

COVID-19 Infection and Sars-Cov-2

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EDITORIAL

Coronaviruses, named for their spiked surfaces that resemble crowns, can cause common cold to severe respiratory illness. The coronavirus disease, abbreviated COVID-19, appears to be highly contagious. The 2019 novel coronavirus, previously called "2019-nCoV" is now termed SARS-CoV-2 due to its similar genetic make-up to SARS-CoV [1].

Symptoms and Outcomes

COVID-19 causes symptoms such as dry cough, fever, breathing difficulties, shortness of breath, body aches, nasal congestion, and sore throat. Symptoms may be mild and appear as 2-14 days after exposure.

Most people (80%) will recover without needing special treatment, while one out of six people will become severely ill. Older individuals and those with underlying medical problems like cardiac disease, lung disorders or diabetes, are at a higher risk of developing serious illness [1].

Nurses in Corona

The coronavirus pandemic nurses are not at all highlighted in the media spotlight. They are being foreshadowed as lifesaving heroes on the front lines of the pandemic. This pandemic fight is a team effort, but nurses have a very unique role in patient's care. In intensive care units, 86% of patient care time comes from nurses, while only 13% comes from physicians [2].

Nursing diagnosis

A nursing diagnosis provides clinical judgment about the patient's experiences and responses to potential coronavirus infection. It can include: Possible exposure to COVID-19 virus, patient's knowledge about transmission of COVID-19, fever, and anxiety [3].

Nursing interventions

Nursing interventions for COVID-19 should focus on monitoring vital signs,

maintaining respiratory function, managing hyperthermia, and reducing transmission [3]. COVID-19 can spread from infected small droplets (nose or mouth) [1].

- **Vital symptoms** – Particularly temperature and respiratory rate, as fever and dyspnea are common symptoms of COVID-19 [3].
- **O₂ saturation** – Normal O₂ saturation as measured with pulse oximeter should be 94 or higher [3].
- **Fever** – Use appropriate therapy for hyperthermia [3].
- **Isolation** – Isolation rooms should be well-marked with limited access [3].
- **Social distancing:** It is important to stay 6 feet away from any person who is sick [1].
- **Hand hygiene:** To wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizers. Avoid touching your eyes, nose, mouth, and face with unwashed hands [1].

Educate the patient and patient's family members [3]. Cautious practices coupled with early identification and treatment may help in the prevention of this virus and can potentially decrease mortality [1].

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