



Under COVID-19 Stress, What We Have Done, How We Are Doing, and What Shall We Do?

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Abstract: From the end of 2019 up to now, novel coronavirus (COVID-19) has swept the globe, bearing down menacingly, and generating massive burden not only on government and hospital, but also on almost every single person, especially medical workers. We are anesthesiologists, surgeons, and nurses in Beijing Hospital, witnesses of this cruel battle. I'd like to describe what happened in our real life in the past few months, how dose the epidemic situation change our lives and work, and what will we do in the future.

KEYWORD COVID-19; Stess; Medical workers

1. The Past Can't Be Traced

1.1 Expedition

Explosive news broke the joyous circumstances of the Chinese spring festival, City Wuhan, Hubei Province, the severely COVID-19 afflicted area, was lock down since January 23rd, 2020. We realized the aggravation of the situation and canceled our scheduled tours, visits and parties one after another. We stayed at home all day except when procurement or on duty. We focused on the affair development and waited for the enlist of hospital at any time.

On January 26th, 2020, the second day of the Chinese new year, the first medical team of our hospital rescuing Hubei Province set out, and Jie zhai, supervisor nurse of our surgical anesthesiology department, was on the list of 20 fighters. When ambiguous future and life-threatening danger ahead, it was rather hard to bid farewell with aging parents, callow children and familiar colleagues. Thousands of words about taking care and being health turned into four lines of hottish tears. At that moment, we are not only someone's wife/husband, someone's mother or daughter/father or son, but also medical workers bearing heavy responsibilities. At that moment, we felt we are more than who we are. We are the bravest warriors and the toughest soldiers to defeat raging virus.

1.2 Torture

The following days we trapped at home together with our family, masks sold out, vegetables scarced, prices of daily use material went up, no elective surgery submmited, and morning lectures canceled. Every body immersed in a tense, worry, and anxiety mood, ceaselessly washing, sterilizing, and refreshing the news and Wechat, searching for messages from the front line. Director of our department MingZhang Zuo set about to formulate a protection guideline of anesthesiologist airway management with other airway experts, aiming to protect medical staff and decrease spread of the disease. The second medical team of 123 fighters followed up on Feburary 7th, 2020, with a bunch of protection equipments. This time our venerable dean JianYe Wang was in command by himself. Before left, he made an oath that all his team members must go back safe and sound.

What happened in Wuhan was dreadful. The raging virus took away many lives including medical workers although being taken good care, paralyzed medical institutions both public and private, and caused enormous loss and anguish on broad masses of people. Fortunately, government strictly controlled the chaotic situation, increasing publicity input and reallocating medical resources, and then the sick city gradually recovered under unsurpassed efforts of whole national people. Rushing into rescue in a planned way, such as adequate and in time equipment supply, and the mobile cabin hospital built-up in short term, all of these healed the wounds left by the severe infectious disease. Our third medical team of 8 fighters hurried off for rescue on February 22th, 2020, they are all males, strong and passionate, injecting fresh blood for the battle once again. On April 8th, 2020, after experiencing disaster and salvation, the sleeping city Wuhan restart at last^[1].

1.3 Triumphant

After extremely hard and bitter work, our heroes returned home in triumph on April 6th, 2020, passed through fourteen days' quarantine, on April 21st, 2020, a royal welcome ceremony was held grandly. Staff hugged their long lost friends, ardent father held up his lovely son, husband kissed his long-separated wife, and a young doctor made a successful proposal with a beautiful hero nurse. We are brave when we have to, we present strength in face of danger, and we enjoy the victorious joy, yes, we made it at last. All together 151 heroes went home safely.

Although we have submitted a satisfactory paper, we all don't like to mention the period of time--there are too much pain, sorrow, excitement and tears in the historical moment.

2. Live In The Moment

2.1 Revive

The past can be hurt, and we can either run from it or learn from it. Early in late February, our hospital have carried out novel coronavirus nucleic acid test. We could screen patients by ourselves, discriminating suspected cases and admitting emergency or selective surgical patients. Whole March, April and May, rate of utilization of hospital beds increased gradually from 0 to 70%. More and more suspensory operations have been done. We were used to monitoring temperature and supplying past 14 days' journey track whenever entering public places, and wearing surgical mask whenever leaving home^[2].

Although out-city trip was not allowed, since there was no new case of COVID-19 in Beijing continuously over 50 days, some of us began to get together having a quick simple meal, our children went back to school successively, and deliveryman could delivery cargo at our front door again. Hospital called upon us to roll up sleeves working harder, and the postponed college and high-school entrance examinations had been scheduled, and all walks of life were unfreezed and welcome their delayed spring. The situation looked good. It seems like that the epidemic disease has been away from us.

2.2 Blockbuster

Suddenly a big news broke the hard-won calmness, on June 11th, 2020, a 52-year-old male patient in Xicheng district was identified as COVID-19. Every person's just relaxed emotion became tense again. But this time, we had suitable psychological anticipation and previously acquired experience. This was a challenge also an opportunity to try our hands at the epidemic disease, knowing if we were prepared well enough.

Rapidly, Beijing set up first-order response, government, center for disease control and prevention. Hospitals, schools, and subdistrict offices went into action. Our children went back home again after transient school-open. Epidemiological investigation quickly locked the contaminating resource — Newfoundland market in Fengtai district. Thanks to the Wechat and Alipay big data, thousands of people who had ever been to the market in ten days were traced and quarantined at home instantly.

On June 14th, 2020, our hospital imminently deployed A04 quarantine inpatient ward to receive and cure suspected patients. Then the whole city started a craze of nucleic acid test. On June 20th, 2020, all our staffs conducted the test ourselves, insuring safe to coming patients, and we allocated 200 staff to do the test for community and school. Dr. Jie bao and Dr. RuiFang Jia of our department are members of them.

During that time, one of our emergency patients who was pregnant requiring for cesarean section was identified suspended case. Two days after surgery, intimate-contact staffs were quarantined at C02 inpatient area, centrally collective management, Dr. JingJing Zhang and Dr. JunFeng Li, two anesthesiologists on duty that night, got a full time rest for seven days in separated ward, until the patient was excluded from the suspension.

2.3 Appease

All of the control and prevention managements underwent nervously and orderly. We paid close attention to every high-risk and middle-risk street, road and district everyday. People living in the high-risk area weren't allowed to enter our hospital, and staff living in the middle-risk area must supply lately nucleic acid test with negative result before entering work area. It seemed like that all we should do have already done.

One month later, finally, we got over the toughest time. After many day, Beijing had no newfound cases any more. Students took part in college and high school entrance examination as scheduled. Again we submitted a satisfactory paper, what we have to say, we have indeed learned a lot from the past^[3].

3. The Future Can Be Expected

3.1 Hope

Things didn't always go the way we planned, after denial, angry, bargain and sadness, it was time to accept the fact that we will coexist with novel coronavirus for a while before defeating it.

At the first stage of the battle, we were unprepared, flustered, and bewildered; on the second round, we recognized the enemy, grasped some of its characteristic, and could handle it whenever it arises; then the next step should be our home court, we should think ahead, go into action, and be committed to eliminating the raging virus from the very beginning. Research and development of Vaccines have been carried out, many treatment methods have been tried and introduced into trials.

3.2 Change

The epidemic situation has changed our life invisibly. We spend much more time with our family and reinforce the protection to more higher level ; we become patient teachers companying our children to study internet-classes; we practice defensive mechanism in face of unexpected accident; we introspect on ourselves and come across another leisured composed selfhood; we understand the meaning of life more thoroughly, making more efforts to live, to share and to give.

Professor Mingzhang Zuo's anesthesiologist protection guideline has been published in early February, being of massive referential value. Dr. Zhe Jia unexpectedly found a new high-salary job at this crisis time. I spent much of time to read articles about COVID-19, aspiring to discover thread of spider and trail of a horse. Dr. RuiFang Jia's son got into his favored middle school. Dr. Ning Yang gave birth to her second child, a little princess. Dr. Jie Bao will marry his fiancée in the near future. So many beautiful things are still continued. We have enough reasons to believe that the future is expected.

3.3 Vision

From biting cold winter to burning hot summer, we have experienced ordeal of vital importance, with gradually alleviating the daily life prevention equipments and increasing the empirical value of solutions. We will finally break the

chains of epidemic disease. Whatever happened, graduates of this year eventually said goodbye to the past, and would embrace their brand new future. More and more students aspire for being a good doctor, inspired by medical workers' sacred professional integrity, and having qualified successors is rather gratified for us.

Hoping one day medical recues have no country-border, and "one world one dream" will come true;

Hoping one day our children can breathe freely and laugh merrily, leading better lives cared by the best science;

Hoping one day when we look back our lives, we are satisfied with our noble character and gainly posture.

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