

Legacies of a pandemic in the 21st century: prepared or with eyes closed?*Legados de una pandemia en el siglo XXI: ¿preparados o con los ojos cerrados?**Heranças de uma pandemia no século XXI: preparados ou de olhos fechados?***Caroliny dos Santos Guimarães da Fonseca¹**

ORCID: 0000-0002-3381-732X

Eloise Cristiani Borriel Vieira²

ORCID: 0000-0002-4685-1797

Ian Rigon Nicolau³

ORCID: 0000-0002-4560-329X

Rafael Rodrigues Polakiewicz⁴

ORCID: 0000-0002-8338-8084

¹Universidad Europea Del Atlántico. Cantabria, Spain.²Universidade Paulista. São Paulo, Brazil.³Núcleo Adventista Silvestre de Saúde e Prevenção. Rio de Janeiro, Brazil.⁴Centro Universitário Vértice. Minas Gerais, Brazil.**How to cite this article:**

Fonseca CSG, Vieira ECB, Nicolau IR, Polakiewicz RR. Legacies of a pandemic in the 21st century: prepared or with eyes closed? Glob Acad Nurs. 2022;3(Sup.3):e291. <https://dx.doi.org/10.5935/2675-5602.20200291>

Corresponding author:

Caroliny dos Santos Guimarães da Fonseca

E-mail:

chiefeditor@globalacademicnursing.com

Chief Editor: Caroliny dos Santos Guimarães da Fonseca

Executive Editor: Kátia dos Santos Armada de Oliveira

Invitation submission: 11-19-2022

From a social point of view, it has to be said that the world is changing too fast. From a scientific point of view, an era revolutionized by technology, new ways of working and living, we face a new way of thinking, rationalizing, behaving and acting. Undoubtedly, for society, the new coronavirus pandemic brought a world upside down; However, for us, health professionals and researchers, the pandemic has brought practical lessons, many of which include theory in the training process, whether at the undergraduate or specialization level, both lato and stricto sensu.

With the security measures imposed by the competent bodies and entities, such as the implementation of social distancing and isolation, two areas stood out: mental health and aesthetics. It is emphasized that the growing demand of patients directly influenced the search for specializations and greater interest in the themes involved. In the first area, the lack of interaction with another individual – which is natural and elementary for the experience of human beings –; individuals already with mental disorders for life in the 21st century, or traumas, dealing with their problem 24 hours a day, having the feeling that life has stopped; also individuals who have experienced losses, illnesses – many of them even health professionals –, accentuating the level of stress, favoring the development of psychiatric disorders and psychological suffering. In the second area, it can be said that a large part of the demand for aesthetic treatment in the pandemic is related to some emotional aspect and a consequence of stress, anxiety, depression, insomnia, in which there was an abrupt gain or loss of weight, or even the fact that the individual lives under the spotlight of a life of filters and social media and, overnight, has to face the daily truth in the mirror, in the most naked and raw way¹⁻³.

Still in relation to the demand for aesthetic procedures under the analyzed context, it is inferred that there is a cyclical behavior, namely: mental health – aesthetic procedures – mental health; in most cases. The fact of altering the image, the physique, mainly the face, provokes the beginning of a period of adaptation and acceptance. However, no less important, the growing demand makes professionals appear in the market with wonderful results in social media, however, who in practice do not have the qualifications and skills to do so. This fact increases even more the risk for interurrences and unwanted results, allowing the manifestation of psychic suffering and even the development or accentuation of already existing disorders^{2,4}.

Given the above, the scenario appears to be conflicting in relation to the balance between the supply of patients and the demand for specific and qualified care, especially when we add to this account that health professionals are also individuals belonging to society, who can get sick, who have pathologies and illnesses and the simple fact of having emotions, previous experiences that constitute the being of your human being. One data that needs to be highlighted is that health professionals working in a chaotic environment and with psychic suffering or mental disorder, without proper assistance, allow a scenario of uncertainties in the quality and safety of care, as is the case of iatrogenic events in the administration of medications. in nursing⁵. It is very clear to assess that we did not have enough mental health and psychiatry professionals to meet the demand at the peaks of the first waves of the pandemic, and we do not even have it today.

With the emergence of new strains and variants, which was already more than proven to happen, together with the lack of vaccine adherence to booster doses against the new coronavirus by the Brazilian population, as well as the low vaccine adherence of the pediatric schedule, making that already eradicated diseases reappear, as was the case with poliomyelitis and measles, it is not difficult to analyze dark times ahead. It is also inferred the trauma that the famous “lockdowns” caused in the population, in which many blame everything that is not right in their lives on the new coronavirus. Undoubtedly society has suffered, but a culture of not believing in what is not palpable, with political divergences that influence large movements and individual behaviors and the politics of Brazilian society, mainly the Carioca people, of celebrations and festivities with agglomerations, without a doubt, generate consequences.

People keep getting sick, with or without the new coronavirus. For society today, what matters are just two diseases: flu and COVID-19. However, what about non-communicable chronic diseases? What about cancer patients? What about the increase in life expectancy with the increase in the number of elderly people who require specific care to have longevity with quality of life? What about people who need assistance without being sick, as is the case with health care in maternity hospitals? There is not just the flu, COVID-19, mask and isolation or social distancing, but a system, a network of different levels of health care that urgently need to be reformulated and prepared for possible new waves and extreme cases.

In health, specifically in nursing, as the main training of the authors of this study, there is talk, debate, study about the management of care, the systematization of nursing, nursing diagnoses and interventions, the creation of new protocols etc. Are we nurses prepared? Did we nurses learn lessons from a chaos brought about by the invisible? The waves and peaks of the new coronavirus pandemic leave a legacy. We have already seen in many states of Brazil the return of restrictions and the mandatory use of masks, remembering the World Cup, Christmas and New Year festivities. What awaits us? Are we qualified and prepared for a new fight? In case we're not, it's time for us to stay.

References

1. Marta CB, Silva WBH, Côrtes EMP, Machado TO, Francisco MTR, Silva PO, Santos RM, Ferreira MA, Behring LPB, Neves MP. Telemonitoramento: análise da percepção dos acadêmicos de enfermagem frente à pandemia da COVID-19. *Glob Acad Nurs.* 2020;1(3):e52. <https://dx.doi.org/10.5935/2675-5602.20200052>
2. Jurado SR, Jurado SV. Enfermagem estética: avanços, dilemas e perspectivas. *Glob Acad Nurs.* 2020;1(1):e8. <https://dx.doi.org/10.5935/2675-5602.20200008>
3. Ribeiro AP, Santos EM, Brunello MEF, Wysocki AD. COVID-19: repercussões e orientações acerca dos profissionais de enfermagem. *Glob Acad Nurs.* 2020;1(3):e61. <https://dx.doi.org/10.5935/2675-5602.20200061>
4. Neves MP, Silva GA, Moraes PCL, Campos NCF, Coelho RJC, Machado TET, Bastos RCM, Silva NA, Bregonci R, Oliveira RAS. Dilemas da geração Z: até que ponto ir à procura de padrões? *Glob Acad Nurs.* 2022;3(Spe.2):e288. <https://doi.org/10.5935/2675-5602.20200288>
5. Santos JM, Hipólito MZ, Rosa T. A in-visibilidade da iatrogenia na enfermagem na administração de medicamentos. *Glob Acad Nurs.* 2020;1(2):e21. <https://dx.doi.org/10.5935/2675-5602.20200021>

