

The Role of Interventions to Manage and Reduce Covid-19 Mortality Rate of the COVID-19 Patients worldwide

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Abstract

Background: Chronic illness, such as chronic contagious diseases including human immunodeficiency virus and tuberculosis, refer to higher levels of psychological problems as compared with the healthy peoples (Kuan et al., 2019; Van Den Heuvel et al., 2013). Previous studies illustrate depression symptomology typically soar after illness, for instance, anthrax scares and herpes exposure (Gale et al., 2018; Mason & Lyons, 2003).

Methods: Review of currently published research papers, which discuss the mortality rate of the COVID-19, are available at PsycINFO, PubMed, and LISTA.

Results: Even Though the impact of the novel coronavirus (COVID-19) triggered psychological disorders and declining mental health, it has not been widely investigated; scholars expect that coronavirus will have massive effects, mainly based on immediate public responses and situation.

Conclusions: Mental health professionals exclusively have taken positions to assist both their greater society, and patients comprehend the potential effect of the COVID-19, help communities, families, patients, and tackle this alarming threat.

Keywords: COVID-19, Mental Health, Interventions to Reduce Covid-19 Mortality Rate.

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Background

The worldwide influence of coronavirus (COVID-19) has been intense, or the public health intimidation it reflects is the most critical condition seen in a chronic infectious disease since the 1918 H1N1 influenza plague. Here the present study has discussed the findings of the latest epidemiological modeling and impact on human mental health (Jaffar Abbas, Muhammad Aqeel, et al., 2019; Ferguson et al., 2020). This study model was incorporated policymaking globally in recent weeks to suppress the harmful intensity of COVID-19 on human's health. This study helps people how to tackle and avoid the effects of COVID-19 with the absence of a vaccine. It introduces the role of various potential public health measures to minimize the impact of the COVID-19 (J. Abbas et al., 2019; Yoosefi Lebni et al., 2020).

These measures are recognized non-pharmaceutical interventions, which intended at suppressing contact rates in the people and thus suppressing transmission of the novel virus. The study findings recommended that the efficacy of any one intervention in separation could expect to restrict, involving multiple interventions and precautionary measures with a mixed approach to have a significant impact on the transmission of the virus. This study also recommended two possible basic strategies, such as mitigation and suppression. (1) mitigation strategy primarily concentrates on slowing the process of transmission; however, it does not mainly prevent the epidemic increase. It helps decline peak healthcare needs while looking after those people who are at the most at threat of the profound illness through contamination. (2) The suppression helps to minimize the rapid spread. This policy aims to reverse the epidemic development, decreasing cases reports from higher to lower levels or sustainable that condition forever. Every plan has its main confrontation. This study provides the best possible mitigation strategies, such as combining home quarantine of the suspect cases and maintain the social separation of the older or those people who are suspected. They are at the most risk of Chronic illness. They might decrease the peak of the healthcare need by decreasing two out of three by declining death rate 50% lower than forecasted (Aqeel et al., 2020; Shuja et al., 2020). Conversely, the consequential mitigated epidemic could remain chances result in thousands or millions of casualties. The health systems have faced overwhelmed with a high number of patients (Azhar et al., 2018; Pourcesmaeil et al., 2019). In this situation, many countries able to achieve their goals, the second option as suppression is favored policy choice. Several countries are trying to improve the performance of the business industry by following suppression and mitigation policies and recommended work from home (Jaffar Abbas, Jaffar Aman, et al., 2019; Jaffar Abbas, Iftikhar Hussain, et al., 2019). These policies are useful in restoring tourism activities to boost economic activities, which provides mental relief to ordinary people (Aman et al., 2019). Many countries have adopted these strategies to decrease mental stress and provided better healthcare facilities (Lebni et al., 2020).

In the current situation of the world, suppression modestly demands a mixture of social distancing for the whole populace, house isolation of suspect cases, or household quarantine for their family relative. It might

request to add up universities, colleges, and school closures. However, it requires documented policies to restrict social ties. The extreme environment could have harmful effects on mental health systems because of increased absence. Industries have initiated corporate social responsibility and started policies to manage the mental health of their employees under the challenging situation of the pandemic (Jaffar Abbas, Shahid Mahmood, et al., 2019). Social media platforms have played a critical role in providing useful news and health updates during the outbreak of the infectious disease COVID-19 (Jaffar Abbas, Jaffar Aman, et al., 2019). The business firms used their entrepreneurial business networks to communicate with their customers, suppliers, and various stakeholders during the spread of the pandemic (Jaffar Abbas, Saqlain Raza, et al., 2019; Mamirkulova et al., 2020).

The primary aim of the suppression strategy serves the severe intervention combination, which is incredible and equally useful to decrease the transmission process. It helps in sustaining the rapid spread of the pandemic until a medicine becomes accessible (probably one and a half year or more) if many scholars predict that transmission may rapidly recover if interferences are relaxed. This study has shown that irregular social distancing – stimulated by trends in illness examination – could permit interventions to be comfortable shortly in relative temporary bases, other than actions will demand to refine it if suspect cases are again increased. Finally, practice in China, South Korea adopted the suppression strategy. At present, the United Kingdom and the United States have demonstrated that suppression is one of the best possible approaches to a temporary basis in developing countries. Whether it is useful in the medium and long term in developing countries and the economic and social costs of interventions accepted to date are likely to reduce the mental stress through mitigation and suppression strategies. However, this topic still needs researchers' attentions to conduct further studied to control the lethal effects of this infectious disease around the world.

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Availability of data and materials

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Author's contributions

JA (Abbas): Study design, literature search, first draft, manuscript revisions, and approval of the final version. JL: literature search, first draft, manuscript revisions, approval of the final version. AZ: Literature search, manuscript

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Ethics approval and consent to participate

This review article has sought approval from Shanghai Jiao Tong University (SJTU). The authors received written consent from all the contributors.

Competing interests

The authors declare to have no competing interests.

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