

Impediments To Healthcare Workers' Well-being During A Pandemic In Vietnam

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Abstract

China has just lifted its zero-Covid policy and made it more relaxed, which suggests the end of zero-Covid globally. Vietnam is one of a few countries that implemented zero-Covid at the very beginning, yet we decided to abandon it much sooner. Consequently, a spike in cases followed just after this opening. Healthcare workers (HCW)—the frontliners—are the most harmed and vulnerable, both physically and psychologically. HCW have been playing a vital role in a successful response against multiple Covid-19 pandemics, and patient safety will obviously be in jeopardy when the well-being of HCW is neglected. Nevertheless, literature has reported the anticipated repercussions of Covid-19 on HCW, especially on their mental health and well-being, mostly due to the shortage of resources and equipment, intense work hours, and lack of support for mental health. In this paper, we report on the burden of Vietnamese HCW during the fourth wave of the pandemic, raise awareness among both the community and the authorities, and also deliver feasible solutions adapted from Vietnam. These insights can also be learned by other countries and modified based on local circumstances to help better deal with future outbreaks.

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