

25<sup>th</sup> International Congress on **MENTAL HEALTH**

October 20-21, 2022 | Webinar

**Prevalence and severity of Secondary Traumatic Stress and optimism in Indian health care professionals during COVID-19 lockdown****Shivam***Sharada Medical Centre, India*

The COVID-19 pandemic has brought to light the lacunae in the preparedness of healthcare systems across the globe. This preparedness also includes the safety of healthcare providers (HCPs) at various levels. Sudden spread of COVID-19 infection has created threatening and vulnerable conditions for the HCPs. The current pandemic situation has not only affected physical health of HCPs but also their mental health. This study aims to understand the prevalence and severity of secondary traumatic stress, optimism parameters, along with states of mood experienced by the HCPs, viz., doctors, nurses and allied healthcare professionals (including Physiotherapist, Lab technicians, Phlebotomist, dieticians, administrative staff and clinical pharmacist), during the COVID-19 lockdown in India.

**Biography**

Dr. Shivam is a Diabetologist and General Physician in Kaggadasapura, Bangalore and has an experience of 11 years in these fields. Dr. Shivam practices at SS Labs in Kaggadasapura, Bangalore. He completed Fellowship in Diabetology from Royal Liverpool Academy, UK in 2018, Certificate Course in Evidence Based Diabetes Management (CCEBDM) from Public Health Foundation of India (PHFI), New Delhi in 2017 and MBBS from Maulana Azad Medical College, Delhi University in 2010.