

A new normal

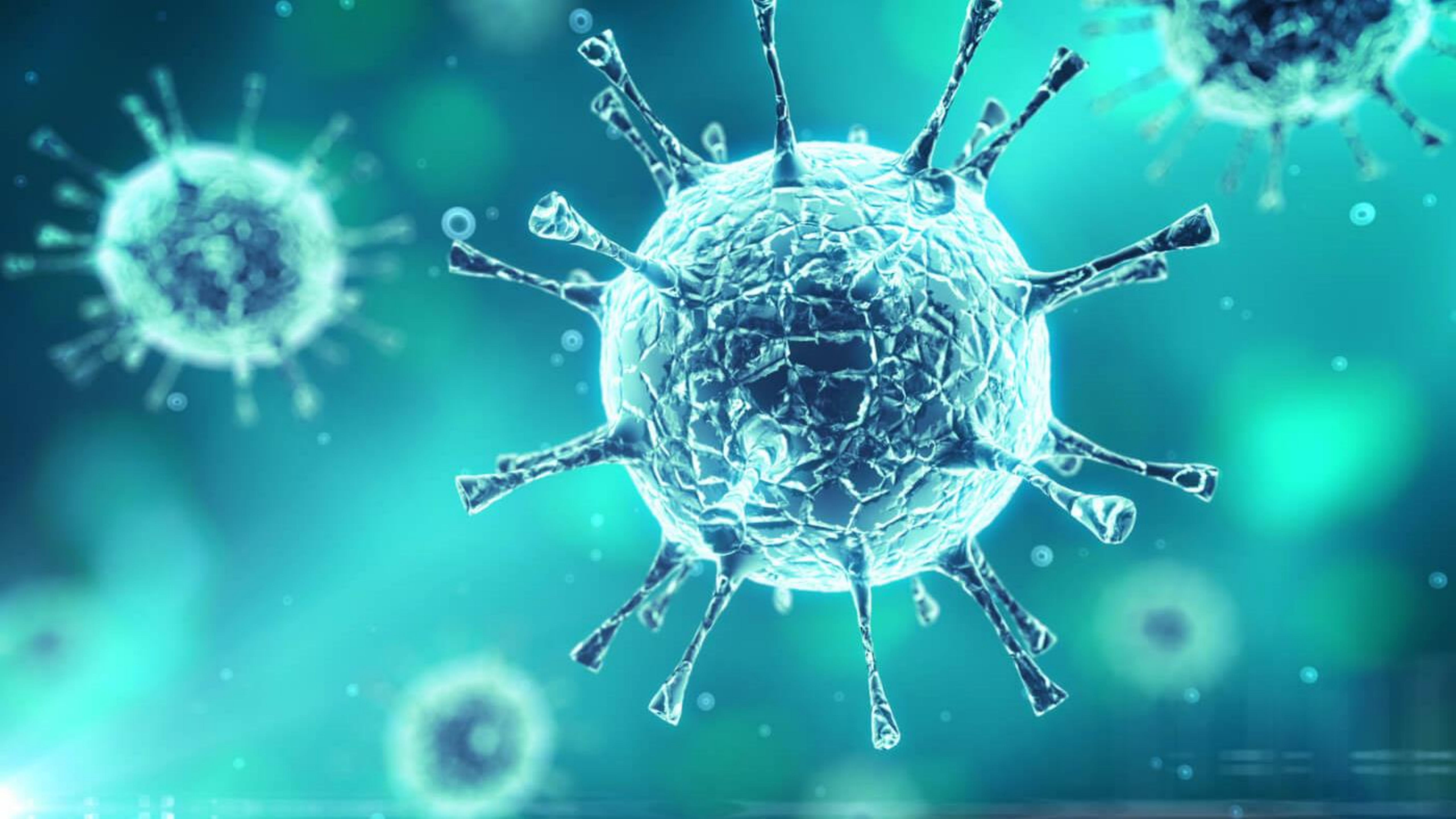
CORONA-
VIRUS

FAKE
NEWS

Post Coronavirus Mental Health Challenges: A New Normal

Post coronavirus era

- 1.virus infection by itself has had its mental impact
- 2.potential impact of virus on brain
- 3.shifts in practice of psychiatry
- 4.shifts in academia
- 5.New normal



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- virus infection by itself has had its mental impact
-

•virus infection changed our ways of life and mindset

- bereavement and grief
- self control and self management
 - lockdowns at home requires lots of self control and self management
- uncertainty
 - no one could be sure of what happens next and thus planning for life is not easy
- interconnectedness
 - we need to stay home because we are interconnected
- social distancing

bereavement and grief

- Bereavement is the experience of losing a loved one.
- Grief is a term used to describe the natural reaction to the loss of a loved one.
- Losses associated with COVID-19 could be complicated by physical distancing protocols such as limiting large gatherings, difficulty traveling to services, and the possibility of not being able to be with loved ones who are quarantined or in isolation.
- Acute grief can feel excruciating and never-ending. Also, immediately after a loss other feelings such as anger, confusion, and difficulty returning to a normal routine may seem unexpected.
- As painful and disruptive as these thoughts, feelings and behaviors are, they are our body and mind's way of giving ourselves space and time to learn the full impact of the loss, to accept the new reality, and to build new meaning in our lives.
- The presence of close friends, loved ones, and family members is important in helping bereaved people through this process, yet the necessity of physical distancing due to COVID-19 can make this difficult.

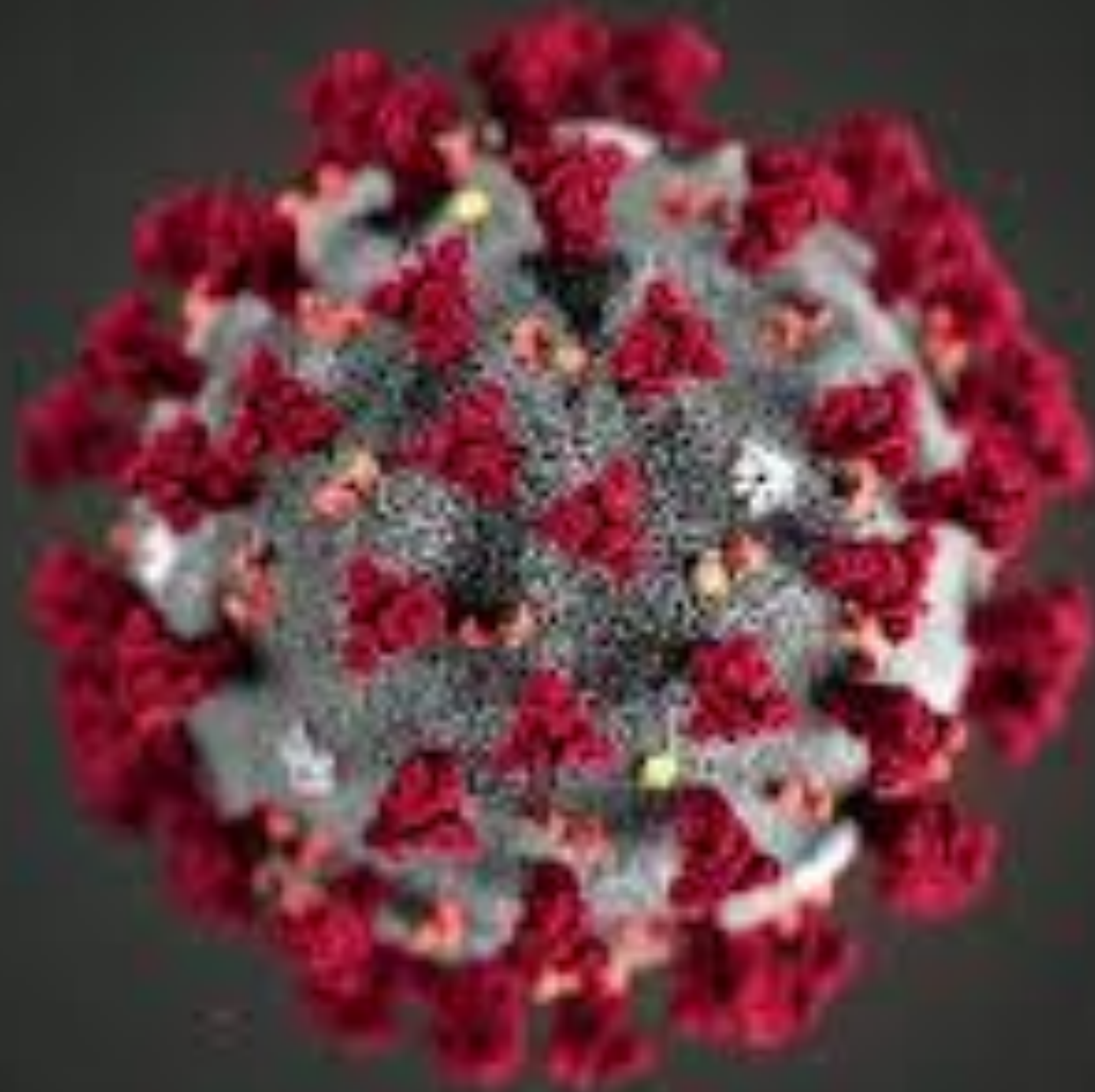
The Mental Health Consequences of COVID-19 and Social Distancing

- anxiety
- depression
- suicidality
- self harm
- use of substance
- child abuse
- PTSD
- domestic violence

The impact on mental health is often immediate
aftermath and then persist over long time period

child abuse and domestic violence

it is critical that we have in place
mechanisms for surveillance, reporting, and
intervention,



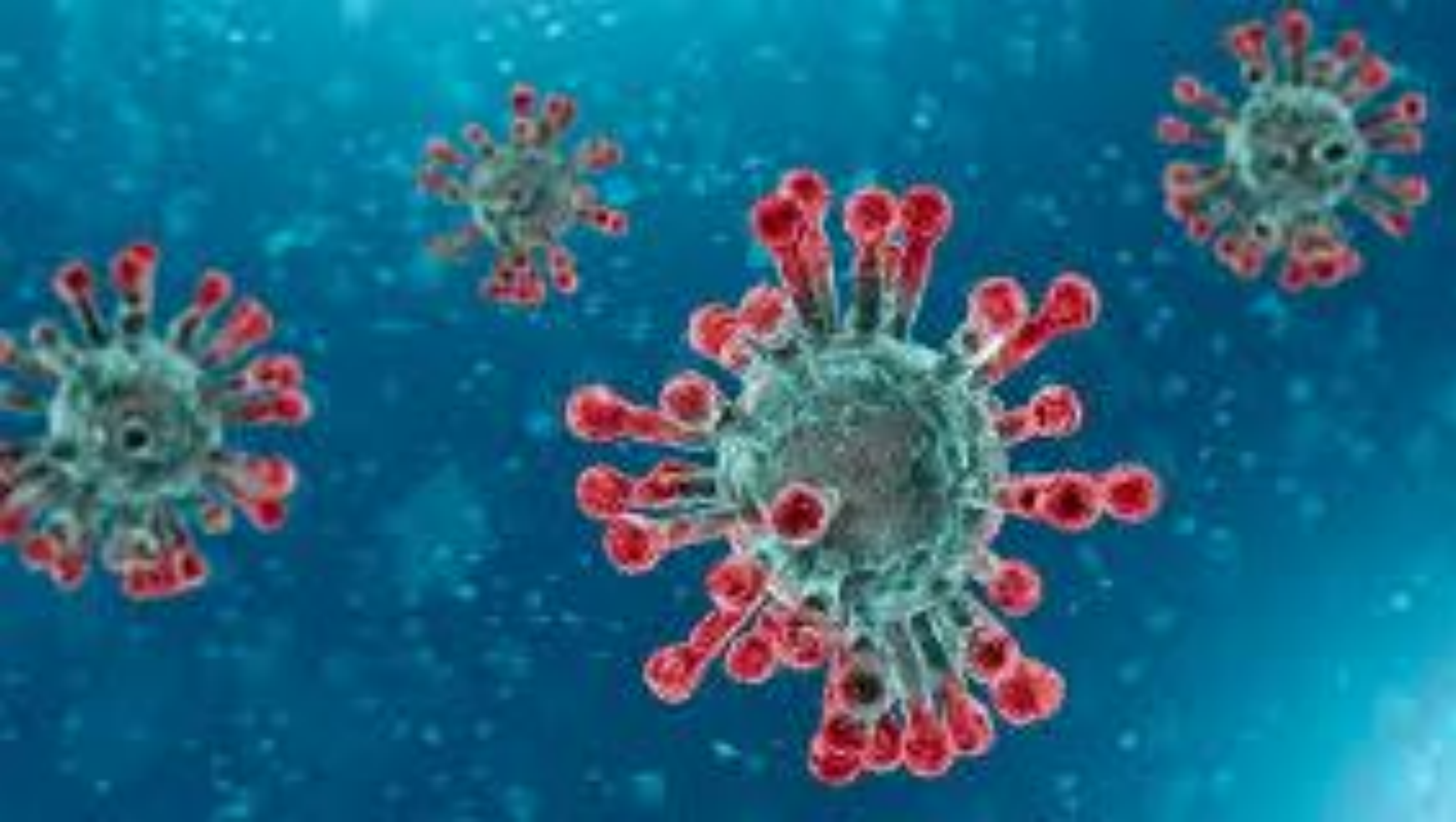
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Potential impact of virus on brain

Potential impact of virus on brain

- Post infectious Depression
- Encephalitis with behavioral symptoms/psychosis?

In a retrospective study of 214 patients in Wuhan, China 36% had CNS symptoms or disorder and the subgroup of 88 patients with severe respiratory disease had significantly increased frequency of CNS problems (45%).⁹⁷ The problems reported include dizziness, headache, loss of smell (anosmia), loss of taste (ageusia), muscle pain and weakness, impaired consciousness, and cerebrovascular complications.



3

shifts in practice of psychiatry

shifts in practice of psychiatry

- Use of various Telehealth means (Telephone, whatsapp, skype, videoconferencing etc...) for two main purposes
 - meds refills/prescriptions where there is no initial comprehensive psychiatric assessment is needed
 - psychotherapy especially using behavioral/ Cognitive behavioral protocols



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shifts in academia

post coronavirus academia

more online training

less clinical exposure

uncertainty and short term outlook

less communication

potential downfall of online training

- undermining medical education as teaching art of medicine NOT just sharing information
- communication is more than giving information
- communication is bidirectional
- communication regulates the quality and quantity of information sharing
- Non verbal communication is far more important than verbal communication



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New normal

new normal

- social distancing, isolation and closure/restrictions for public places means taking away spontaneity and live parts of life
- uncertainty outlook in all aspects of personal and work life
- more online training and practice
- less clinical practice for trainees
- less communication
- more confusing information overload