID-19?”**

As per the survey, 341 people (55.72%) have become anxious due to the COVID-19 crisis whereas, at the same time 267 people (43.63%) have responded that they have not become anxious due to the COVID-19 crisis. [Fig. 16]



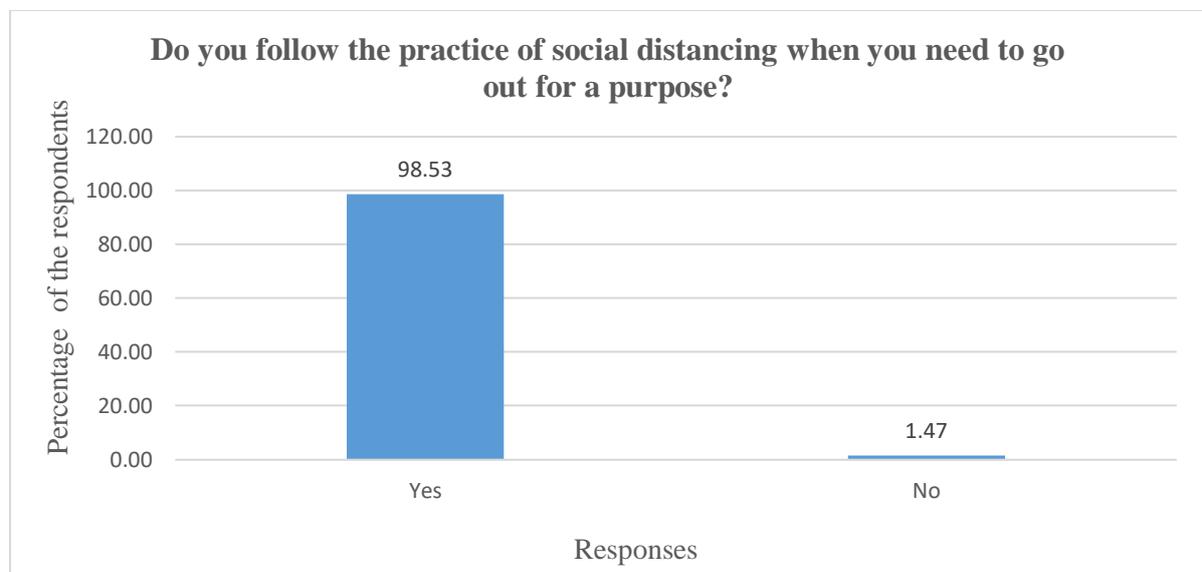
**Fig. 16: Response of general population to “Have you become anxious due to the COVID-19 crisis?”**

Among the 612 people who replied to this question, only 21 people (3.44%) said that they have been tested for COVID-19. 590 people (96.56%) said that they have not been tested for COVID-19. [Fig. 17]



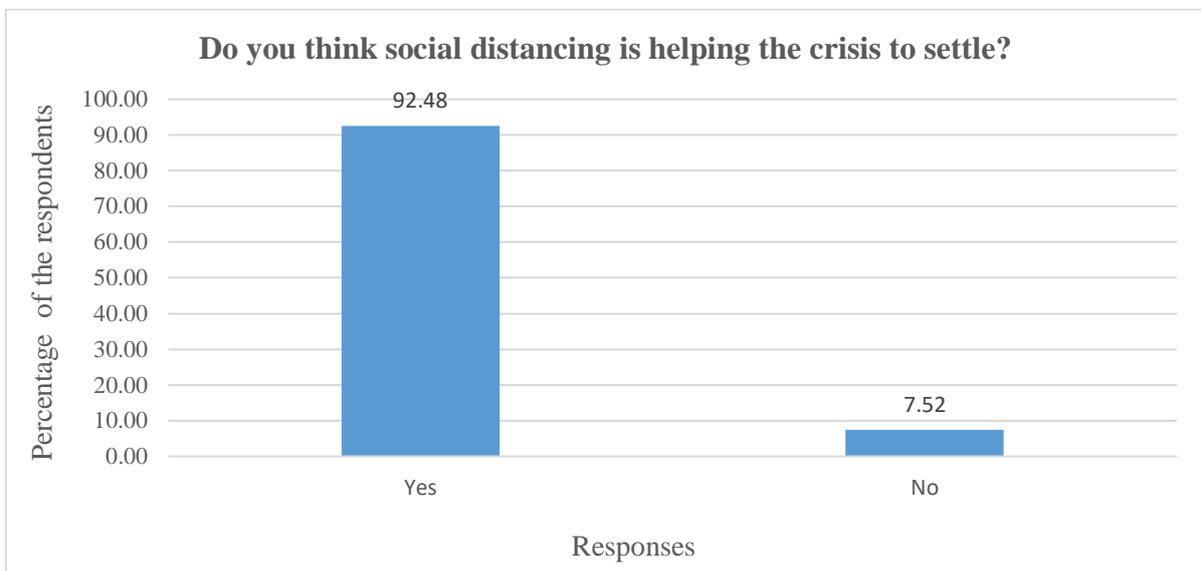
**Fig. 17: Response of general population to “Have you been tested for COVID-19?”**

Social distancing means keeping space between oneself and people outside their homes. As per the survey responses, 603 people (98.53%) follow the social distancing when they need to go out of their homes for any purpose. [Fig. 18]



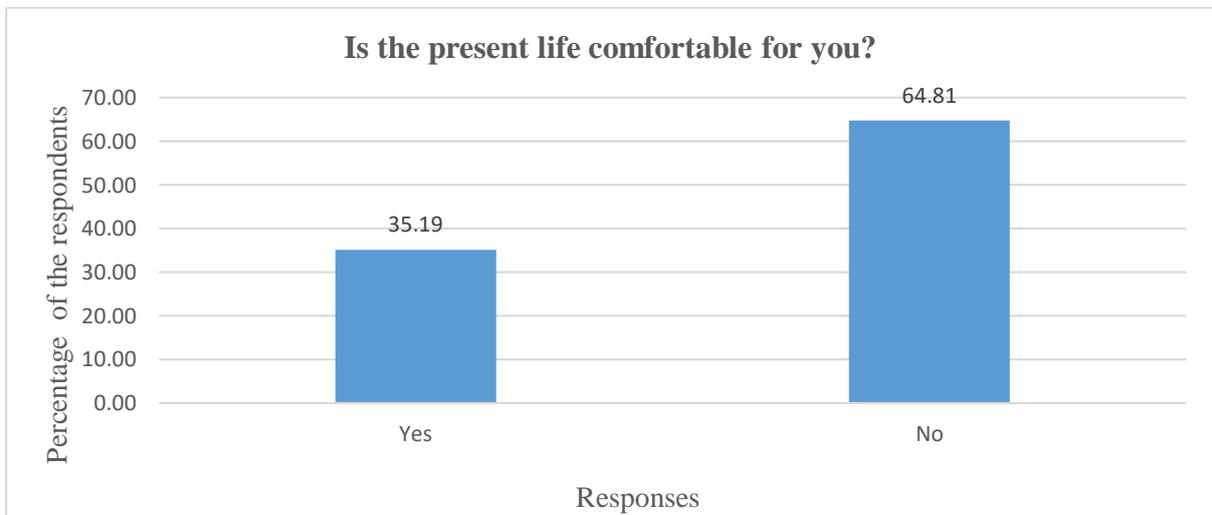
**Fig. 18: Response of general population to “Do you follow the practice of social distancing when you need to go out for a purpose?”**

Among the people who were surveyed, 566 people (92.48%) think that social distancing is helping the COVID-19 crisis to settle. [Fig. 19]



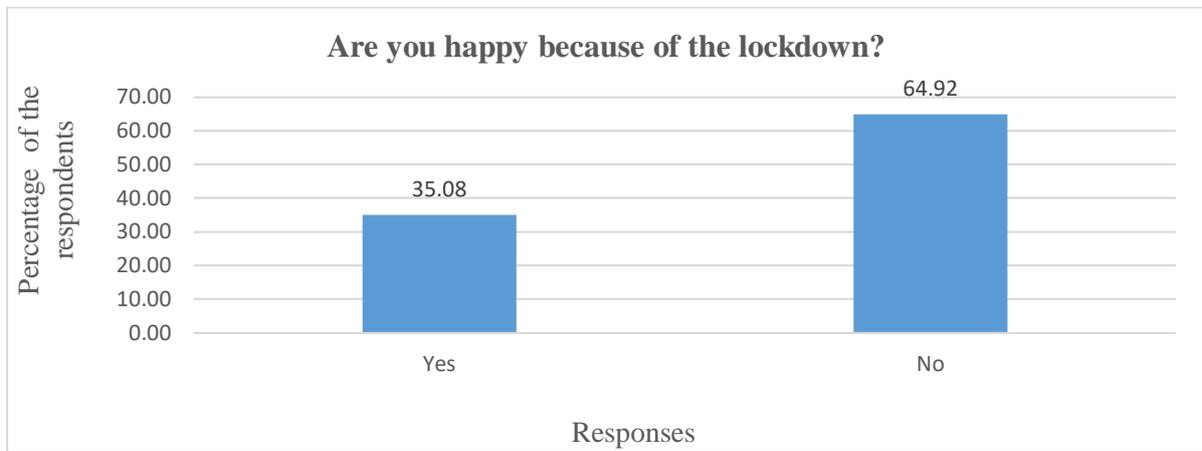
**Fig. 19: Response of general population to “Do you think social distancing is helping the crisis to settle?”**

215 people (35.19%) mentioned that they are comfortable with their present life whereas, 396 people (64.81%) mentioned they are not comfortable with their present life. [Fig. 20]



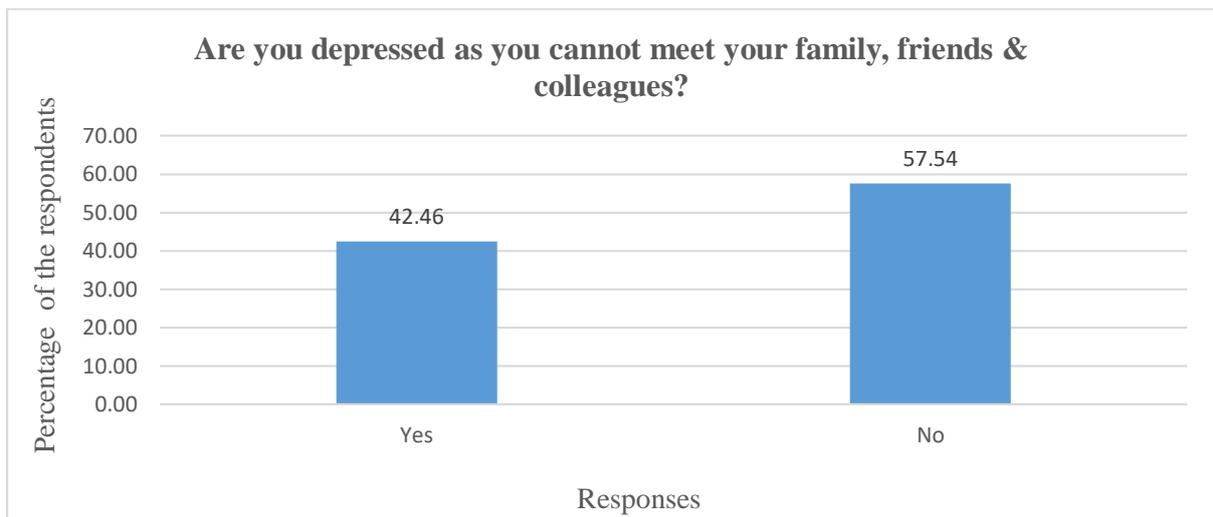
**Fig. 20: Response of general population to “Is the present life comfortable for you?”**

The government of India’s decision to control the spread of the novel coronavirus by implementing a lockdown has not seem to have gone down well with the masses. 396 people (64.92%) who took this survey are not happy because of lockdown. [Fig 21]



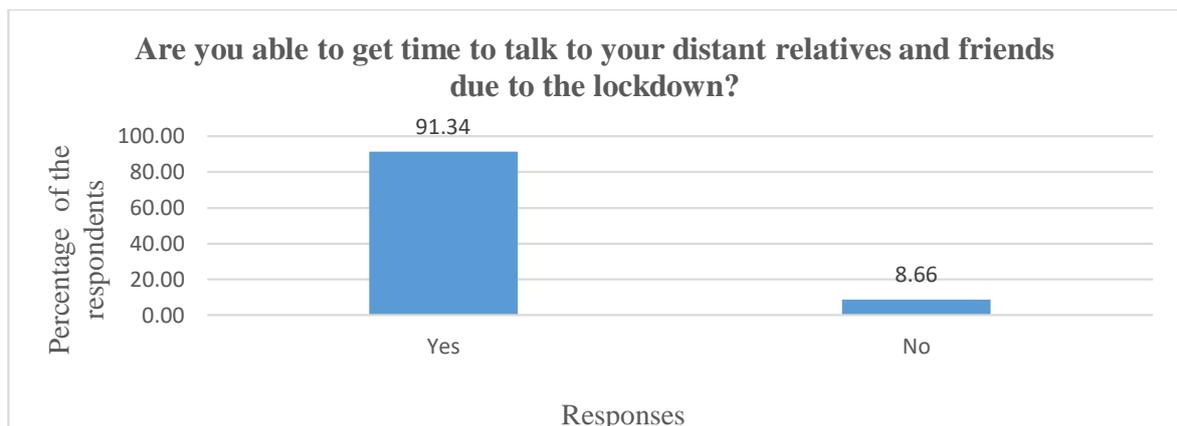
**Fig. 21: Response of general population to “Are you happy because of the lockdown?”**

Peoples social lives have been greatly affected because of the lockdown. 351 people (57.54%) however mentioned that they are not feeling depressed. [Fig. 22]



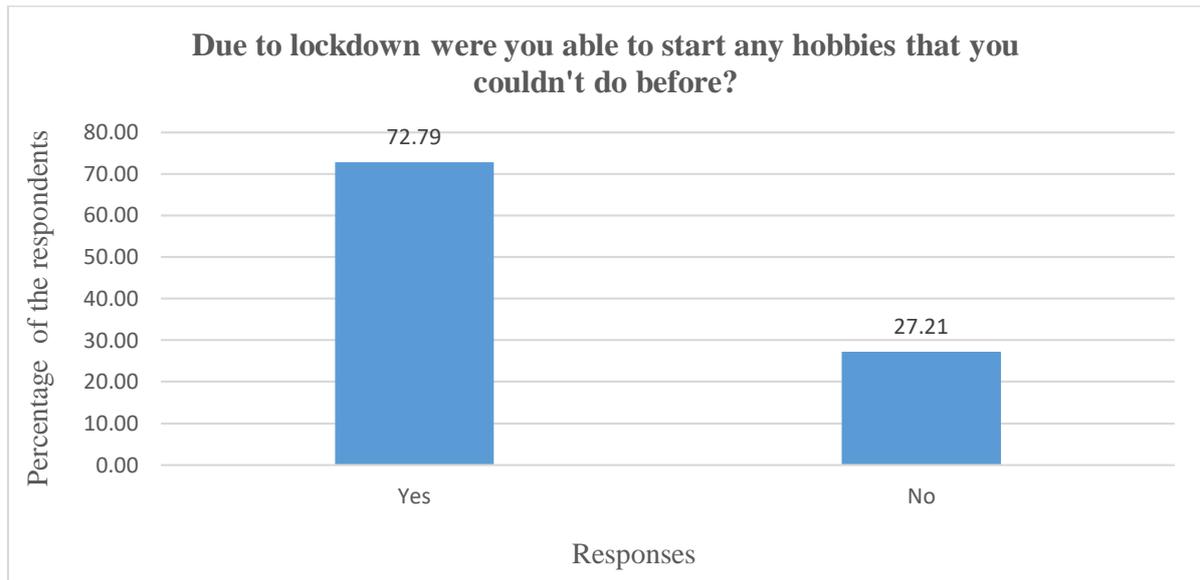
**Fig. 22: Response of general population to “Are you depressed as you cannot meet your family, friends and colleagues?”**

Social media has been a boon for people during this lockdown. 559 people (91.34%) mentioned they are getting time to talk to their distant relatives and friends during the lockdown. [Fig. 23]



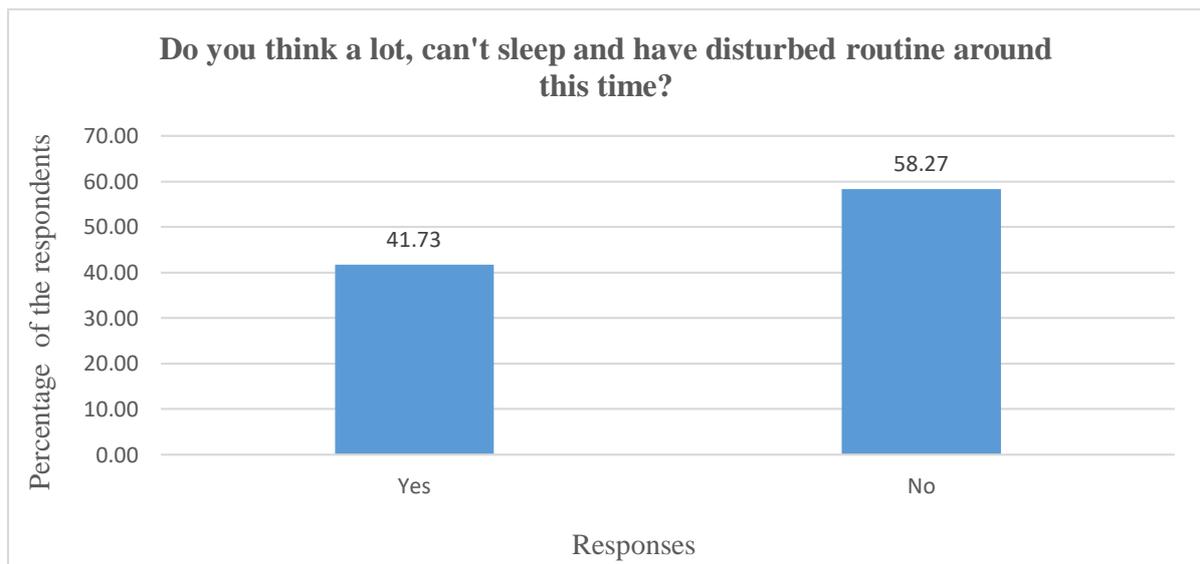
**Fig. 23: Response of general population to “Are you able to get time to talk to your distant relatives and friends due to the lockdown?”**

Because of the lockdown 444 people (72.79%) mentioned that they were able start their hobbies which they couldn't do before. [Fig. 24]



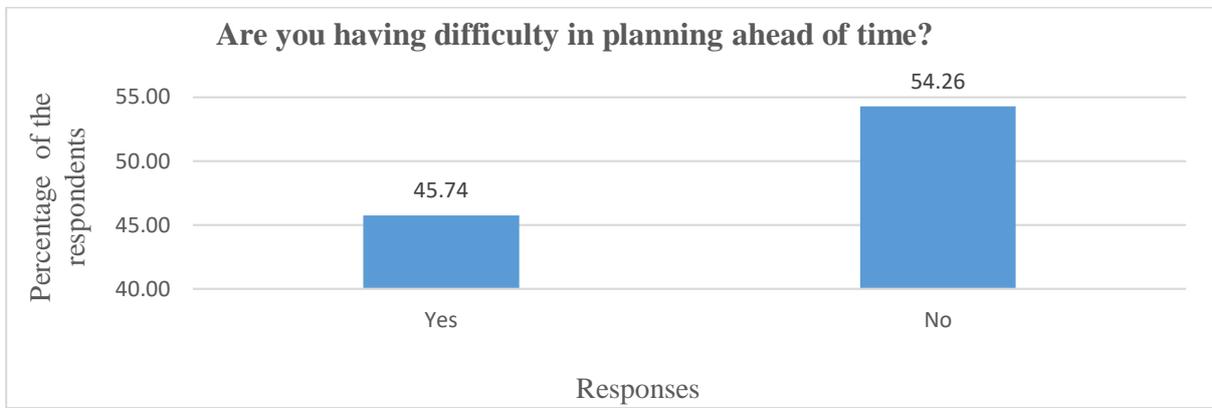
**Fig. 24: Response of general population to “Due to lockdown were you able to start any hobbies that you couldn't do before?”**

In such testing times, feelings of anxiety and stress are common. 255 people (41.73%) said they are over thinking about the current situation, so they cannot sleep, and their routine has been disturbed around this time. [Fig. 25]



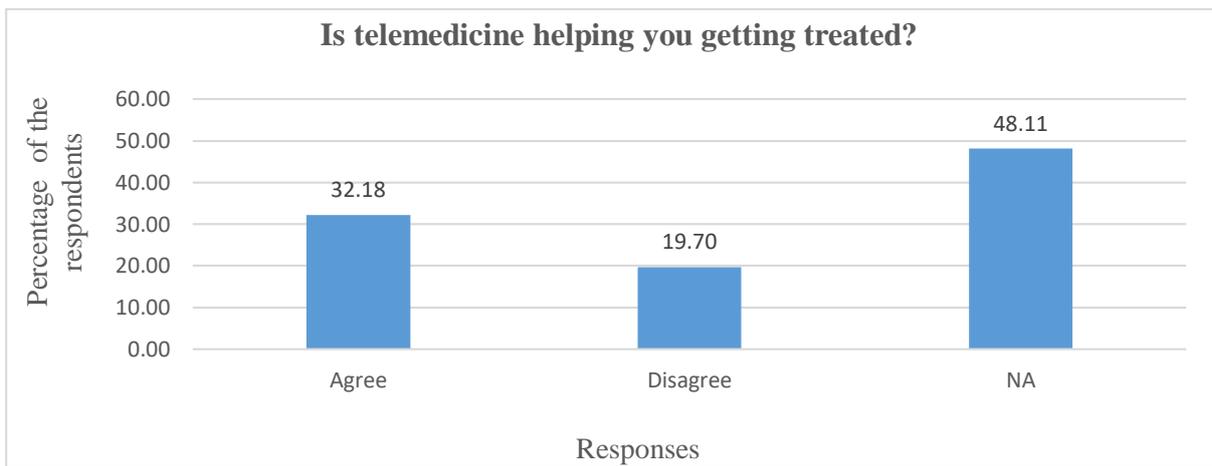
**Fig. 25: Response of general population to “Do you think a lot, can't sleep and have disturbed routine around this time?”**

279 people (45.74%) said they are facing difficulty in planning ahead of time whereas 331 people (54.26%) said they are not facing any difficulty. [Fig. 26]



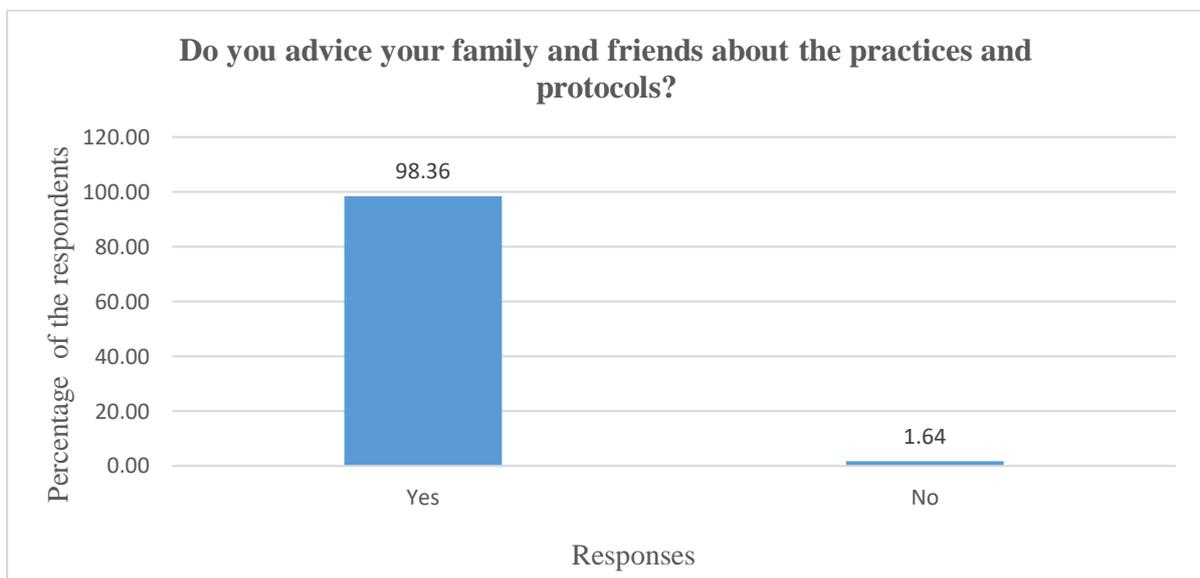
**Fig. 26: Response of general population to “Are you having difficulty in planning ahead of time?”**

Since people do not have access to their doctors or health care providers, telemedicine is one of the options that they are using to get treated. 196 people (32.18%) agree that telemedicine is helping them getting treated whereas, 293 people (48.11%) did not give any response towards this question. [Fig. 27]



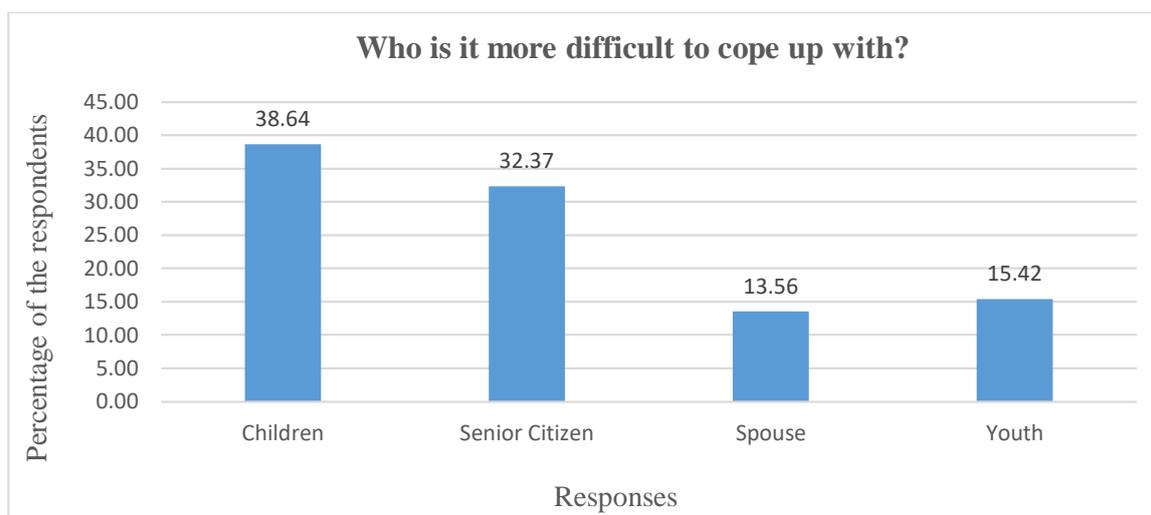
**Fig. 27: Response of general population to “Is telemedicine helping you in getting treated?”**

599 people (98.36%) said they advise their family and friends about the practices and protocols which are to be followed during this crisis. [Fig. 28]



**Fig. 28: Response of general population to “Do you advice your family and friends about the practices and protocols?”**

It is a well-known fact that humans are social beings and are adapted to live in interactive groups. Long periods of staying confined at home with family leads to an increase in conflicts. According to the survey, 228 people have said (38.64%) children are more difficult to cope up with.[Fig. 29]



**Fig. 29: Response of general population to “Who is it more difficult to cope up with?”**

### **DISCUSSION AND CONCLUSION**

**DISCUSSION:** Since COVID-19 is currently making headlines everywhere, it is advisable to minimize watching, reading, or listening to news that causes anxiety or distress. Parents can help children in finding positive ways to express feelings such as fear and sadness. Children feel relieved if they can express and communicate their feelings in a safe and supportive environment.

Adults, especially who are in isolation and those with cognitive decline/dementia, may become more anxious, angry, stressed, agitated, and withdrawn during the outbreak or while in quarantine. Providing practical and emotional support through informal networks (families) and health professionals, sharing facts about what is going on and giving clear information about how to reduce risk of infection in words to older people with/without cognitive impairment should be done.

Medical professionals are already at high risk for anxiety, insomnia, and depression, and yet unlikely to seek professional help. Some healthcare workers may unfortunately experience avoidance by their family members or community owing to stigma or fear. This can make an already challenging situation far more difficult than before.

**CONCLUSION:** The results of this survey indicate that since there are restrictions due to lockdown people including doctors are forced to stay home. This is creating psychological distress among people. The survey also shows that, there is an increase in levels of anxiety, stress, and depression specially among the younger population. There is a higher incidence of anxiety in the common man, whereas Doctors are depressed and stressed because they are unable to work due to the lockdown.

Some doctors are happy being at home while a majority of doctors are missing their OPD at work. They are finding time to develop their hobbies and some time to learn through webinars. Webinars have been the best platform to share knowledge as well as to teach. The survey has shown that, telemedicine is helping both doctors and patients in improving their Quality of Life.

A majority of the general population is happy with lockdown situation but at the same time some are also depressed as they cannot meet and spend time with their family, friends, and colleagues. Managing mental health and psychosocial well-being during this time is also same important as managing physical health.

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