**“There were many who wanted to go, we selected the most qualified, ready to work physically and morally in the epidemic."**

*Twenty Ukrainian resuscitation doctors went to Italy for medical humanitarian mission.*

President of Ukraine Volodymyr Zelensky and Italian Prime Minister Giuseppe Conte negotiated on this by phone. With the assistance and initiative of the heads of the Ministry of Foreign Affairs and the Ministry of Internal Affairs, together with the specialists of the Ministry of Health of Ukraine, the most effective means of support and assistance to Italian doctors will be prepared, which will have several stages. First of all, Ukrainian doctors went to Italy: ten from the Ministry of Internal Affairs and ten from the Ministry of Health. Next week, disinfectors ,masks and other equipment for protection will be imported from Ukraine. And if necessary, Ukraine will be able to provide Italy with helicopters to evacuate patients from hard-to-reach mountain sites in Northern Italy. First Deputy Minister of Health of Ukraine Iryna Mykychak informed correspondent of the newspaper “Vysokyi Zamok” that Ukrainian doctors will work for two weeks in Italian hospitals in the Marche region, where they will gain important experience for Ukraine.

* Out of ten doctors referred by the Ministry of Health, there are three doctors from Lviv , - says Irina Mykychak. - Two from West Ukrainian Specialized Children's Medical Center (Lviv) and one doctor from Lviv Regional Clinical Hospital. All three doctors are anesthetists.
* **On what principle did you choose doctors for this mission?**
* The Ministry of Health appealed to responsible persons of the regions to choose doctors who are ready to such work in Italy. This is not volunteer work. The Italian and Ukrainian parties finance all expenses, including insurance. Of course, the most qualified, initiative, ready to work physically and morally in the epidemic were considered. Immediate decision-making in difficult conditions, prudence and high efficiency are the qualities of the vast majority of anesthesiologists-resuscitators. It is important for us that our colleagues study how they treat such patients in Italy and, upon arrival, use this experience in Ukraine. There were many who wished to go, but we chose from those who knew a foreign language, who can deal with such work. Among the members of the delegation were physicians who worked in field hospitals during the war.
* **There are many complaints on social networks that at the time when an epidemic in our country is picking up, the best doctors are going abroad. This is especially true in the Ternopil region, where, as it is described, there is no one else to treat people, because many doctors quit their jobs and got sick...**

- Yes, we suffer from the panic flow on social networks and on the Internet, from reports that doctors have been released or have become ill. Today is not exactly the time to save the state in talk shows or with posts on facebook. It is unfortunate that there are persons who did not have any serious patients in practice and now act as "experts". Panic is categorically contraindicated. It is important to mobilize the population, make an informed choice for self-isolation. The trust and support of doctors is extremely needed. I keep in touch with doctors from different regions, in particular from the Ternopil region. The chief physician of Monastyrysk district hospital, Stephania Pidgirna, who runs a medical institution on self-isolation, said in a telephone conversation that the medical staff released due to fear. But after a few days, the nurses returned to work, realizing that the patient could be a close person for each of them, remembered that medicine was not just a white robe and a cozy office. Medicine is risk, it's exhaustion, it's sacrifice. The vast majority of our physicians, unfortunately, have been working for decades under these conditions. The measles and diphtheria epidemics were equally dangerous. It is really difficult to work in district hospitals. However, the situation is the same all over the world, even in countries where health systems are well developed.

The first rule for everyone - do no harm! Only 20 doctors have been sent abroad for two weeks, and there are about one thousand anesthetists in Ukraine. In general, there are far more doctors and hospitals per capita in Ukraine than in other countries. Many spoke about it before entering the reform. In fact, this epidemic is testing the health systems of different countries for ability, self- organization, solidarity and interaction with the population. Ukrainian doctors will benefit from the fact that Ukrainian doctors gain experience in Italy, because these doctors will treat better here upon arrival. We also expect a delegation of doctors from China who will share their experiences. The Ministry of Health is grateful to every country, every civic organization, every person for the initiative, for the implementation of various projects to support physicians and the public at such a difficult time.

**- There have already been many recommendations, but I ask you once again to emphasize the main ones.**

- The mask is the first tool of protection. Unfortunately, people do not always care for the basic rules of sanitary norms. Someone was against vaccination ,someone else does not fit the mask, and someone else does not wash their hands after the toilet and then prepares food for children in kindergarten. There are those who go sick to work or does not say about contacts with patients with coronavirus and endanger the health of entire teams. Many physicians have complained of excessive sanitation requirements. Many hospitals and nursing staff often ignored the rules of infection control in hospitals. In some words, we buy time with quarantine measures to prepare ourselves better for the peak of the epidemic. The provision of protection and medical equipments has already improved significantly.

With quarantine and infection control in hospitals, we significantly reduce the risk of physicians' morbidity and the ability to react on the epidemic in our hospitals. Currently, there are already about 50 sick doctors in Ukraine. Not in all cases it is an in-hospital infection.

Not only Ukraine but all countries of the world were not ready for this situation. This is a worldwide pandemic. All countries except Antarctica are infected. According to statistics, 80 percent of infected people recover easily. But we do not know what situation will be in Ukraine due to the fact that many people are ill and do not go to the hospitals because they easily tolerate the disease. But an easily recovering person can infect a person who is vulnerable to a chronic illness, has diabetes, oncology, or other ailments. Therefore, the less you walk among people, touch something in public places, shops, on the street, the less chance you have of harming yourself and others.

Our health care system is passing the ability test. The most difficult epidemic situation in Ukraine is observed in Chernivtsi, Ivano-Frankivsk andTernopil regions, but doctors handle it themselves. We are ready to send teams of doctors from other regions at the request of any region, but at the moment, according to the assurances of doctors from each of these regions, there is no such need. Now we keep in touch with all regions - we live in a time of developed information technologies. There is no doubt that there is tension somewhere, and the Ministry of Health does not know about it. All physicians liaise with the Ministry of Health and respond immediately as needed. Telemedicine consultations are available.

Every day we have a gradual increase in the number of patients. Unfortunately, there are deaths. Mainly against the background of severe chronic illness. No specific treatment for this virus has been found. You need to understand this and not to buy all medicines in pharmacies. Quarantine is the only effective method of preventing the disease. There is no vaccination. By this time there was no such illness that there was so much need for respiratory therapy. In short, it is the inclusion of artificial lungs. Each country has the number of artificial ventilation apparatus that was needed before the epidemic time. China, Italy, Spain, even the United Kingdom and the United States were faced with the fact that there were more patients than such apparatus.