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## " Preparedness and Mitigation for the Second Wave of COVID-19 among Health Science Students in Mangalore "

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## **Preparedness and Mitigation for the Second Wave of COVID-19 among Health Science Students in Mangalore**

### **Introduction**

With the upcoming second wave of COVID-19 pandemic in Mangalore, health sciences students are at a higher risk of infection. Mitigation and preparedness are important parameters to control the outbreak. The study aims to assess the preparedness of health sciences students towards the second wave of COVID-19 and the preventive measures taken by them in order to take the necessary actions to strengthen our response to the upcoming second wave.

### **Methodology**

In this cross-sectional study, 440 health science students ( of Kasturba Medical College, Mangalore and Manipal College of Dental Sciences, Mangalore) were included. The sample size was calculated based on the assumption that 50% of the students are prepared for the imminent 2nd wave of COVID, with 10% relative precision, 95% confidence interval and 10% nonresponse. The final sample included 405 participants [MBBS 225 + AHS 72 + BDS 108]. Institutional Ethics committee clearance was obtained prior to the commencement of the study. A self-administered semi-structured questionnaire was created using Google forms which had sections on Participant information, Preparedness towards the Second Wave of COVID-19 and Preventive Practices followed by the participants against COVID 19. Only the completed forms were considered for final analysis. The collected data was entered in and analyzed using IBM SPSS (Statistical Package for Social Sciences) Statistics for Windows Version 26.0. Armonk, NY: IBM Corp. The results are expressed in proportions.

### **Results**

The primary finding from our study was that majority of the students among health science in Mangalore are well aware of the 2nd surge of COVID-19 and is well knowledgeable on the magnitude of the pandemic. Since the first lockdown, a greater proportion of students find themselves prepared to combat the second wave and the consequent lockdown rules that has come into effect. The students have better plans and strategies maintain good health. A large proportion of students find themselves willing to volunteer if called upon for duties to help in clinical settings. However, they feel underprepared to volunteer. Compared to the high awareness about the correct preventive practices, the proportion participants who practice the preventive measures are significantly low. There was the lack of adequate knowledge regarding proper biomedical waste disposal. The percentage of students who practiced proper hand hygiene routines were significantly lower in comparison to the percentage of participants who had knowledge regarding importance of the same. The practices with regards to social distancing are also low, especially among students of MBBS in comparison to the other health science students.

### **Conclusion**

From our study we concluded that the students of health sciences are well aware and knowledgeable regarding the severity of the pandemic, however there still is significant complacent attitude towards implementing preventive practices in their daily life.

### **Keywords:**

COVID 19, Pandemic, Second wave, students, Mangalore