

Neuroscience and Neurological Disorders

March 18-19, 2022 | Webinar

Health and Wellness in the midst of Covid-19, an emotional relationship

Santiago Restrepo Garizabal

Professor Corporación Universitaria Americana, Colombia

The Covid-19 outbreak has caused fear, the growing number of patients and suspected cases, and the increasing number of cities and countries affected by outbreaks have sparked public concern about the possibility of becoming infected. In several countries it can be seen that fear is increasing. We will address important issues that revolve around public health and mental health. The chapter was developed from a research results review perspective where the results of published research on Covid-19 between 2019 and 2020 are analyzed, systematized and integrated, in order to account for progress and development trends around this matter. The future is difficult to anticipate due to this COVID pandemic that continues to grow in many countries despite vaccines and advances in medicine. Due to the outbreak of

the coronavirus disease, the WHO declares a global pandemic with a health emergency on all continents as of January 30, 2020. Chen, Liang, Li, Guo, Fei, Wang, He, Sheng, Cai, Li, Wang and Zhang (2020) carried out a psychological treatment addressing three parties: the medical team with common psychological problems; advice on how to support the psychological problems of patients and finally how to manage their own stress. On the other hand, they worked only with medical personnel who care for people with Covid-19 and its effects on psychological problems. In the end, early strategies are proposed that aim to prevent and treat indirect injuries in medical personnel and the general public.

e: srestrepo.neurociencia@gmail.com