



**Letter to Editor**

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## Nurses and Midwives: Unsung warriors in this pandemic

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### Abstract

The Healthcare industry is one of the most hazardous and dangerous environment to work in. People working in the healthcare industry face all kinds of biological to chemical hazards exposure affecting both their mental health due to work-related stress and physical health such as musculoskeletal disorders. They are named as "Healthcare workers" who barely maintain their health. Healthcare workers are those whose prime job is to protect and improve the health of their communities who stand as a protective barrier, they remain as unsung warriors. Among these are Nurses and Midwives who stood as frontline workers in this ongoing COVID pandemic.

**Keywords:** Pandemic, Healthcare workers, COVID- 19.

### INTRODUCTION

The theme of this year's World Health Day (WHD) – honoring and recognizing nurses and midwives for their vital role in keeping the world healthy as observed on April 7, couldn't have been with the continuous efforts and services of nurses and midwives across the globe.

Globally, there are among 50 million healthcare workers out of which 26.7 million constitute nurses and midwives which is more than 50% of all healthcare workers who are always on the frontline <sup>[1]</sup>.

They attend the needs of the patients on their health, and work continuously to improve the healthcare system. 2020 marked the outbreak of the COVID-19 across the world that has been declared as a pandemic by the World Health Organization (WHO) which had upended societies and costed the lives of many people globally despite health professionals going on head on head with it. Be it their selfless work and long-lasting working hours, nurses and midwives have saved more than millions of lives across the globe and strive to provide the very best and safest care.

As per data surveyed by WHO, 83 percent of maternal deaths and newborn deaths could be averted with midwifery care showing their true potential.

They're the ones who took the responsibility with their heart and soul and stood as the first line of defense. During this pandemic, they have "stepped up and stepped beyond" their calling in providing utmost care globally who work continuously round the clock, pushing themselves to the limit and putting their lives on the line even though it would endanger themselves very often with limited resources <sup>[2]</sup>. This proves the importance of their contribution to health care prevention & promotion.

Even with the WHO chief in his statement stating that "Nurses are the backbone of any health system" <sup>[3]</sup>.

As per the State of the World's nursing report 2020 by the WHO and the International Council of Nurses for World Health Day 2020, stated that a global shortfall of nearly 6 million nurses with the greatest gaps found in countries in Africa, South East Asia, and the WHO Eastern Mediterranean region as well as some parts of Latin America to achieve global health targets <sup>[4]</sup>.

In honor of nurses and midwives' commitment to their profession, the WHO last year on May 2019 designated that 2020 as the "International Year of the Nurse and the Midwife" prior COVID.

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## **CONCLUSION**

Hope in the future, when the COVID suppresses, there needs to be appreciation and appreciation for what nurses and midwives have done. They're not just healthcare workers they are mothers who lead in their respective communities.

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## **Conflict of Interest**

The authors declare no conflict of interest.

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