



KNOWLEDGE IS POWER

At CMC, we are responding to the COVID-19 challenge with commitment & compassion. In this time of crisis, the boundaries of our work are expanding. One of our patients, with COVID-19, was admitted in the Isolation ward for her delivery. Her small child, also positive, was with her. When she was being prepared for delivery, she was so worried – "*who will take care of my little girl while I am in labour?*" Normally her family – father, grandparents, aunts and uncles – would be there. But now, we became her family. I brought my daughter's toys from home so the little one could play & be comfortable while her mother was in the labour room.



For the last 6 weeks, every day has been exhausting. I get up at least 45 minutes earlier than usual, so that I can mentally prepare for the day. I have to pack two sets of clothes, towels, covers for my mobile phone, watch and even for my pen! I explain to my daughter why I have changed my routine.

One evening, my throat was very sore. I was tossing and turning all night, worrying if I have spread any infection to my family. Thankfully I was fine by morning, but this made me re-evaluate my priorities in life.

I also realised how hard it is for my colleagues and staff to keep their families safe from infection.

Mrs. Sophia V

There is too much stigma surrounding this disease. Poor patients face unnecessary stigma and discrimination. Society is making them feel so much guilt, as though they have committed a crime. This additional stress makes our patients anxious and depressed. This is not good for their healing and recovery.

Initially, our staff were very anxious. We immediately started training our teams – doctors, nurses, technicians, housekeeping staff. After learning the steps for protecting ourselves, how to don and doff personal protective equipment (PPE), we are confident we can care for our patients just as we did before. Now, my team members are experts in managing patients with COVID-19.

We have learnt that 'Knowledge is power'.

As a senior nurse, my message during this pandemic is, "**Be kind to those around you.** Whether in the hospital ward or at home, **speak and act with compassion.** There is so much ignorance in our world, but you can spread knowledge and dispel the darkness".