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Recovery Management for Health Issues Amongst Professionals in India

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Abstract: India being the most populated country in the world, also has the highest number of patients suffering from chronic health issues. Medical issues happen when the body's normal metabolism is affected by factors like lifestyle, diseases, pathogens or pollution. The Country faces health challenges like cancer, heart disease, diabetes, tuberculosis, exacerbated by social, economic gaps and myths. Public health interventions, screenings, and policy reforms are crucial for combating these diseases and promoting a healthier future. In this research paper, it has been tried to throw light on the health issues amongst Indian professionals and how to overcome and how to be healthy and be happy even during working place.

Key words : Recovery Management, populated country, patients suffering, lifestyle, diseases, health

Our health is one of the most important things in our lives. It affects your physical, mental, and emotional well-being. That's why it's so important to be proactive about your health and take steps to prevent illness and diseases. Being proactive in health means taking steps to improve your health before you get sick. In health sector, India has made enormous strides over the past decades. The life expectancy has crossed 67 years. Infant and under-five mortality rates are declining as is the rate of disease incidence. Many diseases, such as polio, guinea worm disease, yaws, and tetanus, have been eradicated. In spite of this progress, the communicable diseases is expected to continue to remain a major public health problem in the coming decades posing a threat to both national and international health security.

Now being the second largest populous country in the world, India has the highest youth population in the world, with almost 66% of the population being under the age of 35. Despite having such a large young population, there has been a trend of an increase in the number of health problems in India. This is more evident with the number of young people falling sick or developing ailments early on in life. Following are the factors that are contributing to these health issues in the young population :

- Consumption of processed food
- Excessive use of tobacco and alcohol
- Sedentary lifestyle
- Stress
- Pollution
- Expensive medical care

A disease is a particular abnormal condition that adversely affects the structure or function of all or part of an organism and is not immediately due to any external injury. Disease are often known to be medical conditions that are associated with specific signs and symptoms. A disease may be caused by external factors such as pathogens or by internal dysfunctions. A majority of the critically ill patients are below 60 years old.

India is currently experiencing a period of transition in its economy, population, and epidemiology with regard to health. While we consistently are making efforts to enhance the healthcare system in India, the social and economic gap in accessing healthcare and early diagnosis still remains a challenge due to deep-rooted myths and beliefs. Moreover, drastic effects of climate change are only adding to the burden of prevalent diseases. In India, four non-communicable diseases namely cancer, heart disease, diabetes, chronic pulmonary diseases contribute nearly 80% of the deaths along with tuberculosis, an infectious disease, that accounts for more than a quarter of the global burden.

Here we review some top rising health problems in India -

I. Cancer : India has a rising burden of cancer, reporting around 14 lakh cases in 2023. Cancer arises from genetic mutations causing abnormal cell division. These mutations may sometimes be inherited or may occur due to environmental factors like air pollution, UV light, radiation, smoking, alcohol, bacteria, parasites and viruses. The treatments depend on the type and the stage of cancer and includes surgery, immunotherapy, chemotherapy, radiation therapy and target drug therapy as treatment options. Regular exercise, maintaining BMI and avoiding alcohol and smoking are suggested to prevent the disease.



II. Heart disease : Cardiovascular illnesses account for the majority of deaths and disabilities. There was a 12.5% increase in heart attack cases in Indians in 2022 alone. Gender, age, ethnicity, family history are some of the major risk factors. Lifestyle strategies, medications and surgery and/or other invasive procedures are some of the major treatments for heart disease. Females experience different symptoms as compared to males for heart disease so consulting a doctor as soon as possible will help in early diagnosis.

III. Diabetes : India is known to have the highest cases of diabetes in the world. It is characterized by high blood sugar levels. It is the biggest health threat in India today which leads to many other medical problems like heart disease, chronic kidney disease, vision problems, etc.

Diabetes is a condition that happens when blood sugar (glucose) is too high. It develops when your pancreas doesn't make enough insulin or any at all, or when your body isn't responding to the effects of insulin properly. Diabetes affects people of all ages. Most forms of diabetes are chronic (lifelong), and all forms are manageable with medications and/or lifestyle changes.

Glucose (sugar) mainly comes from carbohydrates in your food and drinks. It's our body's go-to source of energy. Our blood carries glucose to all our body's cells to use for energy. When glucose is in our bloodstream, it needs help – a key – to reach its final destination. This key is insulin. If our pancreas isn't making enough insulin or our body is not using it properly, glucose builds up in our bloodstream, causing high blood sugar (hyperglycemia).

According to ICMR, the prevalence of diabetes in the country is around 10.1 crores. The most prevalent type of diabetes in India is Type 2. It has been estimated that around 77 millions people above the age of 18 suffer from Type 2 diabetes and around 25 million people are pre-diabetic. Additionally, people with diabetes have an increased risk of heart attacks and strokes. Type 2 diabetes occurs when your body becomes resistant to insulin, increasing sugar build up in the blood. It can stem from lifestyle factors, obesity, genetics or a combination of either or all three of these. It is essential for one to cut down on carbohydrate, saturated and trans fats and regular exercise to prevent it.

IV. Obesity : Obesity arises from an imbalance between calories consumed and burned. While overeating and inactivity are major contributors, genetics and hormonal factors can also play a role. The good news is that healthy lifestyle changes can make a difference. Eating a balanced diet rich in fruits, vegetables and whole grains while limiting processed foods and sugary drinks is key. Regular physical activity, even just brisk walking, is essential. By making these changes and promoting healthy habits from a young age, we can prevent obesity and improve overall well-being.

V. Tuberculosis : TB is a bacterial infection that mainly affects the lungs and can also affect any part of the body. The bacteria usually attack the lungs, but TB bacteria can attack any part of body such as the kidney, spine, and brain. Not everyone infected with TB bacteria become sick. As a result, two TB-related conditions exist : latent TB infection and TB disease. If not treated properly, TB disease can be fatal. Symptoms of TB include cough (sometimes blood-tinged), weight-loss, night sweats, fever, chest pain, and fatigue. Based on the organ infected, a lot of patients infected with TB might not show any symptoms.

TB is 100% curable if treated with the approved four drug combination for a minimum of six months. Patient will start feeling better within two to four weeks after starting treatment. However, it is very important to complete the whole course of antibiotics, or else the disease will get worse.

VI. Chronic Respiratory Diseases : High air pollution, smoking use of biomass fuel and poor living conditions are major factors contributing to the rise in respiratory diseases such Chronic Obstructive Pulmonary Disease (COPD), Pneumonia, and bronchitis. These diseases are major causes of death among children and elders.

VII. Hypertension : Hypertension or high blood pressure is one of the most common medical concerns in India. It is the leading factor causing a brain stroke and a heart attack. A stroke caused by high blood pressure can also lead to a disability or affect brain function. It is again caused by physical inactivity and unhealthy habits.

VIII. Reproductive Health Issues : Reproductive health issues particularly faced by women are also on the rise. One in five women suffer from reproductive issues in India. Changing lifestyles, stressful work-life, pressure to maintain work-life balance and the dual responsibility of career and household on women have led to a rise in the cases of reproductive health issues such as hormonal imbalance, menstrual issues, PCOS, PCOD, and infertility.

IX. Mental Health Issues : Lately, the cases of mental health disorders such as depression, anxiety, OCD bipolar disorder, schizophrenia and substance abuse have increased significantly in India. Various social and cultural factors and a lack of access to mental healthcare lead to a rise in such cases. Addressing



community health issues to promote community participation, bringing awareness and integration with primary healthcare can help reduce stigma and bridge the gap in accessibility.

X. Community Health Problems : Malnutrition, neonatal disorders, infectious diseases like diarrhea, measles, tuberculosis, etc. and poor healthcare infrastructure are some common community health problems still prevalent in rural India and low-income groups. Various community health programs initiated by the government are addressing some common health issues, but there is still a long way to go.

A comprehensive approach needs to be undertaken by raising awareness of rights and encouraging community involvement and self-reliance to improve the population health in India.

India's population health dynamics are multifaceted, with many social, economic, and environmental factors affecting the overall health of its people. India's health landscape is characterized by a two-sided disease burden, with a long-term prevalence of communicable diseases and a fast-growing prevalence of NCDs such as cardiovascular disease, diabetes, and respiratory diseases.

All the major health issues discussed above are preventable, treatable and reversible with proper medical care. However, considering the high costs of treatments for lifestyle diseases, it is crucial to invest in comprehensive health insurance to manage a wide range of medical issues.

According to global healthcare security index 2021 India ranked 66 out of 195 countries with an overall Index score of 42.8 and along with a change.

Ophthalmic problems : Some common ophthalmic problems that can affect professionals include :

- i. Refractive errors – The most common eye problem, refractive errors occur when the eye's shape is abnormal, causing blurred vision
- ii. Dry eye disease – Prolonged use of digital screens can cause dry eye disease, especially in environments with low humidity and air conditioning
- iii. Conjunctivitis – A common eye problem among pathologists.

One Health : One Health is an approach that recognizes that the health of people is closely connected to the health of animals and our shared environment. One Health is not new, but it has become more important in recent years. This is because and many factors have changed interactions between people, animals, plants, and our environment.

Human populations are growing and expanding into new geographic areas. As a result, more people live in close contact with wild and domestic animals, both livestock and pets. Animals play an important role in our lives, whether for food, fiber, livelihoods, travel, sport, education, or companionship. Close contact with animals their environments provides more opportunities for diseases to pass between animals and people. The earth has experienced changes in climate and land use, such as deforestation and intensive farming practices. Disruptions in environmental conditions and habitats can provide new opportunities for diseases to pass to animals. The movement of people, animals, and animal products has increased from international travel and trade. As a result, diseases can spread quickly across borders and around the globe.

The one Health approach can –

- Prevent outbreaks of zoonotic disease in animals and people.
- Improve food safety and security
- Reduce antimicrobial-resistant infections and improve human and animal health.
- Protect global health security
- Protect biodiversity and conservation.

By promoting collaboration across all sectors, a One Health approach can achieve the best health outcomes for people, animals, and plants in a shared environment.

Tips for Healthy Lifestyle for working professionals and youngsters :

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| * Eat healthy and balanced food | * Drink plenty of water | * Try a new sport |
| * Cut back on unhealthy snacks | * limit alcohol intake | * Reduce Screen Time |
| * Get enough sleep | * Manage your stress and regular exercise | |
| * Start a daily workout routine | * limit your caffeine intake | * Create a balanced schedule |
| * Maintain study-life balance | * Find some new hobbies | * Start journaling |
| * Travel and explore new places | * Practice mindfulness | * Avoid emotional eating |
| * Reduce your sugar intake | * Limit your portion size | * Increase your vitamin intake |
| * Incorporating Omega-3 fatty acids into diet | | |
| * Regular Self –massaging and | * Practicing Yoga or Other Mind-Body Exercises, etc. | |

Dangerous levels of Lead Lurking in Soil : A recent study estimated that nearly a quarter of American households have elevated lead levels in their outdoor yards, exceeding current federal lead screening thresholds. Experts say lead can end up in soil in many ways, including emissions and pollutants



released into the air and from lead-based paint residue. For yards with elevated lead levels, experts recommend removing the contaminated soil or covering it with clean soil.

Environmental Health : India has undergone an industrial revolution in the last few decades. This has made the country one of the world's largest economies. It has also had disastrous effects on both public and environmental health. WHO data showed that of the fifteen highly polluted cities in the world, fourteen are in India.

Such high levels of pollution nationwide mean negative health effects on the population are inevitable. Some, like lung disease, are commonly known to result from high levels of pollution. Water and soil pollution due to various factors and human habits have increased many health issues in human and professionals. However, there are myriad of health conditions that are less well-known as being either aggravated or caused by pollution.

COVID-19 effects :The most common physical symptoms of COVID-19 include fever, cough, and difficulty breathing, while long-term consequences include chronic fatigue and organ damage. The pandemic has also affected oral health with symptoms such as dry mouth, tooth decay, and periodontal disease being reported. Most common symptoms of long COVID – i. extreme tiredness, especially after activity, ii. problems with memory, often called brain fog, iii. A feeling of being lightheaded or dizzy, iv. Problems with taste or smell, etc.

In working professionals, stress and worry are common during the crisis. But something like the COVID-19 pandemic can push working professionals beyond their ability to cope. In surveys, the most common symptoms reported were trouble sleeping and feeling anxiety or nervous.

Age is the strongest risk factor for severe COVID-19 outcomes. Patients with one or multiple certain underlying medical conditions are also at higher risk. Additionally, being unvaccinated or not being up to date on COVID-19 vaccinations also increases the risk of severe COVID-19 outcomes.

Being the second most populous country in 2020, it was necessary to tactfully manage the healthcare workforce in India to deal with the upcoming wave of the pandemic. Prior to the countrywide lockdown, the Union Health Ministry published guidelines for healthcare institutions for the management of existing resources and patient care. Following the lockdown the ministry, for the first time, published guidelines for the practice of telemedicine by registered medical practitioners in the country so that patients can benefit from online consultations and avoid visiting hospitals. With the pandemic causing a rampage globally and with healthcare workers getting infected at the frontline, healthcare systems in the several affected countries were already overwhelmed. Observing the global scenario, a plan of action was put forward by the federation to the Union Health Ministry that included suggestions for posting teams of doctors on a rotation basis for fixed duty hours in hospitals followed by a quarantine period so that adequate rest is ensured and chances of spread of infection are minimized. A standard operating procedure (SOP) for hospitals managing COVID-19 cases was subsequently issued by the ministry to deploy teams of healthcare staff in demarcated COVID-19, non-COVID-19, screening, and critical areas. At the same time, special drive to recruit contractual healthcare staff, including doctors, were conducted by the authorities to support the existing ones. Though the healthcare systems was stretched at the peak of the pandemic in the country, these measures were effecting in managing the healthcare workforce as well as services during the course of pandemic.

With an ever-rising number of COVID-19 cases globally and with people confined in their homes following the lockdown in India, a sense of fear and anxiety of contracting the infection gripped the country's population. There were reports of stigmatization of health care professionals in community settings. Healthcare professionals were being ostracized from several residential areas. On several occasions colony gates were shut, and borders of villages were closed for visiting healthcare teams, and in some areas, team were even attacked by mobs. Though violence against doctors in India was on the rise prior to the pandemic, people's anxiety and frustration amidst the prevailing situation led to more frequent incidents. Looking at the alarming trends, the Union Home Ministry instructed state authorities to provide police securities to healthcare professionals at the workplace and during community visits. Authorities provided accommodations for doctors and other healthcare workers on Covid-19 duty, and advisories were issued to the population.

As per the research article published in National Library of Medicine, "Perceptions of work stress causes and effective interventions in employees working in public, private and nongovernmental organizations : a qualitative study" by Kamaldeep Bhui, Sokratis Dinos, Meghalena G.M. and others; participants who were interviewed from a range of organizations reported adverse working conditions and management practices as



common causes of work stress. Stress-inducing management practices included unrealistic demands, lack of support, unfair treatment, low decision latitude, lack of appreciation, effort-reward imbalance, conflicting roles, lack of transparency and poor communication. Organisational interventions were perceived as effective if they improved management styles, and included physical exercise, taking breaks and ensuring adequate time for planning work tasks. Personal interventions used outside of work were important to prevent and remedy stress. (For the organizations that met the inclusion criteria, the senior manager was contacted by telephone and informed about the nature of the study, and agreement was reached for participation in the study. The researchers selected a number of employees in different positions along the hierarchy so there is representation from different roles : 28 of participants were in managerial roles, and the remaining were in non-managerial positions. They interviewed approx. 5 participants per organization. A total of 51 employees took part in the study; 26 participants were aged 30 years or under, 17 were between 31 to 50 years and 8 were over 51 years old.

Conclusion: In India, generally there are different health issues amongst youngsters and working professionals. This research paper has been tried to throw lights about health issues in Indian professionals. Some tips have been given for being happy and healthy by balanced life style and diet. Yoga and exercise and keep environment clean are the factors for being healthy. We should take proper medical treatment in the case of suffering from disease by doctors.

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