



A CITATION, DISTINCTION, HONOR, AND TRIBUTE, TO FRONTLINE CORONA WARRIORS

**Raghavendra Rao M.V¹, Vijay Kumar Chennamchetty², MM Karindas³,
Ilie Vasiliev⁴, Hitesh Lakshmi Billa⁵, Mahendra Kumar Verma⁶ and Manickdass⁷**

¹Department of Medicine, Apollo Institute of Medical Sciences and Research, Jubilee Hills, Hyderabad, Telangana, India

²Department of Pulmonary Medicine, Apollo Institute of Medical Science and Research, Hyderabad, TS, India

³Department of Oncology, World Academy of Medical Sciences, Netherlands

⁴Department of Internal Medicine, World Academy of Medical Sciences, Netherlands

⁵Interventional Pulmonology, Apollo Institute of Medical Science and Research, Hyderabad, TS, India

⁶Department of Basic Sciences, American University School of Medicine, Aruba, Caribbean islands, Netherlands Antilles

⁷Department of Microbiology, Apollo Institute of Medical Science and Research, Hyderabad, TS, India

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ABSTRACT

2020 was a healthdevastating year. Pandemics do not die-they fade away.COVID-19 disease appears to have been associated with significant mortality amongst doctors and health care workers globally. The forfeit that they are making for the safety and welfare of human is invaluable. The frontline warriors like the doctors, Health Department officials, tahsildars, executive officers etc., have been working relentlessly to save lives, thereby keeping the death rate at the lowest. 'Death and grief' has made us numb. The sleep-abated champions encompasses doctors, nurses, medical cleaners, pathologists, paramedics, ambulance drivers, and health-care administrators.

Key words:

COVID-19, Coronavirus, Pandemics,
Physicians, Health personnel, Health
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INTRODUCTION

COVID-19 is correlated with an acute respiratory distress syndrome (ARDS) and severe pneumonia (1) origin of this virus, SARS-CoV-2 probably arises from a natural selection in the animal host or a selection in humans (2)

This virus is preferred in cells of the respiratory tract, epithelial hair cells of the airways and type 2 alveolar pneumocytes in SARS-CoV infections [3]

“It makes no difference whether you get infected and then vaccinated, or if you get vaccinated and then a breakthrough infection,” said FikaduTafess, co-author of the study. “In either case, you will get a really, really robust immune response — amazingly high (4)After two years of a pandemic that has seen nearly 500 million people infected and billions vaccinated, the studies highlighted the importance of getting jabbed for those who have natural immunity after recovering from the disease (5)

COVID-19 disease, may lead to respiratory failure and mechanical ventilation (6) Respiratory failure with mechanical ventilation need was reported in 2.3% up to 33% of the affected patients (7,8)

Recently, however, autopsy studies have been published from throughout the world that have defined diffuse alveolar damage (DAD) as the histopathologic hallmark of severe SARS-CoV-2 infection (9) Identifying co-infections of more than one respiratory virus can help with understanding the various clinical symptoms, long-lasting effects on health, and appropriate methods of prevention (10)

As of April 11, 2020, a total of 20,043 people died due to the COVID-19 pandemic outbreak in America, while approximately 521,084 cases have been registered in the national healthcare system(11) The novel Coronavirus SARS-CoV-2 outbreak has created a significant impact on the daily life and health care systems across the world including India (12,13)

COVID-19 has caused a huge burden and loss to the world with doctors bearing the brunt of physical burnout, mental stress, occupational risk of infection with increased risk of morbidity and mortality, being the front-line workers. (14)

It has been observed that COVID-19 related mortality in the general population has been slightly lower in the South Asian subcontinent (15) Concerns have been raised since nearly 200 doctors have succumbed to COVID-19 so far with a significant number of healthcare professionals affected as well (16) The Indian Medical Association (IMA) indicated that more than 1000 doctors have been infected with SARS-CoV-2 virus.(17)

Doctors face multiple challenges while dealing with this pandemic-specially limited personal protective equipment (PPE), training, rest, and rotation but worst of all loss of life due to coronavirus infection (18,19)

IMA has issued a 'Red Alert' and requested the health authorities to ensure adequate safety of all doctors along with support from state sponsored medical and life insurance facilities to all involved in the coronavirus containment efforts (20)

History

Coronavirus disease 2019 (COVID-19) is a contagious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first known case was identified in Wuhan, China, in December 2019 (21)

The disease has since spread worldwide, leading to an ongoing pandemic (22)

The first confirmed human infections were in Wuhan, Hubei, China. A study of the first 41 cases of confirmed COVID-19, published in January 2020 in *The Lancet*. (23,24)

Official publications from the WHO reported the earliest onset of symptoms as 8 December 2019 (25)

Human-to-human transmission was confirmed by the WHO and Chinese authorities by 20 January 2020 (26,27)

Covid-19

The virus that was first detected in Wuhan, China, in late 2019 and has set off a global pandemic. Researchers say SARS-CoV-2 originated in bats.SARS-CoV-2 made the jump to humans at one of Wuhan's open-air "wet markets." Between 2019-2022, Corona virus infected millions of people. Nearly three years still we are struggling to understand the extent of this pandemic. In December 2019, a novel corona virus called SARS-CoV-2 caused a sequence of acute atypical pneumonia in Wuhan, China. In early January 2020, Chinese scientists isolated corona virus from the patients' in Wuhan. The outbreak is supposed to have started at a local seafood/wild animal market. The infecting agent was initially called as novel corona virus (2019-nCoV) but was renamed later as Severe Acute Respiratory Syndrome Coronavirus 2 (SARS CoV-2) and the clinical disease was called corona virus disease of 2019 (Covid-19)

Doctors have sacrificed. Even the soldiers of all the boarders put together have not died like this.

At the opening of World Health Organization's mail annual assembly Director General Tedros Adhanom Ghebreyesus hailed the sacrifices made by health workers around the world to battle the pandemic. "For almost 18 months Health and care

workers all over the world have stood in the breach between the life and death", he said- They have saved countless lives and fought for others, who despite their best efforts slipped away. It is estimated that at least 1,15,000 Health and care workers have paid the ultimate price in the service of others. He said many health workers are frustrated, helpless and unprotected with lack of access with personal protective equipment and vaccines. More than 75% covid vaccines have gone to just ten countries.

1342 doctors have died since the pandemic began; 594 alone in two months of the second wave

Since March 2020, on an average, three doctors have died every day in India in the COVID19 pandemic. The Indian Medical Association claims the government has not acknowledged these deaths and there is no clarity on the insurance for the doctors.(28)

Telangana doctor dies of COVID-19, a week after she gave birth

31-year-old Farha Niloufer, A government doctor from Gajwel district of Telangana, passed away due to COVID-19 a week after childbirth. She succumbed to the disease at Princess Esra Hospital in the old city of Hyderabad on May 13.

798 doctors died during second wave of Covid-19 across country; maximum lost their lives in Delhi: IMA (29)

34 doctors died of Covid-19 during second wave in Telangana: IMA(30)

IMA flags 800 doctor deaths in second wave

A majority were from Bihar and Delhi, as per the IMA, which has maintained a state-wise registry of doctors who died of Covid-19. (31)

776 doctors died in Covid second wave, says Indian Medical Association

748 doctors died in the first wave of the pandemic.(32)
Physicians' deaths from corona virus (COVID-19) disease

Dr. Li Wenliang, Ophthalmic surgeon, on January 10, 2020, developed a cough after having treated a woman for glaucoma and passed away on February 7, 2020 (*The New York times*)

Dr. Roberto Stella, aged 67, was an Italian general practitioner, who died on March 10 at the Como Hospital, as confirmed by the town's mayor, Mario Landriscina. He died of respiratory failure due to coronavirus.

Dr. Daniela Trezzi who had been working on the front line at a hospital in Lombardy died after catching the disease

Dr. Jean-Jacques Razafindranazy was the first French doctor who died while treating coronavirus patients.

Dr. Usama Riaz, a young 26-year-old, became the first Pakistani doctor to die of coronavirus

Dr. Adil El Tayar, Sixty-three-year-old, the first frontline health-care worker to die of coronavirus in the UK on March 25.

Dr. Shirin Rouhani the Iranian doctor, also lost her life while treating coronavirus patients.

Dr. Israel Bactol, The Philippine Heart Center announced the death of the first doctor, Dr. Israel Bactol who was a senior Adult Cardiology fellow-in-training.

Dr. Raymond Yuen, Hong Kong-born Singaporean doctor who died from Covid-19 remembered for going beyond call of duty.

Neurosurgeon dies of Covid-19, mob attacks hearse, tries to stop burial

Dr Simon Hercules, died of Covid-19.

Indian-Origin Doctor, Expert On Communicable Diseases, Dies In Singapore

An Indian-origin doctor, who became internationally renowned as an expert on stopping the spread of communicable diseases via air travel, has died, a media report said.

23 Year Old Doctor Dies in Line of Duty In Andhra Pradesh

Dr. K Roji, A 23-year-old doctor in Andhra Pradesh lost her life to the Covid-19 recently, who was treating Covid-19 patients at Subbamma Covid Stabilisation Centre in Sakhinetipalli in East Godavari district of Andhra Pradesh died due to the infection on Tuesday. After completing her MBBS at Alluri Seetha Ramaraju Academy of Medical Sciences (ASRAM) College in Eluru, Roji was serving as a house surgeon at ASRAM Hospital while perusing her MS and was actively saving the lives of those infected with the coronavirus. Unfortunately, a few days ago, she contracted the virus and was admitted to a local hospital on Monday. She died within hours.

Telangana doctor dies of COVID-19, a week after she gave birth

Dr. Farha Niloufer, 34 years old, a government doctor from Gajwel district of Telangana, passed away due to COVID-19 a week after childbirth.

Dr. Farha did her MBBS from Shadan Institute of Medical Sciences and MD in Paediatrics from Niloufer Hospital, Hyderabad. An Assistant Professor in pediatrics, she was posted as a Clinical Associate at Area Hospital in Gajwel.

Hours after testing positive, 26-yr-old doctor dies of Covid complications

Dr. Anas Mujahid, an MBBS graduate from Delhi's University College of Medical Sciences, was on duty at the OB-GYN ward till Saturday afternoon and got tested for the virus at 8 pm that night. Around 3 am on Sunday, he died due to intracranial bleeding. Doctors said he had no comorbidities. One of the youngest doctors who succumbed to the virus at GTB Hospital, his professors said he was a shy, sweet and bright student. "It's heartbreaking to lose a young and bright doctor." (33)

Frontline warriors ensured low COVID-19 death rate in Udupi.

Deputy Commissioner G. Jagadeesha said that Udupi was one among three districts in Karnataka that registered the lowest deaths owing to COVID-19. The district is separate from the other two as COVID-19 patients in those districts were shifted elsewhere for advanced treatment, while critical patients were treated in Udupi itself, he said.

COVID-19 survivors' tales | Telangana government official comes back from the jaws of death

It was nothing short of a miracle for 57-year-old District Welfare Officer, Women Development and Child Welfare department in Telangana Government, who came back from the jaws of death after fighting COVID-19 for almost a month in a corporate hospital in Secunderabad.

"Death is everywhere," said Dr. Sameer Khanijo, who works in pulmonary and critical care medicine at Northwell Health. "We do our best to fight it. We do our best to stave it off. But we're having a hard time right now."

Covid Frontline Warriors: We risked our lives, now no one listens to us

During May last year, when the country was reeling under the blues of the second COVID wave, Jyoti Dahiya, 24, used to go to a government COVID Care facility and start her night duty daily at 7:30 p.m. She used to take over the charge from the afternoon team, don the PPE kit, and begin attending patients, which went on till eight in the morning.

Ms. Dahiya is one of the 93 nursing officers who worked with the Delhi government during the second wave of the pandemic, and have been protesting for the past 15 days over the termination of their jobs (34)

No dignity in death for COVID-19 warrior

Fifty-eight-year-old Victoria Jayamani, the head nurse of Government Chest Hospital, Hyderabad, who became the first among the nursing staff to succumb to COVID-19 after selfless service on June 26, could not get the dignity that is reserved for a deceased person.

While officials and the government recalled her services and assured all help to the family, the near and dear ones of the senior nurse are aghast that they could not provide a decent burial for her. She is not alone in suffering even in death (35)

Unseen Warriors of COVID: 'Death and grief has made us numb,' say Aligarh's overworked frontline workers

The struggles of doctors, nurses, sanitation workers, cremation and cemetery employees, and other healthcare support providers, are quite visible in Uttar Pradesh's Aligarh, a city that caters to the health needs of several nearby districts of Western Uttar Pradesh. With a steady rise in the COVID cases, the city is reporting an average of more than three hundred new cases daily. According to the official data, the total number of cases has reached 2,634 and deaths 99. However, the actual count of casualties on the ground is alleged to be far higher.

A large number of deaths and the atmosphere of helplessness and grief around have also affected the doctors significantly. "We have become numb. This (COVID crisis) affects us somehow." Dr. Mohd Kashif, President, Resident Doctors Association, JNMC said. (36)

Physicians from all specialties may die from COVID.

Lack of personal protective equipment was cited as a common cause of death." indoors: bad, outdoors: good". A Japanese study from Spring 2020 that examined 110 cases of COVID-19 and their transmission pathways found that "the odds that a primary case transmitted COVID-19 in a closed environment was 18.7 times greater compared to an open-air environment."

Shock of the death of frontline Health Care Professionals on their Family

Due to the uncommon type of the pandemic, most countries could not restrict the surge of cases, thus leading to a massive outbreak (37)

Healthcare workers' jobs in such a situation were in the context of high personal risk of becoming infected (38,39).

A large number of health care workers were infected with COVID-19 and a significant proportion among them lost their lives in almost all parts of the world (40).

Summary

The world of medicine is in great precarious globally. The nation has repeatedly saluted frontline healthcare workers for their service during the coronavirus pandemic

COVID-19 has been interconnected with an elevated mortality in physicians and health care workers. Until an effective cure/vaccine is succeeded, risk assessments at work, adequate supply of personal protective equipment (PPE) and enhanced protection against infection are mandatory to protect health care professionals on the coronavirus frontline. The main goal of most vaccination strategies is to be able to induce a strong and healthy virus-specific neutralizing antibody response in the host. COVID-19 has left the frontline health care professionals with health uncertainty. The virus has donned upon the frontline health care professionals to a larger extent leaving a deeper impact on their physical and psychological well-being.(41)

CONCLUSION

Death in the line of duty is the doctor's ultimate sacrifice, which may be compounded when physicians unknowingly infect family members (42)

The general public may not comprehend the importance of self-isolation measures to contain the COVID-19 pandemic until a physician dies fighting the virus (43)

Forefront medical workers and researchers have played a foremost role in combating against the COVID-19 outbreak (44).

Many recent studies have highlighted the psychological issues which has impacted the lives of the frontline health care professionals (i.e. depression, anxiety, insomnia, and post-traumatic stress symptoms) (45,46).

In conclusion, physicians from almost all medical specialties have capitulated to COVID-19, and all demand personal protective PPE. Doctors who were 59 years of age or older accounted for three-quarters of COVID-19-related deaths. If senior or retired physicians are recalled to work during the COVID-19 crisis consideration should be made to place them away from the front line due to the higher risk of mortality.(47)

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