Residência RP Pediátrica
Publicação Oficial da Sociedade Brasileira de Pediatria
ISSN-Online: 2236-6814

Submitted on: 06/07/2020
Approved on: 16/07/2020

POINT OF VIEW

The impacts of covid-19 from the point of view of two residents

Ana Carolina dos Santos de Carvalho[1], Renata Mota Vieira Guerreiro[1]

I remember that two days before entering the residency program, the TV channels reported the first patient infected with COVID-19 in Brazil. In the first days, the problem seemed to be far away, my routine organized in the outpatient clinics and on duty, as planned.

However, in the second week the situation took on great proportions with the acceleration of new cases. Promptly, the hospital services underwent integrated reformulations to support future patients. We implemented protocols for entry and exit of the sectors, use of PPE´s, training for professionals and creation of exclusive sectors to care for COVID-19 patients.

At that moment, I could see that my role in the hospital goes beyond being a resident of a specific sector, being a trained professional and willing to contribute, regardless of location. The routine at the outpatient clinic was not limited to selecting patients for their safety, but also guiding them on disease prevention measures, knowing the anxieties and controlling the treatment of their underlying diseases.

Adverse situations have always been part of the routine; in this moment, in particular the shifts became more intense. Upon contact with the first infected pediatric patients, several peculiarities in the anamnesis and physical examination were seen. The disease in its different stages, from the flu syndrome to the multisystemic inflammatory disease.

Social circumstances also play a part, the dilemma of a pregnant mother who chose to accompany her daughter in the hospital even though she is part of the risk group. Suffering situation that is also experienced by many healthcare professionals who are away from their family and friends during this period of fighting the pandemic.

Being part of this moment is a daily learning exercise for even the most experienced professionals. Being on the front line means dealing with the new, greater skill at work, studies, demands, exercise of empathy and above all, maintaining emotional balance, in the certainty of doing the best thinking about the patient and the family members who have placed their trust in us.

And now Jose?

José
And now Jose?
The party is over,
the lights went out,
the people is gone,
the night has cooled,
and now Jose?
what now, you?
you who are nameless,
that makes fun of others,
you who write verses,
who loves, protests?
and now Jose?

You are without a woman,
You are speechless,
You are without affection,
can no longer drink,
can no longer smoke,
spitting can no longer,

[1] PMR Resident Physicians in Pediatric Endocrinology - Pedro Ernesto University Hospital - State University of Rio de Janeiro.

Correspondence to:
Renata Mota Vieira Guerreiro.
Hospital Universitário Pedro Ernesto. Av. 28 de Setembro, nº 77, Vila Isabel.
Rio de Janeiro - RJ. Brazil. CEP: 20551-030. E-mail: renataguerreiro21@hotmail.com

the night has cooled,
the day didn't come,
the tram didn't come,
laughter didn't come,
utopia didn't come
and it's all over
and everything ran away
and everything got moldy,
and now Jose?

And now Jose?
Your sweet word,
your feverish moment,
your gluttony and fasting,
your library,
your gold mine,
your glass suit,
your inconsistency,
your hate - now what?

With the key in hand
want to open the door,
there is no door;
want to die at sea,
but the sea has dried up;

want to go to Minas,
There are no more mines.
José, now what?

If you screamed,
if you groaned,
if you played
the Viennese waltz,
if you slept,
if you got tired,
if you died ...
But you don't die,
you are tough, José!

Alone in the dark
like wild animals,
without the agony,
without bare walls
to lean against,
without black horse
flee at a gallop,
you march, José!
José, where to?

Could one of the greatest Brazilian poets of the twentieth century have imagined in 1942 that "José" would come to apply so adequately to the pandemic that swept the planet in 2020? José, written by Carlos Drummond de Andrade amidst the hostile scenario of the Vargas dictatorship and the second world war, is a representation of the poet himself and the Brazilian people, in that period of history taken by anguish, fear, tension, dissatisfaction, by hopelessness and existentialist reflections in the face of the uncertainties of the future.

COVID-19, born in Wuhan in late 2019, took the reins of 2020 from our hands to show how fragile humans are. Money, social status, education, beauty, youth and even good health, did not make any difference in view of its overwhelming potential for destruction.

The feeling of anguish is inherent in man's existence and in the last few months, we have seen it grow exponentially, as if holding hands with COVID. The uncertainties generated by the unknown forced radical behavioral changes in an attempt to stop something that cannot yet be actively combated. The dynamics of interpersonal relationships have been completely changed. Work became home office, school activities became video lessons and the affection between friends and family had to be, so poorly, replaced by virtual interaction.

While the population tries to adapt to the new world order, healthcare professionals, more than ever, put themselves present, on the front line, to protect those whom they once swore to care for. This class, increasingly devalued by society over the past few years, is reborn as a key player in the battle against the unknown.

Did doctors have their own fears and anxieties? What to say about the fear of taking something into their homes that they see killing so many patients before their eyes? How to explain that they would often be forced to work without personal protective equipment, simply because they did not exist? How to explain that, while the population would need to stay at home to protect themselves, for them the contamination would basically be a matter of time? How to explain that, in addition to their patients, they would also see colleagues dying? How to limit physical contact between doctor and patient when this is the foundation of the profession?

Like Drummond's "José", the doctor, lost, anguished, afraid and full of uncertainty about the future, questions his role in the world. However, it goes on. Where to? You don't know, but you go, because you need to.