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POINT OF VIEW

Coronavirus: the pandemic of pain and the awakening of Medicine!

In the 21st century, despite the advances of Modernity, technological resources and materialism, we are being challenged and so far overcome by a virus.

Young doctors, residents, specialists, are in the beginning of their medical careers, facing a somewhat unexpected pandemic that started on the other side of the world and does not spare poverty and other endemic diseases that are already plaguing our country. They will need strength and a lot of determination. A quick paradigm shift will be necessary: professionalism combined with compassion, dedication to others and protection of oneself, in short, the practice of naked medicine, with no time to train. The feelings that are the heart of Medicine will have to spring up! Many young doctors will feel their vocations tested, put to the test, and many will have a beautiful awakening to medical life. For medical life outside cell phone applications, protocols, the virtual world. For pure and simple Medicine, which aims to save lives and reduce the suffering of others, looking directly into your eyes.

Coronavirus generates severe systemic and respiratory involvement in a small percentage of people, but it represents, in absolute numbers, a threat to the capacity of public and private hospital care. We are proud to see the role of Sistema Ùnico de Saúde (SUS), public universities and public-private partnerships in confronting COVID-19 in Brazil. During hospitalizations, visits are prohibited and the human being suffers alone, dies alone, without friends or family. They only have the health team, which more than ever needs to come together and understand the importance of multiprofessional integration. Most of those infected will have mild conditions, but will be responsible for the spread of the fatal disease to others, if they do not respect the recommendations of social isolation. See what a lesson: everyone depends on each other, and on the good relationship between health, the economy and public power. Everyone fearing a disease with no protocol yet to save us!

We are not yet at the peak of the epidemic, but we will certainly get there. And we will need you to be responsible, kind and especially healthy. Exercise prevention, hygiene and respect for yourself and others. Personal Protective Equipment (PPE) is needed to work, to keep distance between colleagues during the discussion of cases, to have the necessary rest and to protect their families.

Medical societies join SUS bringing studies and ethical updates that should support the conduct and expand knowledge about the pandemic. In the case of children, the SBP has played an important role, releasing guidelines in various areas of practice almost daily to help pediatricians. Check the site frequently!

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Recommended reading

Covid-19 em crianças: envolvimento respiratório. Disponível em: https://mail.google.com/mail/u/0/?shva=1#search/sbp/FMfcgxwHMZSBkzvppbVXWdsgBkdjzbjr

O aleitamento materno nos tempos do COVID-19! Disponível em:

https://mail.google.com/mail/u/0/?shva=1#search/sbp+covid+19/FMfcgxwHMPdRPRfZMpdfFZWcKqqzRDnD

Recomendações para assistência ao recém-nascido nas sala de parto de mãe com COVID-19 suspeita ou confirmada. Disponível em:

https://mail.google.com/mail/u/0/?shva=1#search/sbp+covid+19/FMfcgxwHMZLFPfTqCKNjszvFzntzNbzk

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