



Correspondence

Evidence of psychosocial & somatic impact of the COVID-19 pandemic on Indian healthcare workers

Sir,

We read with interest the recently published article by Chakma *et al*¹, in your esteemed journal. It is a succinctly written paper, and we commend the authors for it. This is an area of interest for us as we are presently pursuing a similar study, and we would like to add a few points that we feel would enrich this article further.

COVID-19 has always raised anxiety and stress among healthcare workers (HCWs). Aside from the fact of human-to-human transmission of the SARS-CoV-2 infection, the presence of infected asymptomatic people has added onto the anxiety and fear in HCWs². Replacement of clinical visits with telemedicine has reduced the patient volume in clinics leading to cutting down of staff volume, thereby affecting private practitioners³. Some studies showed correlation between psychologic symptoms and physical symptoms such as headache, lethargy, anxiety and insomnia. There is also a strong association between clinical workplace environment stressors and long-term cardiometabolic risk⁴.

Apart from these, high risk of exposure to COVID-19 is associated with increased levels of stress, and there is evidence to show that raised psychological stress can trigger significant increase in inflammatory activities⁵.

Conflicts of Interest: None.

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