



# An intervention strategy of COVID-19 in psychological hemodialysis patients

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## ABOUT THE STUDY

The novel coronavirus disease 2019 (COVID-19) outbreak in late 2019 is a newly discovered contagious disease caused by the SARS-CoV-2 virus, which first broke out in China, primarily manifesting as severe respiratory illness and human-to-human transmission, but can affect multiple organs, including the kidney, digestive tract, heart, and blood system. Its rapid global spread has caused widespread concern. We are still dealing with a devastating pandemic after 7 months, with local outbreaks on all continents. The World Health Organization (WHO) reported more than 10,000,000 confirmed COVID-19 cases and 500,000 deaths across 210 countries and regions by the end of June 2020. The infection has become a global emerging health threat.

To control the spread of this disease, scientists from various countries have concentrated their efforts on the study of its epidemiology, clinical features, modes of transmission, and management of COVID-19. Despite advanced medical science and resources, the impact on the public was direct and realistic, with a long duration and wide coverage; however, it may cause a series of psychological problems.

According to reports, viral RNA was found in both kidney tissue and urine; additionally, infectious SARS-CoV-2 was successfully isolated from the sperm and urine of a COVID-19 patient. In addition, COVID-19 infection was discovered in Maintenance Hemodialysis (MHD) patients in Hemodialysis (HD) centres. An HD centre is a unit with a high population density and mobility. MHD patients must visit HD centres three times per week. The risk of COVID-19 infection may be high during frequent trips between the HD centres and home. Furthermore, these patients have a variety of complications. Based on their psychological state, MHD patients may experience more

psychological problems than the general population during an epidemic.

COVID-19 is a rare pandemic. The closure of schools, businesses, sporting events, and meetings is an important component of "social distancing," a powerful tool for limiting disease transmission. Such unprecedented steps cause unprecedented anxiety and uncertainty in humans. MHD patients who are exposed to the COVID-19 epidemic are vulnerable to emotional pain and other difficulties. The current study quantitatively examined the psychological characteristics of HD patients' experiences during this epidemic, as well as the influencing factors of Post-Traumatic Stress Disorder (PTSD).

Thus, the current study assessed the psychological health of Maintenance Hemodialysis (MHD) patients in the context of the COVID-19 epidemic in order to provide emergency psychological intervention strategies.

COVID-19 is a serious threat to the mental health of both medical personnel and MHD patients. MHD patients with low Quality of Life (QoL), a depressive tendency, and who are in a COVID-19-designated hospital have a high incidence of positive PTSD. Early detection and treatment of mental illnesses are critical. Medical personnel, MHD patients, and their families collaborate to develop appropriate intervention strategies.

The current study has some limitations. First, because it is a cross-sectional study, prospective studies with large sample sizes should be used to confirm the findings. Second, because this is the first COVID-19 outbreak, there is no baseline data. Finally, due to financial constraints, only a few indicators were used for the psychological status survey, which should be improved in future studies.