

Intervention for Maua' s health workers at covid-19 pandemic facing



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The health workers have been challenging, for more than a whole year, conditions concerning the Covid-19, and upon that situation they have been showing psychological distress.

The fear related to contamination, the risk of carrying the disease to their loved ones, losing their colleagues who acted directly with the care of patients infected with Covid, all of those factors have increased or triggered many symptoms such as anxiety, depression, stress, and the mourning stages process.

Worried with this situation that have been only rising at healthcare workers class, the Permanent Education and the ombudsman, joined with the health secretary and also with the wish of the Municipal management in collaboration with Teaching Institute, studies were started in behalf of a project's intervention implementation with psychological support for

the front-line Covid-19 healthcare workers who helped patients with suspected or confirmed Covid-19 cases.

A key issue about the studies, speaks over the long period that the worker is exposed to the pandemic facing and all of the challenges of keeping themselves alive, caring for the other and don't let the patient die. In trying to solve all of these problems, where "the context is scarring", in the middle of several demands, in a context that brought a significant increase of those demands, many have lost their jobs, their health insurance and filled up the Brazilian Public Health System (SUS).

The professional in the middle of this context, feels often absolutely fragile, for its time, the Permanent Education, as a responsible for articulating the Health Care System, as well as their workers, at the process reflection, flow internalization, dynamics and professional profiles,

searches through the grief and sufferings gather with each other and start measures and interventions about proposing discussions about growth, satisfaction, and increase of the colaborator mental health issues.

In this context, the bidding and articulation in networking with Dr Adiel, Nardini' s Psychiatric Hospital coordinator, partnership with Uninove's Psychology College trainees through agreements, have increased measures of practices and actions in behalf of prevention and promotion. The Permanent Education, gathered with the Maua' s Health Secretariat and Ombudsman, have been searching incessantly to provide health based on principles and tenets permeated by the Brazilian Public Health System. ■

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