



AVERAGE RECOVERY TIME BETWEEN PAPUA AND NON PAPUAN PEOPLE ON COVID-19

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ABSTRACT

Many research results reveal that the average recovery time of patients exposed to the Covid-19 pandemic is between 2 weeks to one month. There are many factors that affect a speedy recovery. However, there is no agreement as to whether race or ethnicity affects the accelerated healing process. To find out the comparison of average recovery time between Papuans and non-Papuans exposed to Covid-19. The implications of this study may provide additional evidence of differences in recovery time between ethnicities from a nursing perspective. Used qualitative with descriptive design. The steps include identifying phenomena that exist in the community, seeking scientific references, determining respondents (14 people, 6 nurses and 8 clients each, Papuan and non-Papuan), coding, conducting semi-structured in-depth interviews, and analyzing problems comprehensively. descriptive. This research can be carried out during the Covid-19 pandemic. 19in Papua Province. Description, analysis, and discussion supported by scientific journals for the last five years (2017-2022), taken from Google Scholars. Semi-structured interviews were conducted online due to restrictions during the pandemic. This study underscores four problems, namely factors that affect healing, supporting health facilities, the presence of comorbidities, and lifestyle. Our findings show that there is no difference in the length of the recovery process between Papuans and non-Papuans from Covid-19.

Keywords: covid-19; papua; recovery time

INTRODUCTION

The results of the study of the recovery time of patients exposed to Covid-19 during the pandemic took an average of 2 weeks or 14 days to be exact. Saying that the fastest healing is 4 days and the longest healing is 13-16 days (Hariadi, 2020) length of stay more than 14 days (Jamini, 2022), and the length of time someone has a covid-19 patient is 3-40 days (Multazamiyah & Sary, 2021). Another study found it took 10 days of treatment until the PCR was negative (Khairiah, 2022). An example study showed that the average length of stay in the hospital and in the ICU ward was 15 days for all patients of all ages. (Pastar et al., 2021). Aspects Factors that affect the healing of COVID-19 pandemic patients include lifestyles that support accelerated healing, such as wearing masks, washing hands, healthy lifestyles, and regular eating and sleeping patterns. (Laksono et al., 2020; Solomou & Constantinidou, 2020; Warwer, 2021) (Laksono, nd; Utama, 2020). In addition, taking the medicine, ginger water mixed with honey is used to prevent and or cure coughs and Covid-19 (Jurun et al., 2022; Kabak et al., 2022; Khusuma et al., 2021). These two things are very often referred to as supporting factors for the recovery of Covid-19 patients who are considered positive lifestyle changes in healing Covid-19, (Monye & Adelowo, 2020) However, healthy living behavior is said to be a determining factor in accelerating the healing of the COVID-19 client's illness (Monye & Adelowo, 2020; Tukayo et al., 2020). The results of several studies in Indonesia show that length of stay is obtained by several factors, namely age, gender, race, ethnicity, and environmental factors, social changes during the COVID-19 period. (Afzal et al., 2021; Retno Wulandari et al., 2021).

In Papua Indonesia, the average recovery time in health services is unknown. Moreover, there is no research that mentions the comparison of the acceleration of healing of Covid-19 patients in certain ethnic groups with other races and ethnicities. Therefore, researchers are interested in knowing further whether there is a difference in the healing speed of patients between Papuans and non-Papuans. This study uses a qualitative method with a descriptive design. The purpose of this study was to compare the acceleration of healing between Papuans and non-Papuans with the average length of stay for Covid-19 pandemic patients. The benefit of this research is that for the first time, the nursing profession will serve as additional guidelines/handles in nursing Covid-19 patients.

METHOD

This study uses by researchers, in this case is a qualitative approach with a descriptive design. Qualitative research is the process, principles, and procedures we use to approach problems and seek answers (Fadli, 2021). The steps in this research include identifying problems, looking for references through Google Scholar, namely scientific articles related to the topic of the problem, conducting individual interviews, and analyzing problems. We identified problems by observing phenomena that exist in the community related to Covid-19 cases and conducting interviews with respondents. The second step is to look for supporting documents from published scientific articles published by reputable institutions (during the last 5 years, from 2017 to 2022), and the third step is interviews. We conducted interviews with 14 respondents who were divided into two groups, namely 6 respondents from health workers (nurses) treating COVID-19 consisting of 3 Papuans and 3 non-Papuans, and 8 patient respondents consisting of 4 Papuans and 4 non-Papuans. Papuan people. This research was conducted in 2 different districts in Papua Province, namely health workers who treat COVID-19 patients and patients who have been treated at the Jayawijaya District Hospital, as well as health workers who treat Covid-19 patients and patients at Jayapura City Hospital. This research was conducted in February-March 2022. The measuring instrument used in this study was in-depth interviews using 5 questions, namely (1) knowledge of nurses and patients about the symptoms of covid-19 and when exposed to covid, (2) Understanding of care and patients about symptoms experienced, and what to do when you have symptoms of covid-19 and when to seek help from health workers, (3) How to speed up healing and in your opinion, how to prevent covid infection from spreading to other people, (4) knowledge about taking medicine and how to live and when infected with covid-19, (5) how the symptoms of Covid-19 are felt when you feel healed. The questions used in this review are taken from validated research sources (Sari et al., 2020). After that, all respondents were given a code. This coding was carried out according to the recommendations of many studies to facilitate the analysis process (Afro et al., 2021; Hardy et al., 2021; Tukayo et al., 2021). Respondents were initialized PP for Papuan nurses (PP), B for non-Papuan nurses (PNP) and CP for Papuan clients, and CNP for non-Papuan clients.

RESULTS

This study resulted in 5 themes, namely, (1) Knowledge of nurses and patients about the symptoms of Covid-19 when exposed to COVID, (2) Understanding of nurses and patients about the symptoms experienced and what to do when experiencing symptoms. covid-19 and when to seek treatment. assistance from health workers, (3) How to speed up healing and in your opinion, prevent covid infection from spreading to other people (4), knowledge about taking medicine and how to live when infected with covid-19, and (5) What are the symptoms of covid-19 that you feel when you feel better.

Knowledge of nurses and patients about the symptoms of covid-19 and when exposed to covid.

Knowledge of nurses and patients about the symptoms of covid-19 and when exposed to covid. Their opinion is generally the same. The differences are not striking or almost similar, as revealed by the following informants:

"I already know the symptoms of Covid-19 from observations such as coughing up phlegm, runny nose, itchy throat, loss of smell, fever, shortness of breath, through TV, social media, internet reading books about covid-19 (DL-PNP)

I found that our clients have nasal congestion, body aches, decreased appetite, accompanied by hypertension, high heart rate, and shortness of breath if the Covid-19 patient has complications of co-morbidities or other diseases ES(PP-PNP).

As a nurse who serves patients/clients of the corona virus, of course I know the problems of the corona virus/covid-19 through the results of TTV, training, seminars, and BP radio(P-PNP).

I know the symptoms of covid, many people tell me the symptoms of covid-19 in the community and I also feel there are symptoms such as fever, cough, loss of smell, and shortness of breath, so I finally made the decision to check PCR with health workers. My test results say that the antigen test is negative but the PCR is positive for (LM-CP).

Yes, I already know the symptoms above and know that I have been exposed to covid, I feel there are symptoms, I immediately went to the hospital for a check up and the results of the anti-PCR examination were positive (SA-CKP).

Sir, I don't recognize the symptoms of Covid-19, but from the results of the PCR examination it says I have Covid-19. I know the signs/symptoms of Covid-19, sir, and 4 days ago I felt the symptoms of covid, so I immediately checked the PCR with the Covid handling team, the result was exposed to Covid-19 (KA-CNP).

Nurses KL PNP, AW PP, and WH (PP) agree with the statement or answer with the initials DL (PNP) above. Meanwhile, LH (CNP) ML (CNP) client agrees with the statement (LM-CP) above, and BT (CNP) agrees with AK's statement (CNP).

From the results of the PCR examination, I was exposed to covid-19(AK-CNP).

I know the symptoms of covid-19, sir, and 4 days ago I felt the symptoms of covid so I immediately went to the PCR with the Covid handling team, the result was that I was exposed to covid-19(KA-CNP).

Nurses KL PNP, AW PP, and WH (PP) agree with the statement or answer with the initials DL (PNP) above. Client LH (CNP) ML (CNP) also supports the statement LM' (CP) above, and BT (KNP) is the same as opinion of AK (CNP). Likewise AW (PP), WH (PP), and DL (PNP) above.

Understanding of care and clients/patients about the symptoms they are experiencing and what to do when they have symptoms of COVID-19 and when to seek help from health workers.

During the Covid-19 pandemic, patients began to know the symptoms, and what to do when there were symptoms of Covid-19 and seek help from health workers, as stated below:

Yes, of course I am a nurse on duty in the health care sector, clients come with signs/symptoms such as cough with phlegm, runny nose, throat, itching, loss of smell, fever, shortness of breath, so the first thing I deal with is shortness of breath and cooperation with the doctor on duty or the health team for further treatment measures, then the client is directed to the health team or Covid-19 laboratory for antigen or PCR examination ICE. As a nurse for a patient/client, the

signs/symptoms are as above, that's why I immediately took vital signs, from this TTV the client was suspected to be a COVID-19 client, then immediately quarantined in a special room, then immediately quarantined. It is recommended to immediately check with the laboratory or Covid-19 health team. I work in the health sector, a client comes in with the above symptoms. I usually direct clients/patients to the COVID-19 laboratory or client prepared by the government for self-examination, so that we know the results of the Covid-19 confirmation (KL-PNP).

Sir, I have started to feel the signs/symptoms as above, I immediately looked for a health worker to check myself, I didn't stay long at home because there were a lot of people in our house, I was afraid there was Covid-19, so I can get everything. In fact, I immediately checked with the health team, and the results of the examination were said to be positive, so I temporarily isolated myself and then I went to a shelter or special treatment for COVID-19 patients/clients prepared by the government (AJ-KP).

Yes, 2-3 days as soon as I start to feel signs such as coughing up phlegm, runny nose, throat, itching, loss of smell, fever, and shortness of breath, I self-isolate/self-quarantine at home, wear a mask, then go look for health workers to check for antigen or PCR(LH-TNK).

DL (PNP), HW (PP) agreed with the statement of ES (PP) above, then AW (PP) agreed with the statement of BP (PNP) above. while the client information: KA (CNP), KM (PNP).

How to speed up healing and in your opinion, how to prevent the transmission of covid so that it doesn't spread to other people

During the Covid-19 pandemic, patients need to find health workers to handle Covid-19 infections so they don't spread to other people around us.as expressed below:

Yes, sir, I am different, I give medicine according to the doctor's prescription, I also give an explanation or understanding of how to take medicine according to the doctor's instructions, stay away from crowds, keep your distance, wear a mask at all times (DL-PNP).

In addition to giving drugs to clients according to doctor's prescriptions, as a nurse on duty, I encourage clients who are psychologically disturbed by others in healing their COVID-19, are directed to self-isolation at home, or self-quarantine at home. a place or facility that has been in an emergency. prepared by the regional government, for example at Puskesmas, Regional Hospitals, and Covid-19 patient shelters. I give the understanding of taking medicine regularly, not taking intermittently, getting enough rest, and not having contact with other people when exposed to COVID-19(KL-PNP).

Sir, in addition to taking the medicine given by the health workers, I also drink water from upstream young, inhale the water vapor from the serey leaves in the morning and evening, make ginger mixed with turmeric, drink real honey, drink sour orange juice, mix soy sauce with oranges, isolate yourself and eat. boiled. and I'm stressed, I just feel grateful to God whether healthy or sick so that at the core of belief (Faith) heals my illness. Yes, every time you wear a mask, drink bear's milk, wash your hands, sleep alone, self-isolate, no contact with other people, take a shower, clean the room and spray the house other than me, the medicine is given by the railroad health officer (KM-CNP).

Take medicine according to the instructions of health workers, in addition to eating/drinking well, exercising, keeping a distance from leaving the house, locking oneself in the house for fear of contracting Covid-19, also affecting family or other people. as a co-worker in the office,

wear a mask, wash your hands and keep your distance from other people.... In principle I follow the health protocols set by the government or health workers, limit family visits, self-isolate at home, and get enough rest, every morning and evening I always take a leisurely walk on the highway, all efforts are made to speed up healing covid-19 apart from taking medicine (AJ-KP).

AW (PP), LH (PNP) agree with DL (PNP) above. and BT (PP) agree with KM (PP). While the client statements: LH (CNP), SA (CP), LM (CP) agree with KM (CP) above, and AK (CNP) agree with KA (CNP) above.

Knowledge about taking medicine and how to live when infected with COVID-19. During the time of Corona Virus, patients and nurses know about taking medicine, and how to live during Coronavirus, as stated by the following informant:

Sir, I will give you medicine according to the instructions or prescription of the doctor on duty at the hospital, for example; Vit c medicine, Ampicillin, GG, and Dexametazol, besides that I direct the patient to make good medicine, I direct him to eat/drink regularly, exercise every morning and evening, dry in the heat, eat fruits such as oranges, bananas, passion fruit, pineapple, eat fruit juice so that it helps accelerate the healing of covid-19 disease (BP-PNP). Yes, sir, I give medicine according to the doctor's prescription, for example anti-coronavirus or anti-virus drugs, vitamin C, paracetamol, vitamin E, and b.com drugs as well as my lifestyle(WH-PP).

I take medicine according to the instructions of the nurse or doctor who gave me medicine and take medicine also according to the hours determined by the health worker or nurse/doctor on duty, I can't take any medicine, sir, for fear of drinking the wrong thing, eating/drinking regularly, exercising morning and evening, dry in the heat, eat fruits such as oranges, bananas, passion fruit, pineapples, eat fruit juices (KA-CNP).

Oops.....sometimes I forget to take my medicine, sir but luckily my wife and children remind me to drink ha ha ha...eating/drinking smoothly is not a problem, every afternoon I exercise in my yard (KM-CKP).

DL (PNP), ES (PP) agree with BP (PNP) above then KL (PNP) and AW (PNP) agree with WH (PP) above. SA (CP), LH (CNP) BT (CNP), and AJ (CP) also agree with KA (CNP) statement, and AK (CNP) agree with KM (CP) statement above.

How did you feel the symptoms of COVID-19 when you felt better and how long have you been hospitalized. When you feel that there are no symptoms of covid, you are happy and grateful to God,as expressed below:

Yes, my husband and I did everything we could to cure covid-19, sea water bath, hot steam bath, drinking ginger potion, just by all means we tried but it didn't help then we went back to the health worker, the health worker gave us medicine then take the medicine regularly according to the instructions of the health worker. I feel my body odor as usual, no goosebumps, my body doesn't hurt anymore, and slowly it's back to normal, so basically I'm very grateful to God because I have started to recover from covid-19, and the length of treatment. 30 days east longitude.Sir. I followed the health protocol, and all the rules given by my health workers followed everything so thank God I have started to recover from covid-19, treatment for 21 days of self-care for COVID-19 clients/patients (AK-KNP).

Oh God..... I don't feel the symptoms anymore like I used to feel at that time but now I don't feel the symptoms of covid-19 anymore, I'm very happy, very happy, happy with God's help and interventionso that I recover, the length of treatment is 14 days (AJ-CP).

Other client description LM (CP) SA (CP), AK (CNP), LH (CNP), and AK (CNP) agree with AJ (CP)'s statement above.

How long have you been treating COVID-19 patients/clients?

During the treatment of COVID-19 patients/clients at the treatment center, there are patients who recover on time, but there are also patients who take a long time to recover, as revealed by the following informant:

Sir, I treat patients/clients in the treatment room as long as I treat Covid-19 patients, some recover quickly, during treatment for 14 days but there are also those whose treatment takes 20-30 days, usually check repeatedly but there is still the corona virus so it is still being treated by health workers and before fully recovered are not allowed to go home. Patients who enter the Covid-19 treatment room must be treated for 14 days. If on the 14th day a re-examination is carried out and the results are negative, then you can go home but if the results are positive for Covid-19, then you can be treated in the Covid-19 room until you are completely healed and then go home (BP-PNP).

Description Treatment DL (PNP), ES (PP), KL (PNP), AW (PP), WH (PP) is similar to BP (PNP).

Table 1.
Analysis of Interview Results

Not	Questions/statements	By			
		Nurse		Patient	
		P	NP	P	NP
1there are those who recover quickly, during 14 days of treatment but there are also those who take 20-30 days of treatment.....(BP-PNP).		v		
2	<i>Yes, my husband and I did everything we could to cure covid-19, sea bath, hot steam bath, drinking ginger concoction, just by all means we tried but it didn't help then we went back to health workers.....(BT-CNP).</i>				v
3	<i>.....Alhamdulillah I have started to recover from covid-19, treatment for 21 days of treatment.....(AK-CNP).</i>				v
4	Factors affecting healing:				
	a. <i>.....I also drink water from upstream young, inhale water vapor from serey leaves in the morning and evening, make ginger mixed with turmeric, drink real honey, drink sour orange juice, and soy sauce mixed with oranges.... .(KM-CP).</i>			v	v
5	b. <i>.....I can't take any medicine, sir, for fear of drinking the wrong thing, eating/drinking regularly, exercising in the morning and evening, drying in the heat, eating fruits such as oranges, bananas... ..(KA-CNP)</i>				
	Support facilities in healing. :				
5	a. <i>...as a nurse in charge of encouraging, and motivating clients who are psychologically disturbed by patients in healing COVID-19, directed to self-isolation.....(KL-PNP).</i>	v		v	v
	b. <i>.... I didn't stay in the old house because there were a lot of people in our house,(AJ-CP)</i>				

Not	Questions/statements	By			
		Nurse		Patient	
		P	NP	P	NP
	<i>c. I usually direct the client/patient to the laboratory, so that we know the results of the Covid-19 confirmation.(KL-PNP).</i>				
6	<i>They experience nasal congestion, body aches, decreased appetite, unconsciousness, accompanied by hypertension, and high heart rate if Covid-19 patients experience complications.....(ES-PP).</i>			v	
	Differences in healing time between Papuans and non-Papuans:				
	<i>a. I feel my smell, as usual, no chills, my body doesn't hurt anymore, it's slowly getting back to normal.....(BT-CNP)</i>				
7	<i>b. I follow the health protocol to recover from covid-19, seek treatment for 21 days of self-care at the client/patient of COVID-19 AK(WHY).</i>			v	v
	<i>c.I don't feel any more symptoms.....(AJ-KP).</i>				

Table 1 above proves that the results of the analysis of this study underscore four things that affect the recovery of COVID-19 patients, namely factors that affect healing, supporting facilities in healing, the effect of co-morbidities, and differences in healing time between Papuans and non-Papuans.

DISCUSSION

The table above shows that the factors that can affect healing apart from taking drugs given by health workers, make other efforts to speed up the healing process, for example; consuming water from upstream young, inhaling water vapor from serey leaves in the morning and evening, making ginger mixed with turmeric, drinking honey, orange juice, soy sauce mixed with oranges, isolating oneself and eating boiled food (Table 1, point number 4a). Exercising every morning and evening, sunbathing, eating fruits such as oranges, bananas, passion fruit, and pineapples, and fruit juice KA (CNP). Exercising every morning and evening, being hot, eating fruits such as oranges, bananas, passion fruit, and pineapples, drinking fruit juices so as to help accelerate the healing of covid-19 disease (Tables 1, 4b).(Laksono, nd; Utama, 2020; Zheng et al., 2020). Second, this study proves that the supporting facilities in healing Covid-19 patients/clients include the availability of health workers and laboratories for Covid-19 examinations (Table 1 points number 5a and 5d). Government public health service facilities, for example; Health centers, hospitals, places or buildings for the treatment and/or shelter of COVID-19 patients, as well as antigen testing sites or PCR sites, are also important.(Anggraeni, 2021; Idris et al., 2020). Analysis of the interview results projected that there were co-morbidities such as nasal congestion, body aches, decreased appetite, Covid patients were unconscious, accompanied by hypertension, diabetes eruption, and high heart rate if Covid-19 patients experienced complications of comorbidities or other diseases. This condition is supported by many studies that play an important role in the speed of recovery(Arumugam et al., 2020; Chandler et al., 2020; Hikmawati & Setiyabudi, 2020). This study also shows that there is no difference in healing time between Papuans and non-Papuans. Our findings are in line with the findings of other researchers previously showing that differences in the healing of Covid-19 can be influenced by the natural immune response, race, ethnicity and culture, lifestyle, health facilities, and a person's genetic predisposition.

CONCLUSION

The purpose of this study was to compare the average recovery time between Papuans and non-Papuans exposed to Covid-19. This study underscores four issues, namely factors that affect recovery time, availability of health facilities, presence of comorbidities, and lifestyle. Of the four issues discussed, there is no major factor that plays the most role in healing Covid-19 patients, but they are interrelated. Most importantly there is no relationship between ethnic Papuans and non-Papuans in the healing process. This is in agreement with many previous findings. The weakness of this study is that it is not supported by the respondent's laboratory results as evidence of the progress of the healing process.

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