

LIFE STORY OF PATIENT WITH SUPERVISION'S FIGHTING AGAINST COVID-19 IN SURAKARTA INDONESIA

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Abstract

Life story of Covid-19 survivors aims to educate the people through patients' testimony about experience with Covid-19 infection symptoms and the treatment they got in Surakarta Indonesia. The qualitative research with this biographic approach was conducted based on life story of Patients with Supervision (Pasién Dalam Pengawasan / PDP) using purposive sampling technique, so that the informants selected were PDP recovered from Covid-19, PDP's family, friend, neighbor, Surakarta people, Pulmonologist and nurse in Dr. Moewardi Hospital of Surakarta, Chief Executive of Covid-19 Management Acceleration Task force of Surakarta, and Chairperson of Surakarta Health Office. The author collected primary and secondary data using online observation, in-depth interview and documentation. To validate data, method and data source triangulations were used. Data obtained was analyzed using an interactive model of analysis using Bandura's Social Learning theory. Considering the patients' experience, it can be seen that they are healed from Covid-19, because they were disciplined and complied with the procedure of treatment for Covid-19 patients. It can inspire and encourage other patients to keep fighting for their recover; to keep thinking positively, and to be sure that they will be healed, to follow the health protocol for coping with Covid-19, and to improve spirituality by getting closer to God.

Keywords: *life story, Patient with Supervision, Covid-19*

Abstrak

Kisah hidup pasien yang sembuh dari Covid-19 bertujuan mengedukasi masyarakat melalui testimoni pengalaman pasien selama mengalami gejala serangan Covid-19 hingga selama perawatan di Surakarta Indonesia. Penelitian kualitatif dengan pendekatan biografi ini diambil dari kisah hidup Pasien Dalam Pengawasan (PDP) menggunakan teknik purposive sampling, sehingga informan yang dipilih adalah PDP yang sudah sembuh dari Covid-19, keluarga PDP, teman, tetangga, masyarakat Surakarta, Dokter Spesialis Paru dan perawat di RSUD Dr. Moewardi Surakarta, Ketua Pelaksana Gugus Tugas Percepatan Penanganan Covid-19 Kota Surakarta dan Kepala Dinas Kesehatan Kota Surakarta. Peneliti mengumpulkan data primer dan sekunder dengan observasi, wawancara mendalam dan dokumentasi melalui daring. Untuk menguji validitas data digunakan triangulasi metode dan sumber data. Data yang diperoleh dianalisis dengan menggunakan Model Analisis Interaktif dan teori Mekanisme Survival dari Scott. Pengalaman pasien yang berhasil sembuh dari Covid-19, karena selama menjalani perawatan pasien Covid-19 disiplin dan patuh. Hal ini dapat menjadi inspirasi dan dorongan bagi pasien lain untuk terus berjuang agar sembuh;

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selalu berpikir positif dan yakin untuk sembuh; mengikuti protokol kesehatan penanganan Covid-19; serta meningkatkan spiritualitas dengan lebih mendekatkan diri kepada Tuhan.

Kata kunci: Kisah Hidup, Pasien Positif, Covid-19

INTRODUCTION

Covid-19 pandemic still persists not only in Indonesia but also in most countries in the world. The citizens in 188 countries have been infected with Covid-19. John Hopkins' data reported that on July 31, 2020, about 17,474,691 people have been positively infected with Covid-19 in the world with 676,759 deaths and 10,937,771 people recovered (CSSE, JHU, 2020). The number of people infected with this virus also increases over times in Indonesia; it was reported that 108,376 people were infected with 5,131 deaths and 65,907 people recovered per July 31, 2020.

Covid-19 will find its host, lung. Transmission occurs due to contact between humans. Covid-19's main transmission method is through contact with an individual infected when they cough, sneeze, or through droplet. If the droplet adheres to some objects later touched by healthy one, then the healthy individual touches his/her nose, eye or mouth, without washing his/her hand before, the virus will get new host and will infect the healthy one. In addition, transmission occurs due to hand shake, when the hand has been contaminated with the droplet of infected one. Those having been infected positively should be isolated immediately in order to be healed and the healthy ones are told not to interact with those infected to prevent the increase in the number of infected people (Cunningham et al, 2020).

As Indonesian people having accustomed with colony, due to collectivism value inculcated since they were so young, the appeal not to assemble and not to be close to others, moreover to shake hand, is a change of attitude difficult to make. Despite the difficulty of leaving ethics, collectivism should be changed into individualism consciously to break the Covid-19 virus transmission. That is individualism not egoism, but individualism considering mutual health.

The important question is how people can survive amid Covid-19 pandemic requiring them not to interact with others. Meanwhile, the

characteristics of Indonesian people are, among others, living in colony and social interaction. Regarding this, some factors are required to be survival strategy (Alhazzani et al, 2020; Daniels, 2020). Those infected with Covid-19 should have mindset that the virus can be expelled from their body. Spirituality, psychical and psychological need fulfillment will motivate the patients to recover. Appreciation should be given to clinicians, nurse, and volunteer by complying with all recommendations and managements.

The healthy ones have survival strategy by means of following the instruction of not getting out of home frequently and keeping social distancing and maintaining cleanliness. People still view their fellows infected with covid-19 as the ones who should be avoided and isolated socially. Meanwhile, they should be isolated physically only because they should be treated and not transmit the virus to others. They should be motivated psychically and socially and given spirituality power in order to improve their immunity and to accelerate their recovery, thereby they can get back into their family and community immediately (Conway III et al, 2020). People with Monitoring (*Orang Dalam Pemantauan / ODP*) is persons under surveillance, usually developing such mild symptoms as cough, sore throat, fever, but no close contact with positive patients. Meanwhile Patients with Supervision (PDP) is patients under observation who have been treated by health workers (as patients) and show disease symptoms like fever, cough, cold, and narrow breath (Republic of Indonesia's Ministry of Health, 2020). People view ODP and PDP as the ones who should be rejected and as the fugitive. Meanwhile, the transparent information on ODP and PDP or those infected will give information on the transmission channel, so that those with such interaction history can have their health examined in order to be treated and facilitated until they recover and are healthy.

Collectivism community should develop empathic values and responsibility for the fellow in this Covid-19 pandemic case. If these values develop, people should change their attitude and behavior bravely in order not to assemble and have high mobility (Jarynowski et al, 2020). A movement of restricting the activity of citizens coming into and exiting from the neighborhood emerges simultaneously in many areas with 14-day

isolation (Xiao et al, 2020). For the areas indeed having been exposed to the virus, government should prohibit firmly its citizens from getting out of the area for breaking the transmission chain immediately. If all elements of state and citizens move and take action, this virus transmission will disappear immediately.

The symptoms of Covid-19 infection are varying between an individual and another. Some of them show such symptoms as fever, cough, narrow breath, diarrhea, but some others show no symptom at all despite the infection; thereby they can transmit the virus unconsciously (healthy carrier). However, members of community attempt to survive from Covid-19 (Bandura & Walters, 1977). Therefore, this research aims to find out the patients' experience with treatment to prevent the broader transmission from occurring.

METHODE

This qualitative research took place in Surakarta using biographic approach with life story method implemented online. Life history method aims to reveal an individual's life journey during treatment and isolation until recovering from Covid-19 (Dentin & Lincoln, 2009). Purposive sampling technique is used to determine unit of analysis (Creswell & Creswell, 2017). Informants consisted of key informants including pulmonologists and nurses in Dr. Moewardi Hospital of Surakarta dealing with PDP. Main informants included ODP or PDP having recovered from Covid-19, their family, friend, and neighbor. Supporting informant included Chief Executive of Covid-19 Management Acceleration Task force of Surakarta, and Chairperson of Surakarta Health Office.

Primary data was collected through observation and interview, meanwhile documentation obtained was secondary data. These data were collected online using internet media. The author utilized computer, smartphone, social media and etc (Hewson & Stewart, 2014). Online method is implemented synchronously (in real time) using text chat, video call, phone call and asynchronously (in delayed time) using email and Google form (Salmons, 2014). To validate the data, the author employed resource person, reference from other authors, and information screening

using various methods as source and method triangulation attempt. In addition, data was analyzed using an interactive model of analysis with Bandura's Social Learning theory (Huberman & Miles, 2002)

RESULT AND DISCUSSION

Result

In the Results section, summarize the collected data and the analysis performed on those data relevant to the discourse that is to follow. Keeping calm and maintaining self-health are the best way of dealing with virus transmission. Many people recover from Covid-19. In Surakarta, Covid-19 transmission led its Government to implement Extraordinary Condition (KLB) status. Out of many Covid-19 positive victims, there are a number of stories telling about their fighting for recovery. Some Covid-19 patients have been stated as recovered (healed) and discharged from hospital now in Surakarta. Previously, they undertook treatment and isolation and now they have been healed. Recent data on Covid-19 management in Surakarta shows that the accumulative number of Covid-19 positively confirmed patients is 265 patients: 219 healed and 8 deaths per July 31, 2020. Meanwhile, there are 346 PDP. Out of these, 284 have been healed, 18 are hospitalized, and 44 died. Inspiring story of 4 PDP in Surakarta in fighting against Covid-19 gives the community an invaluable lesson.

1. Patient A

Patient A is a woman, 34 years old, coming from Kelurahan Joyotakan, confirmed positive on April 27, 2020. The patient told her experience with the treatment in Dr. Moewardi Hospital until survive and stated to be healed from Covid-19. The patient is one of patients in Surakarta stated to be healed from Covid-19 virus. Previously, the patient complained Covid-19-indicated symptoms such as fever, cough, and narrow breath. The virus was transmitted from her husband having attended a seminar in Bogor, West Java on February 24-29, 2020. However, during the treatment process, the patient's husband was stated to die. She told her experience with fighting for being healed from Covid-19 in phone call with the author about the beginning of transmission, incubation period, treatment

process, etc. The patient got fever at night and was given over-the-counter drug but the fever did not improve. In the following morning, she still got fever and then went to the clinic to get medical help. Her condition has ever improved but then deteriorated some following days. Therefore, the patient was referred to Dr. Moewardi Hospital of Surakarta to undertake treatment and isolation. The patients then undertook swab test as a method of detecting Covid-19 virus and was confirmed positive Covid-19. Patients should undertake intensive treatment in isolation ward. During the treatment, there was no specific drug, but the patient's body immunity was strengthened, so that finally she can be healed from Covid-19.

During treatment period, the patient got multivitamin, vitamin C (500 mg). Four drugs were given, one of which is chloroquine, but public may not buy it for avoiding Covid-19 haphazardly without clinician's recommendation because it has hazardous effect. In addition, the patient should eat 3 times a day, and drink water at least 2 liters/day. Being disciplined during treatment process and complying with clinician and nurse's instruction will accelerate the recovering process. Thinking positively and believing that God will cure the patient made her undertaking his life vigorously in isolation ward. Clinician and nurse always support and give medical care very well. The only key is to be discipline and to comply with the treatment process to be undertaken. She undertook her life in isolation ward patiently and sincerely. Moreover, her creed strength keeps reinforced with always praying for her recovery. The patient believed that this recovery start with her self spirit. Family and friends also supported her extraordinarily. These all gave her the spirit to be healed. They always gave her spirit and pray for her recovery, by establishing intense communication via phone and chatting application everyday. The patient has now gone back home and assembled with other family members. Nevertheless, she is appealed to undertake self-isolation first at home. Now, the important point is how to avoid transmission (how not to transmit and not to be infected). Keeping our body immunity, not panic, eating healthily, and washing hand frequently are measures to be taken to avoid the virus transmission.

2. Patient B

Patient B is a man, 40 years old, stated to be healed from Covid-19. The patient told his fighting for being healed from Covid-19 virus. He said that it is a valuable experience and lesson in his life. When he was diagnosed to develop Covid-19 positively, the patient was shocked. But, he is so grateful for successfully passing through a series of curing stage until he is stated to be negative. He makes the recovery the second opportunity of undertaking his life more meaningfully. During working, the patients have applied health protocol by wearing mask and glove. Previously, he has undertaken treatment and was infused in isolation ward of Dr. Moewardi Hospital of Surakarta. During the treatment, the patient wanted to eat the meal provide by the hospital only. He ate any food provide by the nurse, and attempted to keep consuming drug. The patient also obeyed and complied with the clinician's recommendation. Patient undertook treatment isolation period for 20 days in hospital. Previously, the patient has undertaken self isolation at home and believed that he would be healed. At that time, no one, including his family, can visit the patient. During isolation period, patient communicated with his family via phone only. The patient believed that they must be medicine for all diseases. He submitted anything occurring to Allah and expected for his recovery. It is on Allah's permission only that the patient can be healed and negative Covid-19, and he is really grateful for it. The patient thinks that support from family and closest persons gave him spirit and hope to be healed. Patient's family, children, and wife, and pray, and support from the community sent to the patients through WhatsApp (WA) gave him spirit. It encouraged him to be healed. From this experience, the patient wants all patients infected with Covid-19 should keep fighting against this disease. The keys are positive thinking and being disciplined in complying with clinician's recommendation. As such, body immunity will improve.

3. Patient C

Patient C is one of many patients in Surakarta stated to be healed from Covid-19. The patient is a woman, 35 years old. She has undertaken the last swab test and the result is negative. The healing can give Surakarta

people lesson and education that Covid-19 infection can be healed. It, of course, will be accomplished with the discipline in complying with clinician and nurse's instruction. The patient has been healed and discharged. Nevertheless, she should undertake self-isolation first at home. This patient's healing is inseparable from clinician and medical workers' hard work and spirit. All medical teams hope that they will always be healthy and continue their service as the front guard in coping with Covid-19.

In her previous examination, the patient only complained cough symptoms, without fever and narrow breath. He has history of travelling to outside town several times for occupation purpose, one of which is to Surabaya. Several days before she was confirmed to be positive, she also complained malaise. When she got information that her friend coming from Jakarta was confirmed to be positive-Covid-19, she then undertook tracing and swab test, and the result was positive.

She was putatively infected by her friend (confirmed positive) when she was on duty in Surabaya. Then, she should undertake treatment in isolation ward for almost a month. The patient undertook swab test again before finally she was confirmed to be negative and discharged. Having arrived at home, the patient is expected to keep undertaking self-isolation and to recover her health condition.

4. Patient D

Patient D is an old woman, 63 years old, stated to be healed from Covid-19 in Surakarta. The patient develops diabetes mellitus (DM), cardiac, and hypertension diseases. The healed patient belongs to high risk one because in addition to her old age, she also develops comorbidity. Cardiac and diabetic patients have risk of being infected with Covid-19 severely when they do not maintain their health condition well. Therefore, it is important to keep controlling blood glucose level. However, it is noteworthy that body immunity should be maintained to avoid virus infection in daily activities. Chronic hypertension and diabetes are two comorbidities found most widely in dead patients. In addition to comorbidity, patient's age can also exacerbate the condition of Covid-19 patients.

This old patient's healing gives Covid-19 patients (particularly elders) hope. This old patient undertook four services before she was diagnosed to be positive-Covid-19. Previously, she undertook self-quarantine as the preventive measure as she was asymptomatic for several days. However, the situation was getting worse and she developed severe cough and found difficulty to sleep. These symptoms lasted for two days. The patient should hold plastic bag because she released sputum any time she coughed. Having undertaken treatment, finally she is stated to be healed from Covid-19. It indicates that despite old age, Covid-19 infection can evidently be healed. In addition to accepting the reality sincerely, the patient also did anything recommended by clinician. She always prayed to Allah for her healing and kept spirit. It gives other patients the lesson that they should undertake the treatment optimistically.

Discussion

Mind is a powerful element affecting many things in life. From a mindset practiced and improved through a series of experiences and learning, we can have good habits such as healthy lifestyle, positive thinking, clear response to something, and it even impacts on self healing (Van Bavel et al, 2020). In the context of Covid-19 pandemic, the life story of Covid-19 patients healed successfully can inspire ODP and PDP in order to be healed from Covid-19. Thus, it can encourage them to fight for healing.

The Centers for Disease Control and Prevention suggests that an individual can be stated as having healed from Covid-19 when he/she has not developed fever for three full successive days without consuming drug, no symptoms such as cough and narrow breath for seven-full day period since the symptoms appear for the first time. Then, the negative result of two swab tests periodically can also be the means of assessing whether or not an individual has been healed from Covid-19. Nevertheless, self-isolation remains to be recommended to do for 14 full days. The risk of being infected with Covid-19 will always remain, in children, adolescent, adult, and elder. To avoid Covid-19 virus transmission, washing hand routinely using soap, avoiding outdoor activity if unnecessary, knowing

coughing ethics in public space, and avoiding touching eyes, mouth, and nose are recommended. Get medical help immediately when symptoms such as fever, headache, cough, and narrow breath appear (Centers for Disease Control and Prevention, 2020).

Hard time experienced by Covid-19 patients can be found in loneliness circumstance during isolation, as they should enjoy all paining, treatment, critical, and recovery periods alone. Wrestle with the virus makes the patients feel distressed. Isolation results in spiritual experience encouraging the patients to fight against the virus until healed (Bandura & Walters, 1977; Bajwahet al, 2020; Zhu et al, 2020).

These stories of PDP's fighting for healing successfully are intended to share their experience and to give the people spirit to avoid Covid-19 infection. Those having infected with the virus are expected to follow government's instruction and direction through medical workers. Covid-19 is not shame, but an epidemic that can infect everyone. ODP and PDP are expected not to be panic and not to think of people's perspective. Keep thinking positively and believing to be healed. Those undertaking hospitalization should follow the health protocol for coping with Covid-19 (Rubin et al, 2020; Wong et al, 2020).

PDP should fight for maintaining their own health and obeying the government to undertake self-isolation at home. They should obey clinician and medical workers' recommendation corresponding to the health protocol, keep thinking positively, improve spirituality by increasing pray and worship, family, friend, and surrounding people's support.

CONCLUSION

The experience of Covid-19 positive patients with fighting for their healing telling about how they can be infected, survive, undertake healing process, and then healed gives them the lesson. It is also expected to inspire the public, and to give those confirmed covid-19 positive, ODP and PDP to fight for their healing. Healthy people can help medical workers by breaking the Covid-19 transmission chain.

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