

Management of Patients Experiencing Anxiety During the Coronavirus Disease: The Main Role of Healthcare Providers in a Special Crisis

Dear Editor,

As the coronavirus disease spreads across the world, the rate of psychiatric disorders such as anxiety, depression, somatic symptoms, panic disorder, self-blame, Posttraumatic Stress Disorder (PTSD), feeling guilty, psychosis delirium, and even suicide have been increased in healthcare providers, quarantined family members, and the patients. Inadequate knowledge regarding the route of transmission, incubation period of the virus, being sick or dying, helplessness, isolation because of lockdown states, treatment and safety measures, financial crisis and insecurity regarding the future may cause anxiety.^[1,2] Therefore, psychological intervention, supportive care, and symptomatic treatment are needed as adjuvant therapy methods to help the patients. Psychological intervention can integrate the patients into society and reduce their psychological disorders.^[3]

A variety of psychosocial preventive strategies such as effective communication and client education should be carried out while discrimination or stigma need to be recognized as major problems. Effective and early management of health emergency should be implemented while healthcare providers need to be guided by evidence-based hospital protocols about adequate protective measures.^[4]

Scientists should identify unmet needs and provide appropriate information to reduce the impact of frustration, anxiety, and all the negative emotions and pre-existing psychological distress as main barriers to manage psychological consequences and social crisis related to the pandemic. Furthermore, internet access, telephones helplines, active social networks, forums and dedicated blogs should be implemented to reduce loneliness and isolation to allow affected individuals to have a good communication with their loved ones.^[5]

In conclusion, implementing community-based strategies to support psychologically vulnerable individuals during the coronavirus disease is important. Scientific work flow, careful psychological and medical cares are recommendable as a part of the global preparedness efforts.

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Conflicts of interest

Nothing to declare.

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