

MEDICAL SPECIALTY OF OTORHINO LARYNGOLOGY IN THE ASSISTANCE OF COVID-19 PATIENTS

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Abstract: The pandemic emergency experienced in the world since 2020 has strongly hit the state of Amazonas. Local residents have come to depend on advanced health care such as that of the otolaryngologist. This study sought to show the importance that this medical specialty had in the set of actions to face the coronavirus. The research was carried out through data collection through structured observation on site and also through a voluntary statement. A health unit was found that was quite adapted to the new reality of the health emergency, a reflection of a public organization determined to prevent the arrival of a third wave of COVID-19 in the Amazonian capital. The importance of care provided by the otorhinolaryngologist was quite expressive and was highly requested by users of the institution.

Keywords: Health; pandemic; hospital

INTRODUCTION

The city of Manaus experienced two catastrophic waves of contagion by SARS-CoV-2 between 2020 and 2021. These two waves had as a striking feature a high occupancy of hospital beds with capacity reaching 100% occupancy in practically all units of advanced health care in the capital of Amazonas. The high and unprecedented demand of patients caused the consumption of medical oxygen in health units and households to grow to levels up to 10 times higher than usual in pre-pandemic levels and inevitably the excess demand led to the chaos of shortages (NETO et al. al, 2021).

Experiencing these dramatic episodes in April 2020 and January 2021 made the Amazonian medical profession seek to develop exceptional organizational means to prevent a new hospital overload. Thus, the strategy of working with as many preventive means as possible was considered,

which included the presence of all medical specialties involved in the provision of prophylactic means with broad social reach.

Among the most requested specialties at critical moments of the pandemic in Amazonas was otorhinolaryngology, which devotes special attention to the airways, which are highly vulnerable to contagion and infection of the organism and the inhalation of viral particles as the main means of transport. penetration and contagion of the new coronavirus.

A study by Tang et al (2020) highlights that the transmissibility of COVID-19 is very accentuated in case of interpersonal contact with less than two meters of distance between people, which causes droplets expelled during speech, coughing and sneezes easily enter the airways. The same study also warns that fomites are another relevant means of transmission, hence the need to maintain rigorous cleaning and disinfection of everyday objects that are widely touched by the public.

Access to hospital units for research purposes tends to be more restricted in cases that involve biological risk such as the coronavirus pandemic, so this becomes one of the challenges of investigating the real needs and care demand of the local population in the context in which question.

GOAL

To relate the importance of the contribution that the medical professional otorhinolaryngologist offers through his professional performance in favor of taking preventive measures among the civilian population, as well as in the care at basic, intermediate and advanced levels of health in interventions against the effects of COVID-19. 19 in the human body.

METHODOLOGY

Verbalizations and personal attitudes can be considered as very important resources of qualitative data, therefore, it is considered that an in loco observation can be one of the best ways to proceed with the collection of information about a certain phenomenon that is intended to study (PATTON, 2002). The act of observing can be described as technical if it is supported by a previous systematization, such as a script that fits the research objectives (QUEIROZ et al. 2007).

The specificity of the research problem and the almost non-existence of scientific literature on it, due to its very recent occurrence, were determining factors for choosing to conduct this research using the technique of participant observation. As described by Minayo and Deslandes (1998), this method of data collection is quite suitable when it is intended to collect as much data as possible about a given situation or phenomenon.

Bardin (1997) clarifies that in participant observation, the researcher puts himself in the position of the observed and needs to be included in their group as if he were one of them so that he is better able to understand habits, interests, functions, social and organizational dynamics of functioning. of the group under study. Achieving these goals requires, according to Proença (2008), that the researcher becomes part of the universe that is under analysis so that there is an understanding of the context of actions and discernment about the symbolic aspects existing within the observed group.

Therefore, participant observation is an excellent data collection technique that provides knowledge through the interaction between the researcher and the environment under analysis, thus being able to obtain a broad and detailed view of the reality of the group under study. The use of this technique

requires a previous systematization, with the elaboration of a script focused on the research objectives and that will lead the researcher's steps in a more orderly and profitable way (QUEIROZ et al, 2007).

The same was used by the present investigation through authorization for a research plan that took into account very rigorously, the biological protection of the researchers. The opportunity arose to carry out the present study in July 2021, at the premises of the Policlínica Governador Gilberto Mestrinho (PGGM), in Manaus-AM, which has the participation of health professionals who are members of the CBMAM (Fire Department) Amazon Military).

RESULTS AND DISCUSSION

Initially, what was found was the issuance of new institutional regulations aimed at combating the transmission of the biological pathogenic agent SARS-CoV-2 through guidelines on hygiene and social distancing. These new corporate guidelines were aimed at the body of health professionals from the CBMAM working at the PGGM and were equivalent to the SOPs (Standard Operating Procedures) and of a temporary nature, subject to constant updates.

Then, on the first day of participant observation, it became evident that the medical specialty of otorhinolaryngology was among the most requested among PGGM users. Possibly this predilection was due to the fact that many of the characteristic symptoms of COVID-19 affect the airways. Some users even expressed an interest in obtaining information directly from the otolaryngologist for the prevention and management of suspected symptoms of COVID-19.

In a statement collected with an otorhinolaryngologist at the institution, it

can be inferred that this unique characteristic of this viral pathology made health care personnel seek more intensively for updates in knowledge as it was made available on search platforms. The same doctor also declared that it was quite satisfactory to provide a contribution to this research, as he understands that the advancement of knowledge in the fight against COVID-19 greatly benefits from the alliance between research, which generates new evidence and the execution of clinical practice.

Still in the words of the interviewee, "the population of the interior of the state of Amazonas found itself in great need of quality and professional service". And in the course of the dialogue, the professional recognized the logistical limitations of the state of Amazonas and explained that fortunately the security forces made it possible for doctors like those of their specialty to be present in remote locations, to provide care in these times of pandemic.

In the view of the otorhinolaryngologist "it is important that self-medication is not practiced by patients and that homemade recipes without scientific proof do not overlap with traditional medical treatment".

Such answers appeared through questions contained in our questionnaire that was part of the visit script, although there were also some spontaneous comments that often had content that contributed to the interests of the research.

It was also possible to observe the doctor in his work routine, attending to patients who were looking for information about preventive methods or some more complex therapeutic procedure. There was also a demand from patients who went for health conditions other than COVID-19.

The care demands for PGGM grew considerably, as in other health care units in the capital of Amazonas. However, the



Figure 1: Otorhinolaryngologist attending the population in the city of Parintins.

Source: prepared by the CBMAM team.

findings resulting from the visit showed extreme skill in the adequate management of the extra influx of users.

The visit also showed a lot of optimism among health professionals working at the PGGM regarding the prospects for improving the pandemic control rates in the city of Manaus.

It was also observed that another medical specialty that was much sought after and that also offered a lot of contribution in the fight against COVID-19 was cardiology, the demand was also intense due to the fact that the disease caused by the agent SARS-CoV-2 it also strongly affects the cardiovascular system.

Finally, a positive highlight was the high level of user satisfaction with the services offered at PGGM.

FINAL CONSIDERATIONS

The findings from this technical visit reinforced the idea that prevention in the early stages of COVID-19 as well as prophylactic care guidelines are a set of indispensable actions for better management of situations arising from this new pathology. The in loco observation of the action of the otorhinolaryngologist medical health professional was very remarkable since the provision of basic preventive health instructions and even the performance of invasive therapeutic procedures.

The generation of knowledge and the foundation of good practices for the future management of COVID-19 involves studies that are currently seeking to unravel the mysteries of a virus recently discovered by science.

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