

Post Effects of COVID-19 on the Health Care Management System in Arunachal Pradesh

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Abstract

Initially, when the COVID-19 outbreak occurred, it bewildered the healthcare sector, but the pandemic challenged the health system to its maximum capacity, highlighting the importance of quick decision-making related to skills, manpower, infrastructure, community participation, and mass education. The study was conducted with a sample size of 200 respondents, including doctors and nurses, using a convenience sampling technique. The crisis was difficult for individuals as they faced stigmatization and social isolation, as the system was overwhelmed and could have collapsed due to a lack of preparedness. However, timely intervention by the government, along with proper risk preparedness, mitigated some of these issues. Post-COVID-19, this prompted the government to remodel and improve the health system. The complex relationship between the post-pandemic period and the people showed both advantages and disadvantages for the government and the healthcare system. The purpose of this study is to understand how post-intervention COVID-19 measures have changed people's behavioral factors towards the society of Arunachal Pradesh, as well as how it has influenced and reshaped our healthcare system.

Keywords: Covid-19, health care, post-pandemic, behavioral factors, community-level participation

1. INTRODUCTION:

The post-pandemic repercussions are not only disturbing for the health system but also for all public utility sectors, since it generates an unavoidable status for the global health care management system, which primarily affects people's mental health. The post-pandemic period has brought to light the urgent need for long-term investments in health care systems, particularly with regard to vital services and workplace safety. People are usually tormented by the term "post-pandemic" since it always brings up a variety of potentially fatal situations. Along with innumerable problems pertaining to the public, administrative, and healthcare sectors, the COVID-19 outbreak brought about the same. When the COVID-19 pandemic first struck, the health care industry was taken aback. However, the post-pandemic challenges forced the health system to

make the most careful decisions possible regarding infrastructure, manpower, skills, community involvement, and mass education. This development is hampered by the innumerable falsehoods that are spread by social media and poorly sourced manuscript preprints. This is understandable given that there are several aspects of the clinical course and post-impact management of COVID-19 that require clarification.

2. REVIEW LITERATURE:

The review of literature helps me clearly understand the depth of the study through past research conducted by many researchers. To conduct the research, I have reviewed the following previous studies:

Boissay & Rungcharoenkitkul (2020) For health reasons, post pandemic affects the elderly more than previous pandemics. The lockdown measures are more worldwide than their predecessors and have disrupted global supply chains, aggregate demand, and consumption patterns. This amplified the economic shock and heightened financial market volatility. Due to increasing borrowing and debt among people and businesses, short-term shocks are stronger than in earlier post-pandemics.

Martin (2020) Mobility data represent the time spent in different places. They prevent us from knowing the contacts' context, which is needed to understand how post COVID-19 spreads, such as in the workplace or society.

Xiu (2021) For the past 22 years, the rate of extreme poverty has been declining globally. Significant job losses, economic recession, and livelihood losses were brought on by post pandemic COVID-19, particularly for women. Many impoverished people are unprepared for the storm and lack protection due to inadequate social protection mechanisms.

John Hopkins (2020) Countries should "flatten the curve" by keeping individuals apart to reduce post pandemic cases daily. This will slow case growth and relieve medical facility burden.

Garrincha (2020) A modern economy is a complex web of interconnected parties: employees, firms, suppliers, consumers, and financial intermediaries," it states. Everybody works for, purchases from, lends money to, or conducts business with another person. A disruption in supply chains and circular flows will have a cascading effect due to the high degree of interconnectedness and specialization of productive activity.

Baker (2020) Post pandemic, there has been a significant rise in uncertainty, and there are no comparable historical occurrences. Given the speed of change and the pressing need for data, the authors suggest that in order to assess its impact on the economy, forward-looking uncertainty indicators must be used.

3. OBJECTIVES OF THE STUDY:

For the study of post-impact of COVID-19 on the health care management system in Arunachal Pradesh, the following objectives are taken for the research:

- To study the challenges faced by the health care system between the public and government during the post-pandemic.
- To study the effects of behavioral factors of the public during the post-COVID-19.

- To study the influence in preparedness for the risk of post-COVID-19.

4. RESEARCH METHODOLOGY:

The nature of the study is exploratory and descriptive for the post impact of COVID–19. The methodology of the study is discussed as follows:

1. **Targeted Population:** The population for the study includes the doctors and the nurses.
2. **Sampling method:** The method was based on convenience sampling.
3. **Source of Data Collection:** During survey the data shall be collected from both primary and secondary sources. To collect primary data, various tools will be used such as personal interview, schedules, informal discussion, observation etc whereas; secondary data shall be collected through newspapers, journals, thesis, dissertations and other unpublished information etc. Beside internet shall be extensively used while collecting secondary information.
4. **Sampling size:** The sample size for this paper is around 200 (**Two hundred only**)
5. **Questionnaire:** Questionnaire consist of following type of questions: Dichotomous and open and closed ended questions

5. ANALYSIS AND INTERPRETATION:

The analysis and the interpretation will be based on the questionnaire that have been collected during the study in order to understand the post impact of Covid-19 in health care management system. The following analysis is been made as per follow and their interpretations

5.1 Adequate supply chain for the logistics Post pandemic:

From the figure 1 pie chart, it can be understood that most of the respondents about 50% where strongly disagree and about 10% also disagreed with the combination around 60% were not satisfied with regarding the supply chain of logistics post pandemic. But the post pandemic covid-19 taught in so many ways that we have to be prepared for the near future with proper planning and inventories management.

Table 1

Particular	Agreements		Percentage (%)
Logistics	Strongly agree	10	5 %
	Agree	50	25%
	Strongly disagree	100	50%
	Disagree	20	10%
	Neutral	20	10%
	Total	200	100%

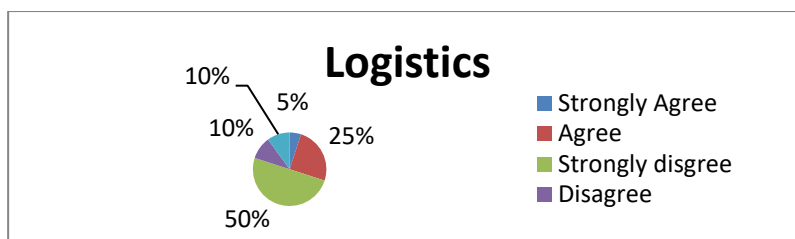


Figure 1

5.2 Underinvestment in public health care infrastructure is a long-term issue:

From the figure 2 pie chart , underinvestment in health care infrastructure is a sustainable issue since the health system was born from the following chart we can easily identify that most of the respondents' are strongly agree about 90% out of 100% regarding the underinvestment in health infrastructure. During covid-19 we have witnessed that health sector is still lacking in proper infrastructures. It is a wakeup call for the system to review the infrastructure of health sector in order to prepare for the post pandemic world.

Table 2

Particulars	Agreements		Percentage (%)
Infrastructure	Strongly agree	180	90 %
	Agree	10	5%
	Strongly disagree	-	-
	Disagree	-	-
	Neutral	10	5%
	Total	200	100%

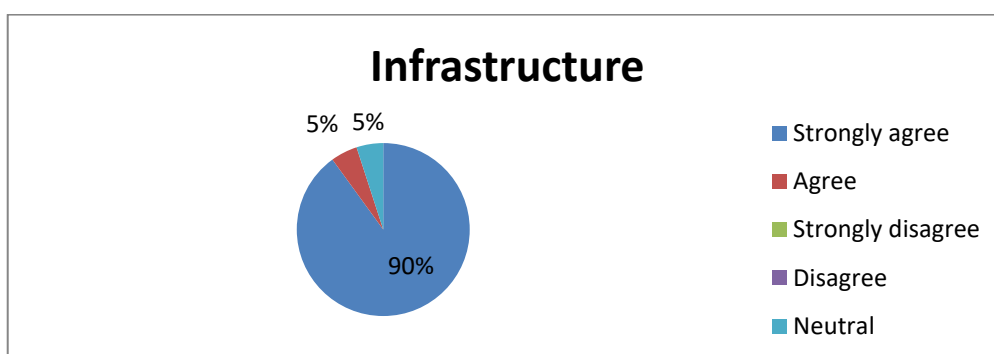


Figure 2

5.3 Shortage of trained representatives' crisis management team post pandemic of COVID-19:

The Covid-19 health care management system had problems locating skilled and motivated doctors and nurses before and throughout the outbreak. This is significant since the medical industry is highly regarded. Stay on track and uphold the highest morals. Therefore, we may wish to emphasize how important it is for everyone to have affordable and accessible health care. This requires the system to adapt its personnel management. Figure 3 reveals that 15% of respondents were neutral and 85% agreed. However, 85% think that the crisis management team needs more attention due to a lack of skilled personnel.

Table 3

Particular	Agreements		Percentage (%)
Manpower	Strongly agree	140	70 %
	Agree	30	15%
	Strongly disagree	-	-
	Disagree	-	-
	Neutral	30	15%
	Total	20	100%

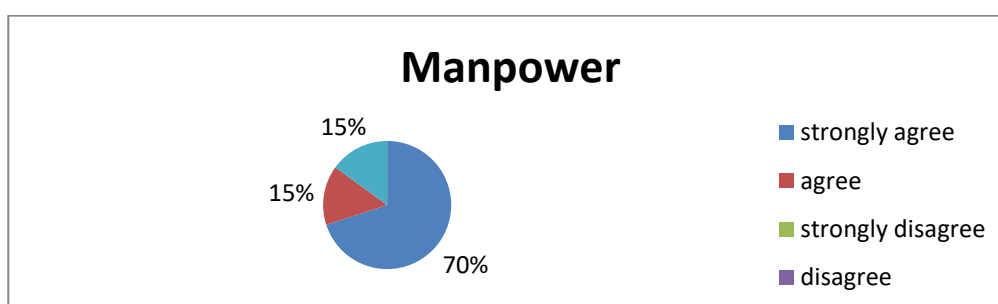


Figure 3

5.4 Lack of knowledge about the disease leads to stigmatization:

As Social discrimination against a certain group of people, location, or country in the form of a depressing attitude is known as stigmatization. As we can see, the majority of respondents—about 45%—strongly disagreed with the statement, and roughly 25% disagreed as well. Of those, roughly 70% responded as Since it all comes down to human behavior and how each person perceives the world, ignorance of the illness does not result in stigmatization. It is the duty of all people to adopt a supportive mindset during times of crisis; the more we help one another, the more we can develop. However, according to about 30% of respondents, this public emergency increases stigmatization, which inevitably makes people suspect the virus.

Table 4

Particular	Agreements		Percentage (%)
Stigmatization	Strongly agree	10	5%
	Agree	50	25%
	Strongly disagree	90	45%
	Disagree	50	25%
	Neutral	-	-
	Total	200	100%

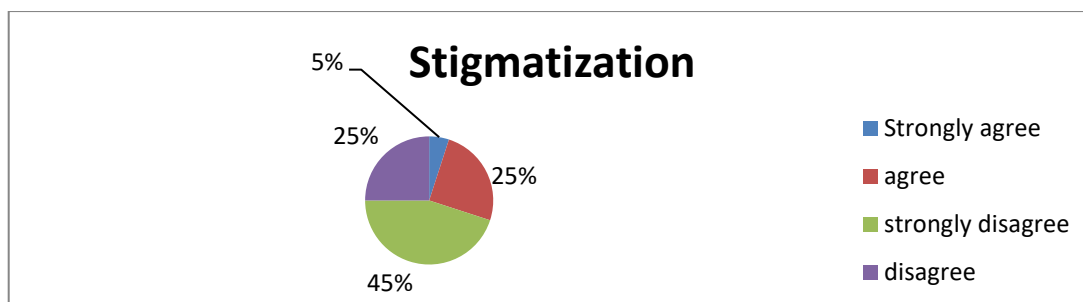


Figure 4

5.5 Stressful situation is a form of negative Attitude after COVID-19:

Figure 5 shows that 40% of respondents agreed and 60% disagreed that stress causes negative attitude. According to 60% of respondents, we should always be calm and relaxed as professionals. It's our responsibility to cope with the situation, and it depends on the person to create their own working environment and attitude. For example, COVID-19-related social distancing led to outpatient appointments being canceled, but the emergency ward was open 24/7 and saw virtual telemedicine appointments.

Table 5

Particular	Agreements		Percentage (%)
Stress level	Strongly agree	20	10%
	Agree	60	30%
	Strongly disagree	60	30%
	Disagree	60	30%
	Neutral	-	-
	Total	200	100%

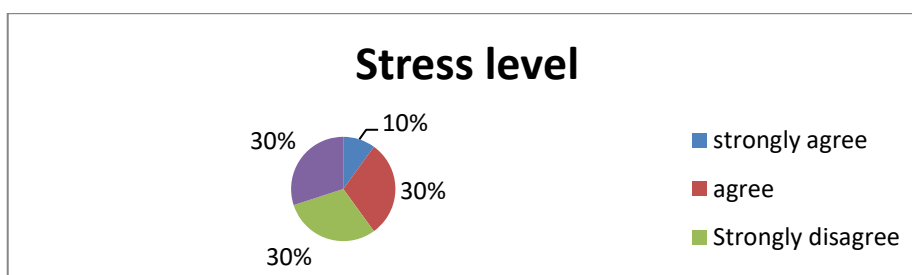


Figure 5

5.6 Did the public cooperate with health system to combat the deadly virus in post pandemic:

However, as time passed, people's perceptions of the deadly virus changed, and they saw it as an instant way to support the health system. However, in certain instances, people struggled with their financial crisis, which made it more difficult for them to deal with the system's procedures. About 75% of respondents strongly agreed and agreed out of 100% that the public has cooperated with the health system, as shown in figure 6. However, 25% of respondents remained neutral because they were aware of the financial constraints that some members of the public have faced.

Table 6

Particular	Agreements		Percentage (%)
Public cooperation with health system	Strongly agree	30	15%
	Agree	120	60%
	Strongly disagree	-	-
	Disagree	-	-
	Neutral	50	25%
	Total	200	100%

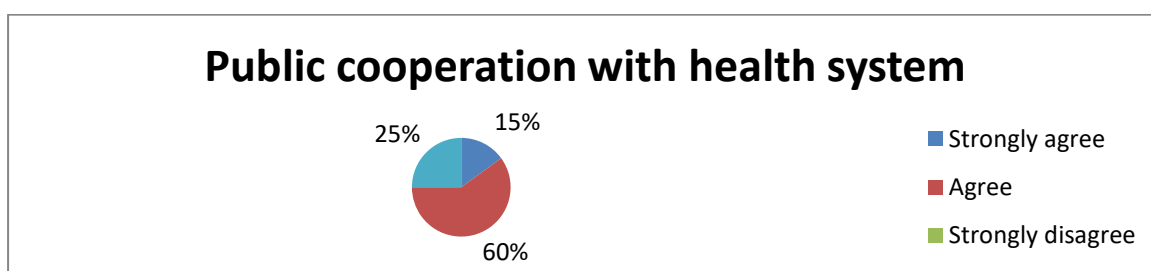


Figure 6

5.7 How public relies on the COVID-19 standard operating protocol after covid 19 pandemic:

The main components of the standard operating procedure (SOP) were mask wearing, frequent hand washing, personal protective equipment (PPE), face shields, and a 6-foot distance. Figure 9 shows that 15% of respondents strongly agreed and agreed that people followed the SOP provided by the health management system, while 55% disagreed that the public had complied with the regulations, and the remaining 30% of respondents were neutral. SOP was the only effective weapon in the fight against the post pandemic.

Table 7

Particular	Agreements		Percentage (%)
Standard operating protocol	Strongly agree	10	5%
	Agree	20	10%
	Strongly disagree	50	25%
	Disagree	60	30%
	Neutral	60	30%
	Total	200	100%

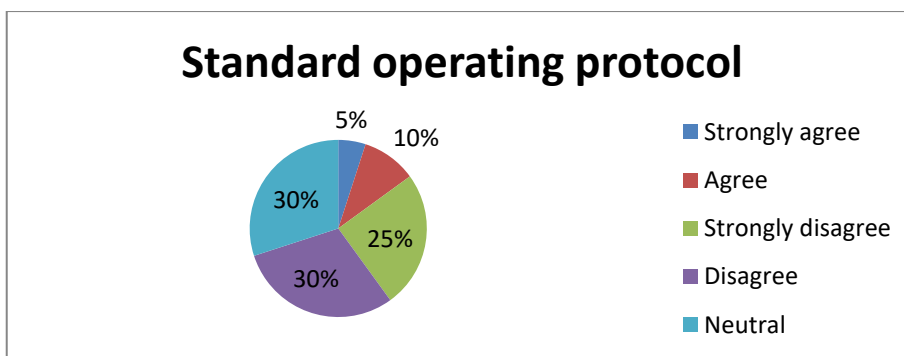


Figure 7

5.8 Several social protection schemes was able to mitigate this long-term impact of post-COVID-19:

The healthcare management system created several social protection programs throughout the epidemic to help infected and at-risk people. The health care management system tried to create a platform for people to access social security programs, but the recession and inflation in many countries made it unjustified. Figure 11's pie chart shows that 80% of respondents strongly disagreed that the social protection program could not reduce COVID-19's long-term consequences because there is no optimum way to pay people. 20% had no opinion of the government's social safety program.

Table 8

Particular	Agreements		Percentage (%)
Social protection scheme	Strongly agree	-	-
	Agree	-	-
	Strongly disagree	90	45%
	Disagree	70	35%
	Neutral	40	20%
	Total	200	Total = 100%

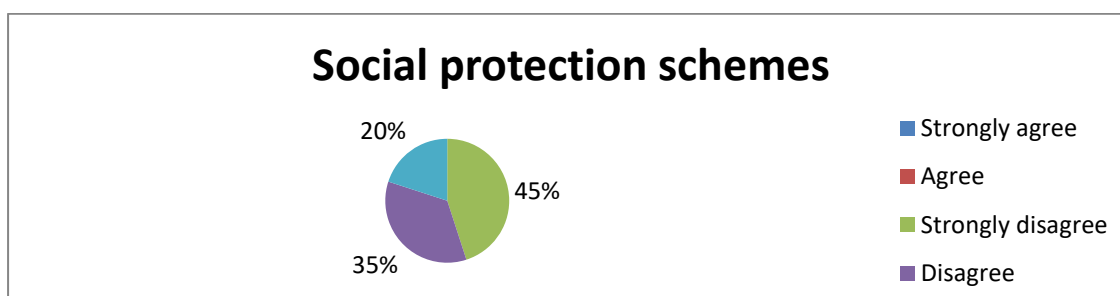


Figure 8

6. Conclusion:

The post-pandemic era has significantly impacted a range of health, social, political, economic, and humanitarian issues, prompting continual re-evaluation and adaptation of the health system in response to emerging technologies and vice versa. The crisis prompted unforeseen shifts in the demand for health care

services, which can also be viewed as a chance to transform the health care system and better equip ourselves for future pandemics. Nonetheless, it is challenging for the health care management system to determine the best ways to recover and strengthen after experiencing difficulties. In the aftermath of covid-19, economically vulnerable regions, particularly rural areas lacking adequate infrastructure, equipment, and personnel, received necessary upgrades and ongoing support. The government provides health professionals with numerous programs and initiatives aimed at combating stigma. The COVID-19 pandemic illustrates various strategies to enhance the health care management system's capacity to address future pandemics and epidemics while fulfilling the fundamental medical requirements of the nation.

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