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

11-29-2022

Impacts Faced from a Global Pandemic

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Recommended Citation

Jaimez, Kathryn, "Impacts Faced from a Global Pandemic" (2022). *In Sickness and in Health in South Texas: Narratives of COVID's Impact*. 5.

https://athenaeum.uiw.edu/sickness_health_narratives/5

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Compassionate Healthcare

It is no doubt COVID has had a lasting effect on the population affecting in a variety of different ways. It is being discovered that many of the elements that combine to form our wellness were affected and will continue to be as we recover from this [phenomenal global pandemic. From a personal stance, my social wellness was affected. While both of my parents were considered high-risk, my family had isolated at home for a period of the pandemic. Completing undergraduate coursework was difficult working on a laptop at home with the support of fellow students in the same class and communicating solely through Zoom. Additionally, my physical wellness had been affected. At my large undergraduate campus, walking from class to class provided me with plenty of exercise. Suddenly, without having to walk to class I needed to find a new way to spend time outside. Luckily, my family implemented going on walks together during this time and I also began doing at-home workouts to aid in the much-needed physical exercise my body craved.

While working this past year as a technician, I recall the many times patients shared with me that this eye exam visit was their first encounter with someone, in almost two years as they had avoided leaving their house in an attempt to avoid catching the harmful virus because they were considered high risk from current health conditions. As a future healthcare professional, I appreciate that patients who had minimal outside contact were still concerned about taking care of their health, even when they had been cautious to avoid exposure. With the new advances in public health and continual research in healthcare and diseases, I am hopeful we have learned and implemented solutions continuing to pursue public health and wellness.