

Demarcating The Influence Of Various Approaches On COVID-19 In Jammu

And Kashmir: An Interview Based Survey

Taviqeer Un Nisa

Department of Zoology, CT University, Ludhiana (Punjab), India

Email: tszoology@gmail.com

Abstract

Demarcating corona virus strategy in Jammu and Kashmir is most vital approach that can reduce the continuous rise of COVID-19 confirmed cases. In Jammu and Kashmir and in the world, the proper vaccination of COVID-19 is lacking behind. Jammu and Kashmir is a union territory with a reduced amount of resourceful medical background. So this study aimed to show the influence of most of the strategies in Jammu and Kashmir to curb the COVID-19 pandemic, by using the method of 'personal interview'. By using this technique in this study, can support most of the decision makers, researchers, government of Jammu and Kashmir to grasp the status quo and get most of the awareness about spreading of COVID-19 pandemic and to curb this pandemic for future prevention. This approach followed by the people in Jammu and Kashmir attain results in more recoveries in the COVID-19 cases like imposing complete curfew in those areas where there where high rise in cases. This study also reveals that the government should take some initiatives to make some policies, rules and regulations, strategies to overcome the stress and depression that is caused among the population of Jammu and Kashmir due to this COVID-19 pandemic. This study also revealed that government should make some arrangements like constructing separate hospitals, COVID-19 test centres, COVID care centres to combat this pandemic.

Keywords: *COVID 19, Jammu and Kashmir, pandemic, strategy, SARS-COV-2, respiratory syndrome.*

Introduction

The worldwide COVID-19 pandemic or Corona Virus pandemic caused by critical Acute Respiratory Syndrome, Corona virus-2. SARS- COVID-2 begin with an outburst in Wuhan China in December 2019. This disease blowout to other areas of Asia as well and then worldwide in early 2020. The World Health Organization (WHO) stated this outbreak a public health emergency of international concern on 30th January 2020 and was retrieved. The occurrence had become a pandemic on 11 March 2020. The end of particular epidemic's have been defined in a variety of ways, according to academic field and differently based on location and social group. An epidemic's end can be measured as a social phenomenon, not just a biological one.

With the early outburst in Wuhan, the virus and disease were commonly referred to as 'Coronavirus' or "Wuhan Coronavirus" or the "Wuhan Corona virus outbreak" with the disease sometimes called "Wuhan Pneumonia". With reference to Jammu and Kashmir two suspected cases with high virus load were noticed and secluded on 4 March in Government Medical College, Jammu. One of them became the first confirmed positive case on 9 March 2020. Both individuals had a travel history to Iran.

Corona Virus or COVID-19, a large family of viruses that causes infection ranging from the common cold to more severe diseases such as Middle East respiratory syndrome (MERS-COV) and Severe Acute Respiratory Syndrome (SARS-COV). A novel corona virus is a new condition that has not been formerly recognized in humans and is of zoonotic nature. The instantaneous spread turn of COVID-19 has led an acute demand for successful preventive approaches against SARS-COV- 2.

World Health Organization (WHO) planned some strategies readiness and response plan and updated the strategies to switch and combat the COVID-19 pandemic. The tactic list was as:

- Evade gathering at public places, schools, hospitals etc.
- Maintenance of social distance .
- Covering of mouth during cough and sneeze.
- Implementing the behaviour of washing hands, spraying disinfectants and avoid touching the face and eyes, maintaining hygiene and diet.
- Home quarantine, if found any symptom of COVID-19, consult the doctor if it feels urgency.

The literature that is mostly published related to COVID, revealed much about these strategies and also their role. The two vaccines that are approved in India like Covishield-TM and CovaxineTM were found the most energetic vaccines to restraint the spread of COVID-19. But there have been a lot of queries about how long the effect of these vaccines on the immune response will last, whether this immunity will protect the person against new and evolving alternatives and the impact of other factors including our nutritional status and the factors that regulate our susceptibility to such infections. To report these surveys of efficacy and susceptibilities to COVID-19, Hindustan Unilever limited and Unilever industries private limited will afford CSR funding for a research project towards structuring a complete and multidimensional understanding of immune responses in vaccinated people.

The pandemic COVID-19 was growing endlessly and there was unavailability of vaccines or any specific treatment that it becomes epidemic as well as a major threat to the worldwide. Considering the molecular mechanism of corona virus disease 2019, pathogenesis and immune responders is vital for evolving therapies. Most of the plans that were demonstrated to crook this pandemic by the administrative government such as hospitals, Quarantine centres, complete lockdown, travelling restrictions, closure of schools, colleges, universities, workplaces, no public gathering at places such as shopping malls, hotels, restaurants, cinema halls, shrine places etc. To curb the COVID-19 disease, various diagnostic approaches were used. For this two types of tests were used such as RT-PCR and Throat Swab to detect this disease.

Joel *et al* (2020) presented their clarification that isolation contact tracing is a feasible method to control the spread of COVID-19. Henrick *et al* (2020) suggested that only strict quarantine measures such as complete avoiding or saying 'No' to outside household activity. This can corrupt the COVID 19 transmission. Workplaces were more susceptible to attack for new virus, due to gathering. Therefore different preventive measures and plans have been indorsed by the administration to prevent the infection in the workplaces. The another effective method to control the upcoming spread of COVID-19 is 'lockdown'. This recent study also purposes to expose the impact of policies adopted by the inhabitants of Jammu and Kashmir to combat COVID-19. This method is used in this study is 'personal interview' consisting of COVID-19 related queries. The goal of this study was to track the awareness and viewers of people object and K towards the cold 19 pandemic And also update the preventive needs to be added into strategies to minimise the mortality another objective of this study was to get information about the impact of COVID-19 strategies on mental health of common masses and to apprise the government intrusion about accommodations such as availability of quarantine centres, testing centres, staff in hospitals to cure COVID-19 affected people. This study also purposes to apprise the recommendations and precautionary measures about pregnant ladies, contaminated patients such as cancer, diabetes, kidney failure, cardiovascular diseases and other glitches by consulting particular specialists with distinct vivid quiries during the interview.

Methods used

The technique used in this plan is ‘online personal interview’ consisting of COVID-19 and it is policy to control related queries. The interview was conducted through online mode. The feedback form was framed as two different sets, for the general public and other for the specialists of different diseases such as cardiologists for heart disease nephrologist for kidneys gynecologists for pregnant ladies dentists for disorder and other general physicians for hypertension diabetes oncologists for cancer. the sample size was 500 in which 407 persons belonged to general public randomly selected in which COVID-19 recovered person is wire also interviewed from different districts of Jammu and Kashmir and 42 professional is from different private as well as government hospitals Of Jammu and Kashmir.

Results

The result revealed by the responses are most of the doctors emphasizes that kidney patients particularly with severe medical conditions appear to be at higher risk of COVID-19. The patients who were hospitalised with confirmed COVID-19 develop acute kidney injury where, the death rate is sophisticated. Acute kidney injury may be the cause of sudden loss of kidney function regardless of any other underlying disease, this can deteriorate the immune system of these patients. Mostly adults with old age underlying circulatory disease are at higher risk of COVID19 infection. These patients should endure the drug therapy of cardiovascular ailments as a life saving, nevertheless of that it plays a key role in virus mechanism. These patients must rehearsal home based cardiac therapy, as an substitute during this pandemic like exercises. These patients should also preserve the nourishment, hydration and cleanliness to check the cardiovascular disease. The results about the pregnant woman shows that they are more vulnerable to solemn contamination. Pregnant women may be at higher risk of ICU admission and ventilation. However, it is uncertain that the virus can cross the placenta. Majority of responses revealed that no virus has been found in newborn babies. The result is also exposed that 65% of sample population is under depression due to COVID-19 pandemic and a long term lockdown, as most of the people have turn out to be jobless and most of the people thought that COVID-19 is not curable disease so people are in plight. The results revealed by oncologists that cancer patients are at higher risk because they have feeble immune system. Hence they are more susceptible to infection like COVID-19 easily. These patients who receive the chemotherapy and radiotherapy as they are already immune compromised.

Discussion and conclusion

The cases of novel corona virus SARS-Cov-2 blowout across the globe at an increasing pace. The state wise assessments and predictions are needed to control the COVID-19 spread and become possible for decision makers to make decisions about the strategies and public involvement to combat this disease. Therefore, it is to be supposed that this forecasting investigation is very helpful for the government as well as population of Jammu and Kashmir in making robust and potential strategies to prevent the spread of COVID-19 disease. Jammu and Kashmir is low economic union territory with deficiency of medical facilities and lack of substructure of hospitals. In sufficient alertness sources which are affecting the situation further, as no medicine or vaccine is available yet to cure or corrupt the COVID-19 pandemic. So it becomes duty of general public that they should take cautionary measures to stop this pandemic. Based on the estimate conclusion to control COVID-19 through personal online interview of general public of 500 personals from different districts and 42 professionals of different fields from private as well as government hospitals of Jammu and Kashmir. This study also shows that vaccination is the most vital tool to arrest the spread of COVID-19. Among the approved vaccines in India covishield TM and Co vaccine TM has been in use widely.

Declaration

As a corresponding author, I do state that there is no any conflict of interest involved in the research paper.

References

1. Archived, W. H. O. (2020). WHO Timeline—COVID-19. *World Health Organization*.
2. Charters, E., & Heitman, K. (2021). How epidemics end. *Centaurus*, 63(1), 210-224.
3. McNeil Jr DG (2 February 2020). "Wuhan Coronavirus Looks Increasingly Like a Pandemic, Experts Say". *The New York Times*. ISSN 0362-4331. Retrieved 4 April 2020.
4. Zhu, H., Wei, L., & Ni, u P. (2020). The novel coronavirus outbreak in Wuhan, China. *Global health research and policy*, 5, 1-3..
5. Jiang, S., Xia, S., Ying, T., & Lu, L. (2020). A novel coronavirus (2019-nCoV) causing pneumonia-associated respiratory syndrome. *Cellular & molecular immunology*, 17(5), 554-554.
6. Chan, J. F. W., Yuan, S., Kok, K. H., To, K. K. W., Chu, H., Yang, J., ... & Yuen, K. Y. (2020). A familial cluster of pneumonia associated with the 2019 novel coronavirus indicating person-to-person transmission: a study of a family cluster. *The lancet*, 395(10223), 514-523.

7. World Health Organization. (2020).) *Coronavirus Novel 2019nCo -2019*): strategic preparedness and response plan.
8. Mondiale de la Santé, O., & World Health Organization. (2020). COVID-19 strategy update (as of 14 April 2020)– Mise à jour de la stratégie COVID-19 (au 14 April 2020). *Weekly Epidemiological Recod Relevéépidémiologiquehebdomadaire*, 95(19), 185-208.
9. Hellewell, J., Abbott, S., Gimma, A., Bosse, N. I., Jarvis, C. I., Russell, T. W., & Flasche, S. (2020). Feasibility of controlling COVID-19 outbreaks by isolation of cases and contacts. *The Lancet Global Health*.
10. Sjödin, H., Wilder-Smith, A., Osman, S., Farooq, Z., & Rocklöv, J. (2020). Only strict quarantine measures can curb the coronavirus disease (COVID-19) outbreak in Italy, 2020. *Eurosurveillance*, 25(13), 2000280.
11. Occupational Safety and Health Administration. (2020). Guidance on preparing workplaces for COVID-19. *US: Department of Labor*.
12. Guidance, C. I. (2020). Interim guidance for businesses and employers to plan and respond to coronavirus disease 2019 (COVID-19).
13. Sardar, T., Nadim, S. S., Rana, S., & Chattopadhyay, J. (2020). Assessment of lockdown effect in some states and overall India: a predictive mathematical study on COVID19 outbreak. *Chaos, Solitons & Fractals*, 110078.
14. Pascarella, G., Strumia, A., Piliego, C., Bruno, F., Del Buono, R., Costa, F.,... & Agrò, F.
15. E. (2020). COVID-19 diagnosis and management: a comprehensive review. *Journal of Internal Medicine*.
16. Li, H., Zhou, Y., Zhang, M., Wang, H., Zhao, Q., & Liu, J. (2020). Updated approaches against SARS-CoV-2. *Antimicrobial agents and chemotherapy*, 64(6).