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In Sickness and in Health in South Texas: Narratives of COVID's Impact

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Social Wellness and My Experience

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As a society we all have been affected by the COVID-19 pandemic. The epidemic flipped our social standards around and exposed us at our most vulnerable and desperate state. Fear strikes as transmission doubled and death rate spiked. The sick no longer wished to seek care from their provider. Conversations are held at least 6 feet apart or behind a plastic shield. Grocery stores with empty shelves and a disruption in the supply chain. My time at an optometric office during the pandemic and not only have learned much about what it means to be an optician and optometrist, but also how the social dynamic has changed. The change in social wellness has brought challenges that would otherwise not have risen within the clinic. Although we are no longer at the peak of the pandemic, many of the hurdles are still present as we transition back to the post pandemic phase. Through the experiences I've expanded my views as an individual and how I can contribute as a professional to overcome this unprecedented situation. I am able to understand patient's reluctance of undergoing a vision examination due to the fear of contracting COVID-19 from their provider or another patient in the waiting room. I am also more mindful about the transmission methods and hold myself more accountable to practice with the prevention of spreading the illness.