

### Post-COVID Challenges in Orthopedics

By social distancing, mask, hand hygiene and by vaccination, India came out from COVID-19 pandemic effectively. The challenges during post-COVID are many for the common public, faculties and orthopedic residents. During COVID-19 pandemic, the public hospitals were converted as COVID-designated hospitals. The COVID patients were treated with massive dose of steroids as life-saving measure. This had lowered the immunological status of the patients which in turn caused increased incidence of mucormycosis and loss of vision ultimately.

The increased use of steroids also caused increased incidence of arthritis of hip joint due to avascular necrosis of femur head. This was less in number before COVID arrival. Moreover, the orthopedic patients were treated conservatively since most of the hospitals were converted to COVID care hospital. This increased the incidence of nonunion and malunion, ultimately increasing the workload of orthopedic department during the post-COVID phase.

The faculties working in the orthopedic department were posted to take care of COVID wards. Now they restarted their orthopedic activities without any break or relaxation. This increased the stress level among the healthcare faculties and workers.

Regarding the medical students, more than one and a half years they were away from routine physical clinical demonstration classes. They were only attending online classes, resulting in Internet addiction among the medical students increasing their stress level.

The orthopedic residents used to work like a bull, with determination to work hard to learn orthopedics. They have worked in the COVID ward during the COVID pandemic. Now during the post-COVID phase, the newly joined orthopedic residents switched over from orthopedics to general medicine, rather than working hard and gaining orthopedic knowledge.

Physical examination is very important in orthopedics as well as any branch in medicine. Since patients were treated with contactless examination during COVID, the orthopedic consultants have to come back to our traditional physical examination to do our job effectively.

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