

"Bio-Psycho-Social Perspectives Of Menopausal COVID -19 Positive Women And Their Family- Case Study Analysis"

A. Kalpana Muthuraj¹ And Dr. D. Nirmala²

Abstract:

Menopause Is Defined As Having No Menstrual Period For One Year And It Occurs In Late 40's Or Early 50's.

Due To Decreased Production Of Estrogen And Progesterone In Ovaries, Women Come Across Various Physical And Psychological Trauma During This Period.

Despite This, If They Become covid-19 Positive The Internal And External Psychological Process Is Affected To The Core. However Positive Perseverance, Family Support And Above All The Strength That She Derives From The God (Spirituality) Makes Her March Forward To Give Psychological Support To Her Family Member Who Is In COVID Intensive Care Unit.

Bio-Psycho-Social Perspectives Defines About The Physical Illness Perceived, Health Condition In Relation To Lungs Which Again Speaks About The Breathing Ability And The Oxygen Saturation Maintained And Monitored From Time To Time. Psychological Perspective Describes About The Fear, Anxiety, Stress, Panic Attacks Confused State Of Mind And Other Related Psychological Disclosures. Social Perspectives Discuss About The Social Help Received From The Surrounding Through Friends And Digital Exchange Of Conversations And Social Support System. These Perspectives Will Be Elaborated In Detail Through Case Presentation.

The COVID-19 Positive Patients Had Higher Levels Of Depression, Anxiety And Post-Traumatic Stress Symptoms As Compared With Normal Controls. Many Patients Complain Also Of Intense Fatigue And Apathy In The Weeks Or Months Following Infection, Which Have Already Been Observed With Previous SARS Infections Or Influenza. These Symptoms Highlight The Link Between Depression, Viral Infections, And Inflammatory Mechanisms. Further Exploration Of The Mental Health Outcome Of COVID-19 Positive Patients Using A Gendered Lens Would Be Of High Interest.

Thus, Supportive Counselling For The Patient And Family Will Be Of Immense Advantage For The Patient To Progress Well. The Constant Reassurance From The Hospital Staff And The Family Will Pave A Way For The Patient To Heal Faster.

Keywords: Menopause Women, COVID – 19, Mental Health, Perseverance And Family.

(¹Research Scholar, Department Of Social Work, Bharathidasan University, Tiruchirappalli 620 023, Tamilnadu, India

²Assistant Professor, Department Of Social Work, Bharathidasan University, Tiruchirappalli 620 023, Tamilnadu, India).

Introduction:

All Women Who Live Beyond The Age Of 55 To 60 Years And Many Of A Younger Age Experience A Period Of Transition From The Reproductive To The Non-Reproductive Stage Of Life, Of Which The Most Striking Feature In The Cessation Of Menstruation, I.E., The Menopause. (Research On Menopause. World Health Organisation, Geneva 1981) .Changes In The Body In The Years Around Menopause May Raise The Risk For Certain Health Problems. Low Levels Of Estrogen And Other Changes Related To Aging Can Raise The Risk Of Heart Disease, Stroke, And Osteoporosis. (Menopause And Your Health, Office On Women’s Health 21-Sep-2018)

Menopause Itself Can Therefore Impact Immunity, Says Dr. Depree. “Immunity Is A Complex Issue That Is Impacted By Multiple Factors- Some Of Which We Control, And Some Less So,”.(Coronavirus And Menopause , Endocrineweb, 23/04/2020). As Such From The Above Discussions It Is Clearly Notified That Menopause Itself Is A Difficult Period And Becoming covid-19 Positive ,Women, Along With The Family Members Life Becomes More Stressful And Mental Agony Creeps In.

In This Study We Will Discuss The Bio-Psycho-Social Perspectives The Menopausal COVID-19 Positive Women Experiences Day After Day Along With Their Family Members. It Talks About The Fight, (Internal And External) And The Plight In Crossing This Path And Pave A Way For Betterment And Survival.

Review Of Literature:

World Health Organization In The Article “Key Messages And Action For COVID-19, UNICEF March 2020” States That COVID -19 Is A Disease Caused By A New Strain Of Coronavirus. ‘CO’ Stands For Corona, ‘VI’ For Virus, And ‘D’ For Disease. The Virus Is Transmitted Through Direct Contact With Respiratory Droplets Of An Infected Person Generated Through Coughing And Sneezing. Individuals Can Also Be Affected And Infected From And Touching Surfaces Contaminated With The Virus And Touching Their Face. The COVID-19 Virus May Survive On Surfaces For Hours, But Simple Disinfectants Can Kill It. In This Article The Additional Message Was Prevention And Control In Schools, Which Says Address Mental Health/Psychosocial Support Needs And Encourage Children To Discuss Their Questions And Concerns. Provide Information In An Honest, Age Appropriate Manner. It Also Gives Messages And Actions For School Administrator, Teachers And Staff. And Also Parents/Care Givers And Community Members.

Times Of India In Their Article, August 5,2020, Say COVID-19 Treatment Could Impact Patients Psychologically; Women Are More Likely To Suffer Psychological Distress And Problems Post Treatment.

Emotional Abuse And Stalking. It Is The Major Cause Of Homicide Death For Women. Mentioned In “Danger In Danger: Interpersonal Violence During COVID-19 Quarantine”. M Mazza, G Marano, C Lai, L Janiri, G Sani-Psychiatry Research, 2020- Elsevier

‘Even If The Fatality Rate Has Been Twice Higher For Men Than For Women, The COVID-19 Pandemic Affected Women More Than Men, Both As Frontline Workers And At Home’. Stated In “Women’s Mental Health In The Time Of Covid_19 Pandemic, Florence Thibaut And Patricia J. M. Van Wijngaarden-Cremers, 08 December 2020”.

Statistics Worldwide On May 7th 2021 Shows That 15.6 Crore Infected, 9.24 Crore Recovered And 32.6 Lakhs Deaths And In India 2.15 Crore Infected, 1.76 Crore Recovered And 2.34 Lakh Death.

Garg R, Agarwal P, Gautam A, Pursnani N, Agarwal M, Parihar A, Pandey A (May 10, 2021) In Their Research Concluded That Post Menopausal Women Are At Higher Risk To Succumb Due To Covid 19 than Males. The Mortality Rate In Post Menopausal Women Age Group Was Greater Than Mortality In Younger Females Emphasizing The Protection That Might Be Provided By Estrogen In Them. Pluvio J. Coronado, Maria Fasero., And Laura Baquedano (Feb; 2021) (Spain) In Their Study Revealed That Covid 19 And Menopausal Status Do Not Alter The Levels Of Health Related Quality Of Life Or Resilience. However,

With Exception Of Those Caring For Elderly, Living With Others During Confinement Was Associated With Better Health Related Quality Of Life.

RESEARCH METHODOLOGY

The Main Objective Of This Research Is To

- A.** Analyse The Bio-Psycho-Social Perspectives Of Menopausal Covid Positive Womenon How COVID-19 And Its Impact On Human Beingis Seen In A Particular Way Based On One’s Experience (Case Study).
- B.** Also Toanalyse The Unconscious Psychological Process That A Menopausal Woman Uses To Overcome The COVID-19infection Not Only To Herself But Also The Strong Thinking Support System Which She Delivers To Her Family Members To Overcome This Situation.
- C.** The Researcher Adopted The Case Study Method In Which Twomenopausal COVID-19 Positive Women Who Had The Disease Were Presented In Order To Provide Suitable Suggestions And Social Work Interventions.
- D.** In Depth Interviews Was Used To Collect Data, Descriptive Study Model And Qualitative Analysis Was Used. The Respondents Were Collected From A Hospital Case Study Format Described By Budgell (2008); Boeiji (2010) Was Used For Case Study Presentation.

Results

Case Study1:

Introduction:

Patient “X” Is Afemale Aged 49 Living With Her Husband And 15 Year Old Daughter. She Has An Elder Daughter Who Is Recently Married Living Away With Her Husband. The Husband Fell Sick And Tested Positive For COVID-19.

Case Presentation:

Patient “X” Is An Educated And Working Woman. She Became Sick Following Her Husband’s Sickness. Their Daughter Showed Chest Pain And Chest Tightness. All Three Became COVID-19 Positive And Had To Be Kept Under Home Isolation. During Home

Isolation, Doctors Requested To Monitor Body Temperature And Oxygen Level Using Pulse Oximeter (Both Medical Equipment Priced On Higher Side) And Send The Report To Home Isolation Monitoring Team. Three Days Later Husband Of “X” Had To Be Hospitalized Due To Low Oxygen Saturation. Things Were Moving On But 5 Days After Husband's Admission She Came To Know That He's Being Shifted To The ICU. The Entire Family Was In Almost Shock Including The Relatives Living Away. Perceived A Situation That She Found Herself Helpless, But Still Had To Fight It Out, Spoke With The Doctor's, Requested Them To Save His Life. She Requested Every Single Member From Her Known Circles To Keep Praying As His Condition Was “Critical” As Per Doctors. The Husband Was Kept In High Oxygen And Kept Under Non-Invasive Ventilator Support, The Heated Situation Went Day By Day, Keeping Faith And Trust, Medication Was Arranged And Patient Condition Was Requested Through Phone And Digital Exchange Of Conversations. She Kept Supporting Her Husband And Reminiscing With Constant Reassurance And Memories Shared By The Family Together Through Phone. Three Days Later There Came Little Improvement, Husband Of Patient “X” Was In ICU Until 11 Days. Elder Daughter Of Patient “X” Moved In The Third Day Of ICU And Isolated Themselves In A Hotel. She Helped Her Father By Contacting The Known Sources On Updates About His Health. She Too Took A Height Of Conversations To Keep Him Occupied With Good Thoughts Around Him.

The Best Is Yet To Come, Patient “X” Is Stable And Her Husband Is In Hospital On His 18th Day Of Admission. He's Now Kept On Oxygen Mask Every Now And Then. In This Whole Story The Most Important Person Was The Little 15 Year Old Child Who Was Also Positive. The Child Is A Known Asthmatic Since 3 Years Of Her Age. She Complained Of Little Cough On Her 5th Day Of Isolation And Was Also Reassured By The Doctors For Her Health Condition. This child Adjusted Well With Her Mother At Home And Never Complained About Anything. Both Are Stable And Waiting For Their Loved One To Get Discharged Soon. The Elder Daughter Along With Her Husband Who Is Staying In Hotel Will Also Join At The Earliest After Following Safety Protocols And Taking Precaution.

Outcome:

In The Above Case We Can Clearly Measure The Physiology, Psychology, And The Social Perspectives. Every Factor Was Interrelated And Associated With Each Other. The Physical Discomfort, The Fear, The Anxiety, Depression, Stress, Unknown Future, Helplessness, Panic Attacks, Sleepless Day And Night, Nightmares And So On. The Situation Was

Uncomfortable, Uncontrollable, But Still Her Family And Friends Supported Throughout. They Reached Through All Supportive Counseling, Reassurance, Spiritual Upliftment. As There Were More Than Hundred Thousand People Who Reached The Family In Procuring Drugs, Supporting Through Prayers, And Constantly Getting In Touch With Digital Exchange Of Conversations.

Discussion:

From The Above The Researcher Concludes That The Heat Produced By The Situation Is Beyond Imagination And The Family Was Financially Stable As Well. The Situation Saw Anxiety, Sadness, Suppression And Oppression. The Family And The Members Affected Had Negative Thoughts And Feelings, Fear, Helplessness Was Found. But Kept On Moving Forward To Reach The Goal. Ventilation And Spiritual Guidance Gave Confidence.

Living One Step At A Time Helped Them. The Above Situation Shows That Human Beings Are Extraordinary And Extremely Powerful. The Multifactorial Approach Is Helping The Family Still. It Proved That Thoughts And Actions Has Got Nothing To Do With Religion, Language, Race Or Any Other Differences. Above All Humanity Won And Will Keep Winning Forever.

Case Study 2:

Introduction:

Patient "Y" Was A 56 Year Old Female Admitted To ICU. She Was diabetic, Hypertensive, And A Chronic Kidney Disease Patient. Patient Had To Become COVID-19 Positive. Her Family Consistsof Two Sons And Her Husband (60 + Years)Who Were At Home. The Following Day Of Her Admission Husband Also Tested Positive And Was Admitted In The Same Hospital,In Stable Patients Ward.

Case Presentation:

Patient"Y" Was Treated For More Than 10 Days, On Daily Basis The Family Kept Asking About The Health Status Of The Patient. Patient's Husband And Son Were So Attached That They Kept Asking If They Can Visit The Patient. But The Social Distancing Protocol Did Not Allow The Request From The Family. The Hospital Allowed Making Video Calls From

The Family.Patient Was Stabilised And After More Than 12 Days In ICU, Moved To Stabilized Patients Ward And Treatment Continued.

Despite So Many Days Of Treatment In ICU Patient “ Y” Developed Fever And Was Again Shifted To ICU And Unfortunately Succumbed To Cardiac Arrest.

Outcome:

Patient And The Family Suffered Emotionally And Psychologically. Supportive Counselling,Insight Counselling,Grief Counselling Was Rendered To The Family. The Government Procedures Was Also Explained In Detail To The Family Members.

Discussion:

The Social Background Of The Family Was Stable. They Could Understand The Intensity Of The Disease And Also Understood How Much Bio-Psycho-Social Support And Clarification Was Given To The Family Members. The Bio-Medico, Knowledge Was Explained In Detail To The Family Members As Well. They Were Allowed To Get Status Of The Patient From The Hospital Authorities. The Need Of The Patient Was Also Communicated To The Family From Time To Time And Also The Necessary Biologics Was Taken Care With Utmost Authentication.The Intensity Of The Disease Is So Scary That The People Around The World Suffer A Lot. People All Around The World Keep Praying For The Pandemic To Calm Down And Also Pray For The Whole World.

Suggestions And Social Work Interventions:

Tele Counselling, Cognitive Behaviour Therapy For Handling Depression, Anxiety, And Stress Need To Be Emphasized To The Patient And Their Family. The Need To Sensitize Every Individual To Follow The Government Guidelines In Regard With COVID Rules Can Be Seen In Case 2. People To Practice Social Distancing, Wearing Mask, Using Hand Sanitizer And Or Washing Hands Frequently. Post COVID-19 Pulmonary Rehabilitation And Pranayama Can Be Taught Along With COVID-19 Appropriate Diet Plan, Online Counselling And Consultation Should Also Be Done Through Digital Conversation (For Groups Of Patients And Care Givers Through Zoom Or Google Meet).As Oximeter And Temperature Monitoring Instrument Has Become Integral Part For Patients In Home Isolation ,Government Can Reduce The Cost So That Every Individual Will Be Affordable To Buy One Irrespective Of Their Socioeconomic Background. Children Also To Be Taught

About All These Safety Measures. Above All Every Child Irrespective Of Gender Should Be Taught About Self-Reliance, Which In Case 1 Seemed To Be Evident.

The Following Physical And Mental Exercises Can Be Done In Case 1 And Similar Cases Post ICU Treatment at Home Based Rehabilitation:

1. Deep Breathing While On Back, Stomach
2. Proning
3. Regular Walking
4. Meditation And Mindfulness

Conclusion:

In Both The Menopausal COVID-19 Positive Women There Wasn't Any Sort Of Denial With The Circumstances Which Both The Families Were Undergoing. Moreover They Didn't Have A Struggle For Getting A Hospital And Treatment. Both The Families Accepted The Situation And Followed Their Instinct And Guidance Provided. The Social Background Was Supportive And Very Strong. They Didn't Have Any Financial Issues As Both The Families Had People Around To Help Them, This Cannot Be The Same For Every Family. Looking To The Present Situation We Can See People Running Around For Beds And Oxygen Supply.

This Pandemic Should Bring More Changes In Health Sector So That People Get Subsidiary Hospital And Medicine Without Compromising The Quality And Service Provided.

References:

1. Boeije, Hennie. (2010). Analysis In Qualitative Research.
2. Budgell B., (2008), Guidelines To The Writing Of Case Studies, *Journal Of The Canadian Chiropractic Association*, 52(4): 199 – 204
3. Coronado., P. J., Fasero, M., Otero, B., Sanchez, S., Viuda, E., Ramirez-Polo, I., Llana, P., Mendoza, N., & Baquedano, L. (2021). Health-Related Quality Of Life And Resilience In Peri- And Postmenopausal Women During COVID-19 Confinement. *Maturitas*, 144, 4–10.
4. Garg R, Agrawal P, Gautam A, Pursnani N, Agrawal M, Agrawal A, Parihar A, Pandey A, (2020), COVID-19 Outcomes In Postmenopausal And Perimenopausal

Females: Is Estrogen Hormone Attributing To Gender Differences?, *Journal Of Mid-Life Health*, 11(4), 250-256

5. Joseph S, Nirmala D,(2019), Professional Challenges Faced By Women School Counsellors - A Case Study Analysis, *International Journal Of Research In Social Sciences*, 9 (2)
6. Mazza, M., Marano, G., Lai, C., Janiri, L., & Sani, G. (2020). Danger In Danger: Interpersonal Violence During COVID-19 Quarantine. *Psychiatry Research*, 289, 113046.
7. Shivakumar T., Angothu H., (2021) Mental Health In The Times Of COVID-19 Pandemic
8. Thibaut F And Van Wijngaarden-Cremers PJM (2020) Women's Mental Health In The Time Of COVID-19 Pandemic. *Front. Glob. Womens Health* 1:588372.
9. WHO Scientific Group On Research On The Menopause & World Health Organization. (1981). *Research On The Menopause : Report Of A WHO Scientific Group [Meeting Held In Geneva From 8 To 12 December 1980]*. World Health Organization. <https://apps.who.int/iris/handle/10665/41526>
10. <https://www.frontiersin.org/articles/10.3389/fgwh.2020.588372/full>
11. https://www.hopkinsmedicine.org/physical_medicine_rehabilitation/coronavirus-rehabilitation/_files/impact-of-covid-patient-recovery.pdf
12. <https://timesofindia.indiatimes.com/Life-Style/Health-Fitness/Health-News/COVID-19-Treatment-Could-Impact-Patients-Psychologically-Women-More-Likely-To-Suffer/Photostory/77366350.cms>
13. <https://www.endocrineweb.com/conditions/menopause/coronavirus-menopause>
14. <https://www.who.int/docs/default-source/coronaviruse/key-messages-and-actions-for-covid-19-prevention-and-control-in-schools-march-2020>
15. <https://www.womenshealth.gov/menopause/menopause-and-your-health>