

HHH-Healthcare Workers

Entrance Question-Would you give up sports altogether if your dog could live with you happy and healthy for as long as you wanted?

We are at a loss for words during this COVID-19 crisis. A crisis on this scale that will change society in dramatic ways...for better or worse. The rapid growth in the number of coronavirus cases, approximately 106 million cases worldwide with 2.33 million deaths worldwide, is affecting several sectors from the financial market to the health of the population. This is a crisis with implications for the economy, health systems, and patient care delivery.

The American Nurses Association conducted a survey in March–April 2020 of 32,000 nurses and found that 87% feared going to work, 36% have cared for an infectious patient without having adequate PPE, and only 11% believed they were well-prepared to care for patients with COVID-19. These practicing nurses reported an urgent need for training on caring for these patients, PPE use, and personal safety. With approximately 950 health care workers' deaths in the United States, and working directly with infected patients (and not always protected by PPE) putting them at risk for infection, they fear for their health, the health of family members, and other patients. As a result, some nurses have been fired for refusing to work under certain conditions, such as scarcity of PPE, and others have made the decision to leave the profession.

The coronavirus pandemic is causing a mental health crisis among frontline health care workers. Studies show that about half have experienced acute stress and exhibited depressive symptoms. As the number of hospitalizations hits a record high, the emotional toll is also increasing. Doctors and nurses told [CBS News](#) they've been working at a relentless pace for months, and now they are dealing with new challenges and fears. Dr. Tara Narula reports.

Laurent Duvernay-Tardif skillfully juggled his demanding duties as a professional football player with those of being a medical student and then a doctor during his six seasons with the **Kansas City Chiefs**. He would compartmentalize the workload, saying he was a football player when he was in Kansas City and then made medicine his priority when he was back home in Montreal.

Somewhere in the back of his mind, though, [Duvernay-Tardif](#) knew his life with dual professions wouldn't last. He was aware he would eventually have to make a choice. That time came in Mid July 2020 with COVID-19 raging and the Chiefs preparing to report for training camp. Duvernay-Tardif decided to step away from football and help battle Covid 19 on the frontlines in his hometown of Montreal, Quebec Canada.

Physical Portion of class options

A machine at home that tracks Time and Distance

A machine at the gym that tracks Time and Distance

Go outside to walk, run, bike, skate

Stay in class for the daily Streaming Workout

A time lapse workout that last 20 minutes of real time

Any of the Darebee.com workouts that includes exercise

Exit Question-If you were gifted with the full knowledge of being in the medical profession, Which occupation would you choose? Use 4-5 sentences to explain which occupation you would choose and the benefits it would provide you, your family and the community for which you live in.