Global health has been severely affected by the COVID-19 pandemic. The number of cases and deaths continues to grow daily, and the virus spreads rapidly across the globe.

The virus has taken a massive toll on lives and livelihoods, leaving no country immune from its effects. The World Health Organisation (WHO) estimates that over  640 million people have been infected, resulting in almost 6 million deaths worldwide.

The pandemic has also caused significant disruption in healthcare systems worldwide due to lockdowns and social distancing measures – making it difficult for people to access medical care and essential medicines.

**Feeling and perspective about the pandemic's current state**

The COVID-19 pandemic has been a truly challenging experience for all of us. We have had to make many difficult adjustments to keep ourselves and our families safe, which can sometimes be overwhelming.

Even though there is still a long way to go, it's important to acknowledge our progress. In some ways, life has begun to return closer to what was pre-pandemic, such as seeing friends and family outdoors or visiting local businesses.

At the same time, it is also important not to get complacent and continue following safety guidelines set by health authorities. We must remain vigilant and remain socially distanced, wear face masks, wash our hands often, and stay informed about the pandemic as it evolves.

Our efforts to manage the virus have come a long way, and we can all be proud of that. But there is still much work to do before life returns to normal – let's not forget that and continue showing commitment to protecting ourselves and others!

**COVID-19 Pandemic; AACN Essentials:**

For a deeper understanding of how [COVID-19 has impacted global health](https://safeassignments.net/how-has-the-covid-19-pandemic-impacted-global-health/), AACN Essentials provide a good framework. The AACN Essentials define four areas that are essential for optimal patient care:

1. Safe and Effective Care Environment
2. Health Promotion and Maintenance
3. Clinical Inquiry and Evidence-Based Practice
4. Professionalism and Leadership.

COVID-19 has highlighted how a public health emergency can impact each area. For instance, healthcare systems must ensure safe and effective care environments during a pandemic. This includes implementing social distancing, hygiene protocols, personal protective equipment (PPE), and contact tracing.

**Potential long-term impacts of the COVID-19 pandemic on global health**

[caption id="attachment\_306402" align="alignnone" width="796"] https://www.bbc.com/news/world-54337098[/caption]

It's been over a year since the outbreak of COVID-19, and it's clear that this pandemic has had an immense impact on global health. Meanwhile, most nations have managed to contain the virus through tight safety protocols, and we are now facing the potential long-term impacts of the pandemic.

One such effect is the gap in healthcare services around the world. Due to lockdowns and limited accessibility to medical institutions, essential treatments like **dialysis, chemotherapy,** etc.,  were put on hold in many countries.

This could lead to **increased mortality rates** due to preventable diseases and reduced access to specialized care. Additionally, there are reports of widespread delays in diagnosis and treatment due to postponed or canceled appointments caused by the pandemic.

**Mental health services** were also affected due to social isolation and restrictions on movement caused by COVID-19.

**Goals, tools, practices, insights, or strategies to foster resilience within yourself**

Regarding fostering resilience within myself, I have learned that **goal-setting** plays an important role. Having a clear vision of what I want to achieve and setting specific goals gives me the motivation and determination to overcome any obstacle. It also helps me stay on track when things go differently than expected.

A **strong support system** is also essential for raising resilience, as it helps me feel connected and supported when facing difficulties. Surrounding myself with people who are positive and encouraging has been an invaluable tool in helping me stay resilient.

In addition, **meditation and mindfulness** can help me stay calm and centered during moments of uncertainty.

**Explain your perspective on the responsibility of the U.S. to participate in global health changes because of the coronavirus.**

In light of the COVID-19 pandemic, the United States must assume a more active role in global health. The AACN Essentials for Master's Education in nursing states that nurses should prepare to provide care within global health, including addressing marginalized populations' needs.

Global health initiatives require the United States to support its resources and influence as the world's largest economy.

Given this responsibility to the U.S., U.S. policymakers must consider how their decisions impact global health systems and exposed communities worldwide during this crisis.

**What goals, tools, practices, insights, or strategies helps you to be a more competent and assertive leader and advocate in your professional role?**

The COVID-19 pandemic through a huge impact on global health. Healthcare systems have been overwhelmed, and public health measures such as social distancing and mask-wearing have become norms in many parts of the world.

In response to the pandemic, governments and health organizations have set goals to reduce the virus's spread and lessen its impact. These goals can achieve through various tools, practices, insights, and strategies.

These include **increased testing for the virus,** improved contact tracing capabilities, increased public awareness campaigns about hygiene practices and social distancing, and investment in new vaccines and treatments.

These objectives are designed to minimize the [long-term impact of COVID-19 on global health](https://safeassignments.net/how-has-the-covid-19-pandemic-impacted-global-health/). The effectiveness of these strategies will be key in determining the pandemic's long-term effects on health outcomes.

By understanding and adapting to the goals, tools, practices, insights, and strategies used to address COVID-19, individuals can better advocate for themselves and others regarding global health.

**Lesson learned from covid 19 pandemic.**

[caption id="attachment\_306403" align="aligncenter" width="648"] <https://www.pharmaceutical-technology.com/pricing-and-market-access/covid19-pandemic-health-system-surge-capacity-html/>[/caption]

Global health has been severely affected by the COVID-19 pandemic. It **has highlighted gaps in our healthcare systems**, exposed the need for improved access to care, and increased investment in public health initiatives. To reduce the burden on healthcare systems, early detection and response strategies are also important in the context of the pandemic. The pandemic has also highlighted the need for coordinated international efforts to tackle global health issues, such as ensuring access to essential medicines and developing effective tools and practices for disease control.