

# THE AVERAGES OF RECOVERY TIME BETWEEN PAPUAN AND NON PAPUAN PEOPLE EXPOSED TO COVID-19

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## THE AVERAGES OF RECOVERY TIME BETWEEN PAPUAN AND NON PAPUAN PEOPLE EXPOSED TO COVID-19

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### ABSTRACT

**Background:** Many research results revealed the average recovery time for patients exposed to the Covid-19 pandemic is between 2 weeks to one month. There are many factors influencing the speedy recovery. However, there is no agreement on whether race or ethnicity affects the accelerated healing process.

**Objectives:** The purpose of this study was to find out the comparison of the average recovery time between Papuans and non-Papuans exposed to Covid-19. The implication of this study can provide additional evidence of the recovery time differences among ethnicity from the nursing perspective.

**Methods:** This study used a qualitative method with a descriptive design. The steps include identifying phenomena that exist in the community, seeking scientific references, determining respondents (14 people, 6 nurses each and 8 clients, Papuan and non-Papuan), coding, conducting semi-structured in-depth interviews, and problem analysis descriptively. This study was conducted during the Covid-19 pandemic in Papua province. The description, analysis, and discussion were supported by scientific journals for the last five years (2017-2022), taken from Google Scholars. The semi-structured interview was conducted online due to the restriction during the pandemics.

**Results:** This study underscored four issues, namely factors that affect healing, supporting healthcare facilities, the presence of comorbidities, and the lifestyle.

**Conclusion:** Our finding suggested that there is no difference in the length of the recovery process between Papuans and non-Papuans from Covid-19.

**Keywords:** Covid-19, Papua, recovery time.

## INTRODUCTION

The results of the study on the recovery time of patients exposed to the Covid-19 during the pandemic took an average of 2 weeks or 14 days to be precise. Saying that the fastest healing is 4 days and the longest healing is 13-16 days (Hariadi, 2020) the length of stay is more than 14 days (Jamini, 2022), and the length of time a person has a covid-19 patient is 3-40 days (Multazamiyah & Sary, 2021). Other studies found it took 10 days of treatment until the PCR was negative (Khairiah, 2022). An example study showed that the average length of stay in the hospital and in the ICU was 15 days for all patients of all ages (Pastar et al., 2021). Factors that affect the healing of COVID-19 pandemic patients include lifestyles that support accelerated healing, for example wearing masks, washing hands, healthy living behavior, and regular eating and sleeping patterns (Laksono et al., 2020; Solomou & Constantinidou, 2020; Warwer, 2021)(Laksono, n.d.; Utama, 2020). In addition, the consumption of medicine, ginger water mixed with honey is used to prevent and or cure coughs and the COVID-19 (Jurun et al., 2022; Kabak et al., 2022; Khusuma et al., 2021). These two things are very commonly referred to as supporting factors for the healing of Covid-19 patients which are considered positive lifestyle changes in healing Covid-19, (Monye & Adelowo, 2020) However, healthy living behavior is referred to as a determining factor in accelerating the healing of Covid-19 patients (Monye & Adelowo, 2020; Tukayo et al., 2020). The results of several studies in Indonesia show that length of stay is obtained by several factors, namely age, gender, race, ethnicity, and environmental factors, social changes during the

COVID-19 period (Afzal et al., 2021; Retno Wulandari et al., 2021).

In Papua of Indonesia, the average recovery time in health services is not yet known. Moreover, there are no studies that mention the comparison of the acceleration of healing of Covid-19 patients in certain ethnic groups with other races and ethnicities. Therefore, researchers were interested in finding further whether there were differences in the speed of healing of patients between Papuans and non-Papuans. This research used a qualitative method with a descriptive design. The purpose of the study was to compare the acceleration of healing between Papuans and non-Papuans with the average length of hospitalization for COVID-19 pandemic patients. The benefits of this research are for the first time, the nursing profession as an additional guide/handle in the nursing of Covid-19 patients.

## METHODS

The research method used by the researchers, in this case, was a qualitative approach with a descriptive design. Qualitative research methods are processes, principles, and procedures that we use to approach problems and seek answers (Fadli, 2021). The steps in this research include identifying problems, looking for references through Google Scholar i.e. scientific articles related to the topic of the problem, conducting individual interviews, and analyzing problems. We identified problems by observing phenomena that exist in the community related to the Covid-19 case and conducting interviews with

respondents. The second step is to look for supporting documents from published scientific articles published by reputable institutions (during the last 5 years, from 2017-to 2022), and the third step is interviews. We conducted interviews with 14 respondents, divided into two groups, namely 6 respondents from health workers (nurses) who took care of COVID-19 consisting of 3 Papuans and 3 non-Papuans, and 8 patient respondents consisting of 4 Papuans and 4 non-Papuans. This research was conducted in 2 different districts in Papua province, namely health care workers who treat COVID-19 patients and patients who have been treated at RSUD in Jayawijaya Regency, and healthcare workers who treated Covid-19 patients and patients in Jayapura City Hospital. This research was conducted in February-March 2022. The measuring instrument used in this study was an in-depth interview using 5 questions, namely (1) knowledge of nurses and patients about the symptoms of covid-19 and when exposed to covid, (2) Understanding of care and patients about the symptoms they experience, and what to do when they have symptoms of covid-19 and when to seek help from health workers, (3) How to speed up healing and in your opinion, how to prevent covid infection from spreading to other people, ( 4) Knowledge about taking medicine and how to live and when you are infected with covid-19, (5) How do you feel the symptoms of Covid-19 when you feel healed. The questions used in this review were taken from a validated source of research (Sari et al., 2020). After that, all respondents were coded. This coding was carried out according to the

recommendations of <sup>123</sup>ly studies in order to facilitate the analysis process (Afro et al., 2021; Hardy et al., 2021; Tukayo et al., 2021). The respondents were initialized PP for Papuan nurse (PP), B for Non-Papuan Nurse (PNP) and CP for Papuan client, and CNP for the non-Papuan client.

## RESULTS

This study resulted in 5 themes, namely, (1) Knowledge of nurses and patients about the symptoms of Covid-19 when exposed to covid, (2) Understanding of nurses and patients about the symptoms they experienced and what to do when they had symptoms of covid-19 and when to seek treatment. help from health workers, (3) How to speed up healing and in your opinion, prevent the covid infection from spreading to other people (4), knowledge about taking medicine and how to live when you are infected with covid-19, and (5) How do you feel symptoms of covid-19 when feeling healed.

### 1. Knowledge of nurses and patients about the symptoms of covid-19 and when exposed to covid.

Knowledge of nurses and patients about the symptoms of covid-19 and when exposed to covid. Their opinion is generally the same. The difference is not striking or almost similar, as expressed by the following informant:

*"I already know about the symptoms of Covid-19 from observations such as coughing up phlegm, runny nose, itchy throat, loss of smell, fever, shortness of breath, through TV, social media, internet reading books about covid-19 (DL-PNP)*

*I found our clients experienced Stuffy nose, body aches, decreased appetite, accompanied by hypertension,*

*heart, and high shortness of breath if the Covid-19 patient has complications with comorbidities or other diseases ES (PP-PNP).*

*I, as a nurse who serves patients/clients of the coronavirus, of course, know the problem of the coronavirus/covid-19 through TTV results, training, seminars, and BP radio (P-PNP).*

*I know about the symptoms of covid, many people tell me about the symptoms of covid-19 in the community and I also feel that there are symptoms such as fever, coughing, loss of smell, and shortness of breath, so I finally made the decision to check the PCR with the health workers. The results of my examination said that the antigen examination was negative but the PCR was positive for (LM-CP).*

*Yes, you already know the symptoms above and know you have been exposed to covid, I felt there were symptoms, I immediately went to the hospital for a check-up and the results of the anti-PCR examination were positive (SA-CKP).*

*Sir, I don't know the symptoms of covid-19, but from the results of PCR examination, it said I was exposed to covid-19. I know the symptoms of covid-19, sir, and 4 days ago I felt the symptoms of covid so I immediately went to check PCR with the Covid handling team, the results were exposed to Covid-19 (KA-CNP).*

Nurses KL PNP, AW PP, and WH (PP) agreed with the statement or answer from the initials DL (PNP) above. Meanwhile, LH (CNP) ML (CNP) client agrees with (LM-CP) statement above, and BT (CNP) agrees with AK (CNP) statement.

*From the results of the PCR examination, I was exposed to covid-19 (AK-CNP).*

*I know the symptoms of covid-19, sir, and 4 days ago I felt the symptoms of covid so I immediately went to check the PCR with the Covid handling team, the result was exposed to covid-19 (KA-CNP).*

Nurses KL PNP, AW PP, and WH (PP) agreed with the statement or answer from the initials DL (PNP) above. LH (CNP) ML (CNP) client also supported LM' (CP) statement above, and BT (KNP) was the same as AK's (CNP) opinion. Likewise, AW (PP), WH (PP), and DL (PNP) are above.

**2. Understanding of care and clients/patients about the symptoms they experience and what to do when they have symptoms of COVID-19 and when to seek help from health workers.**

During the Covid-19 pandemic, patients began to know the symptoms, and what to do when there were symptoms of Covid and sought help from health workers, as revealed by the following:

*Yes, of course, I am a nurse on duty in the health care area, clients come with signs/symptoms such as cough with phlegm, runny nose, throat, itching, loss of smell, fever, shortness of breath, so the first thing I deal with is shortness of breath and collaboration with the doctor on duty or the health team for further treatment actions, then the client is then directed to the Covid-19 health team or laboratory for examination of the antigen or PCRES. As a nurse for a patient/client, the signs/symptoms are as above, so I immediately take vital signs, from this TTV the client is suspected of being a covid-19 client, then immediately quarantined in a special room, and then it is recommended to immediately check in the laboratory or the Covid-19 health team. I am on duty in the health area, clients come with symptoms as above. I usually immediately direct the client/patient to the laboratory or COVID-19 client which is prepared by the government for self-examination, so that we know the results of the Covid-19 confirmation (KL-PNP).*

*Sir, I have started to feel the signs/symptoms as above, I immediately looked for a health worker to check myself, I did not stay at home for long because in our house there were many people, I'm afraid I have Covid-19, so I can get all of them. In fact, I quickly went to check with the health team, and the results of the examination were*



*said to be positive, so I was temporarily self-isolating and then I went to a shelter or special treatment for COVID-19 patients/clients prepared by the government (AJ-KP).*

*Yes, 2-3 days as soon as I started to feel signs like coughing phlegm, runny nose, throat, itching, loss of smell, fever, and shortness of breath, I self-isolated/quarantined independently at home, wear a mask, then go find a health worker to check for antigen or PCR (LH-KNP).*

DL (PNP), HW (PP) agreed with the statement of ES (PP) above, then AW (PP) agrees with the statement of BP (PNP) above. while the client information: KA (CNP), KM (PNP).

**3. How to speed up healing and in your opinion, how do you prevent the covid infection from spreading to other people In the Covid-19 pandemic, patients need to find health workers to deal with Covid infections so they don't spread to other people around us, as revealed by the following:**

*Yes, sir, I am different, I give medicine according to the doctor's prescription on duty, I also give an explanation or understanding of how to take medicine according to the doctor's instructions, directed away from crowds, keep your distance, wear a mask at all times (DL-PNP).*

*In addition to giving medicine to clients according to doctor's prescriptions, as a nurse on duty I encourage, motivation to clients who are psychologically disturbed by others in healing their COVID-19, are directed to self-isolation at home, or self-quarantine in a place or facility that has been in a state of emergency. prepared by the local government, for example at Puskesmas, Regional Hospitals, and Covid-19 patient shelters. I give the notion of taking the medication regularly, not drinking intermittently, getting enough rest, and not being in contact with other people when you get COVID-19 (KL-PNP).*

*Sir, apart from taking the medicine given by the health worker, I also drink young headwater, inhale the water vapor from serey leaves in the morning and evening, make ginger mixed with turmeric, drink real honey, drink sour orange juice, soy sauce mixed with oranges, self-isolate and eat food. boiled. and I'm stressed, I just feel grateful to God whether healthy or sick so at the core of belief (Faith) it heals my illness. Yes, every time you wear a mask, consume bear's milk, wash your hands, sleep alone, self-isolate, you can't contact other people, take a shower, clean the room and spray the house apart from me, the medicine given by the train health officer (KM-CNP).*

*Taking medicine according to the instructions of the health officer, in addition to eating/drinking well,*

*exercising, keeping a distance from leaving the house, confining oneself in the house for fear that Covid-19 will be hit by family or other people as well as friends at work in the office, wearing masks, wash hands and keep your distance from others.... In principle, I follow the health protocol set by the government or health workers, limit family visits, self-isolation at home, and get enough rest, every morning and evening I always take a leisurely walk on the highway, all of that effort is done to speed up the healing of covid-19 apart from taking medicine (AJ-KP).*

AW (PP), LH (PNP) agree with DL (PNP) above. and BT (PP) agrees with KM (PP). While client statements: LH (CNP), SA (CP), LM (CP) agree with KM (CP) above, and AK (CNP) agree with KA (CNP) above.

**4. Knowledge about taking medicine and how to live when infected with covid-19. During the Corona Virus period, patients and nurses know about taking medicine, and how to live during the Coronavirus,** as revealed by the following informant:

*Sir, I will give you medicine according to the instructions or prescription of the doctor on duty at the hospital, for example; Vit c medicine, Ampicillin, GG, and Dexametazol, besides that I direct the patient to make good medicine, I direct him to*

*eat/drink regularly, exercise every morning and evening, dry in the heat, eat fruits such as oranges, bananas, passion fruit, pineapple, eat juice fruit so that it helps speed up the healing of the covid-19 disease (BP-PNP).*

*Yes, sir, I give medicine according to a doctor's prescription, for example, anti-coronavirus or anti-virus drugs, Vit c medicine, Paracetamol, Vit e, and B.Com and my lifestyle (WH-PP).*

*I take medicine according to the instructions of the nurse or doctor who gave me medicine and take medicine also according to the hours that have been determined by the health officer or nurse/doctor on duty, I can't take any medicine, sir, for fear of drinking the wrong one, eat/ drinking regularly, exercising every morning and evening, drying in the heat, eating fruits such as oranges, bananas, passion fruit, pineapple, eating fruit juice (KA-CNP).*

*Oops..... sometimes I forget to take my medicine, sir but lucky because there is my wife and child remind me to drink ha ha ha...eat/drink smoothly, no problem, every afternoon I exercise in my yard (KM-CKP).*

DL (PNP), ES (PP) agreed with BP (PNP) above then KL (PNP) and AW (PNP) agree with WH (PP) above. SA (CP), LH (CNP) BT (CNP), and AJ (CP) also agreed with the statement KA (CNP), and AK (CNP) agree with the statement KM (CP) above.

**5. How do you feel the symptoms of covid-19 when you feel healed and how long have you been in care. When you feel that you are starting to have no symptoms of covid, you are happy and grateful to God, as expressed by the following:**

*Yes, my husband and I are doing everything we can to cure covid-19, going for a bath in seawater, bathing in hot steam, drinking ginger concoctions, just in every way we tried but it didn't help then we returned to the health workers, the health workers gave us medicine and then took medicine regularly according to the health officer's instructions. I felt my smell, as usual, no chills, my body no longer hurts, and it's slowly getting back to normal, yes in essence I am very grateful to God because it has started recovering from covid-19, and the length of treatment is 30 days east longitude. Sir. I follow the health protocol, and all the rules given by the health workers I follow all of them so thank God I have started to recover from covid-19, treatment for 21 days of self-care at the client/patient of COVID-19 (AK-KNP).*

*My God.....I feel no more symptoms like before that I felt at that time but now I don't feel the symptoms of covid-19 anymore, I am very happy, very happy, happy for God's help and intervention so that I have recovered, the length of treatment is 14 days (AJ-CP).*

Other client descriptions LM (CP) SA (CP), AK (CNP), LH (CNP), and AK (CNP) agreed with AJ (CP) statement above.

**6. How long have you cared for a patient/client with COVID-19?**

During the treatment of COVID-19 patients/clients at the treatment center, some patients recovered on time, but there are patients who also take a long time to recover, as revealed by the following informant:

*Sir, I treat patients/clients in the treatment room as long as I treat Covid-19 patients, some recover quickly, during treatment 14 days but there is also a treatment duration of 20-30 days, usually check again and again but there is still coronavirus so it is still under treatment by health workers and before fully recovering they are not allowed to go home. Patients who enter the Covid-19 treatment room are required to be treated for 14 days. If the 14th day is re-examined and the results of the examination are negative, they can go home but if the results of the examination are positive for Covid-19, then they can take care in the Covid-19 room until completely healed and then go home (BP-PNP).*

Treatment Description of DL (PNP), ES (PP), KL (PNP), AW (PP), WH (PP) were similar to BP's (PNP).

## Analysis

**Table 1.** Analysis of Interview Results

No	Questions/statements	By			
		Nurse P	NP	Patient P	NP
1	<i>..... some recover quickly, during treatment 14 days but there is also a treatment duration of 20-30 days.....(BP-PNP).</i>		v		
2	<i>Yes, my husband and I are doing everything we can to cure covid-19, going for a bath in seawater, bathing in hot steam, drinking ginger concoctions, just in every way we tried but it didn't help then we returned to the health worker..... (BT-CNP).</i>				v
3	<i>.....thank God I have started to recover from covid-19, treatment for 21 days of treatment..... (AK-CNP).</i>				v
	Factors that affect healing:				
	a. <i>.....I also drink young headwater, inhale the water vapor from the serey leaves in the morning and evening, make ginger mixed with turmeric, drink real honey, drink sour orange juice, and soy sauce mixed with oranges.....(KM-CP).</i>			v	v
4	b. <i>.....I can't take any medicine, sir, for fear of drinking the wrong one, eat/ drinking regularly, exercising every morning and evening, drying in the heat, eating fruits such as oranges, bananas..... (KA-CNP)</i>				
	Supporting facilities in healing. :				
	a. <i>....as a nurse on duty encourage, and motivate clients who are psychologically disturbed by patients in healing their COVID-19, are directed to self-isolation..... (KL-PNP).</i>				
5	b. <i>.... I didn't stay at home for long because there were a lot of people in our house, ..... (AJ-CP)</i>	v		v	v
	c. <i>I usually immediately direct the client<sup>37</sup> to the laboratory, so that we know the results of the Covid-19 confirmation.... (KL-PNP).</i>				

6	<i>They experienced a stuffy nose, body aches, decreased appetite, unconsciousness, accompanied by hypertension, and high heart rate if the Covid-19 patient has complications..... (ES-PP).</i>	v		
	Differences in healing time between Papuans and non-Papuans:			
	a. <i>I felt my smell, as usual, no chills, my body no longer hurts, it's slowly getting back to normal..... (BT-CNP)</i>			
7	b. <i>I follow the health protocol to recover from covid-19, treatment for 21 days of self-care at the client/patient of COVID-19 AK (KNP).</i>	v	v	
	c. <i>.....I feel no more symptoms ..... (AJ-KP).</i>			
	<b>Total</b>	2	4	5

Table 1 above proves that the results of the analysis of this study underline four issues that affect the healing of COVID-19 patients i.e factors influencing healing, supporting facilities in healing, the influence of comorbidities, and the differences in healing time between Papuans and non-Papuans.

## DISCUSSION

The table above shows that the factors that can affect healing are apart from taking the medicine given by health workers, making other efforts to speed up the healing process, for example; consuming young headwater, inhaling the water vapor of serey leaves in the morning and evening, make ginger mixed with turmeric, drink honey, orange juice, soy sauce mixed with oranges, self-isolate and eat boiled food (Table 1, point number 4 a). Exercise every morning and afternoon,

sunbathe, eat fruits such as oranges, bananas, passion fruit, and pineapple, and fruit juice KA (CNP). Exercise every morning and evening, dry heat, eat fruits such as oranges, bananas, passion fruit, and pineapple, drinking fruit juice so that it helps accelerate the healing of COVID-19 disease (Table 1, 4b). Researchers found that factors that affect the healing of COVID-19 pandemic patients include lifestyles that support the acceleration of healing, for example wearing masks, washing hands, healthy living behavior, and regular eating and sleeping patterns (Laksono, n.d.; Utama, 2020; Zheng et al., 2020). Secondly, this study proved that supporting facilities in healing Covid-19 patients/clients include the availability of health workers, and a laboratory for the Covid-19 examination (Table 1, points number 5a and 5d). The government public health service facilities, for example; Health centers, hospitals, places or buildings for treatment and/or shelter for COVID-19 patients,

as well as antigen examination sites or PCR sites, are also important (Anggraeni, 2021; Idris et al., 2020). Analysis of the results of the interview projected that there were comorbidities such as nasal congestion, body aches, decreased appetite, covid patients came unconscious, accompanied by hypertension, diabetes erupted, and high heart rate if the Covid-19 patient had complications with comorbidities or other diseases. Those conditions are supported by many studies which play a significant role in the recovery speed (Arumugam et al., 2020; Chandler et al., 2020; Hikmawati & Setiyabudi, 2020). This study also shows that there is no difference in the length of healing between Papuans and non-Papuans. Our findings in line with previous findings of other researchers suggested that the difference in healing Covid-19 can be influenced by the natural immune response, race, ethnicity and culture, lifestyles, healthcare facilities as well as a person's genetic predisposition.

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## CONCLUSION

The purpose of this study was to find out the comparison of the average recovery time between Papuans and non-Papuans exposed to Covid-19. This study underscored four issues, i.e. factors that affect the recovery time, the availability of healthcare facilities, the presence of comorbidities, and lifestyles. Of the four problems discussed, there were no major factors that played the biggest role in healing the Covid-19 patients, but they were interrelated. The most important thing is that there is no relationship between ethnic Papuans and non-

Papuans in the healing process. This is in agreement with many previous findings. The weakness of this study is that it is not supported by the respondent's laboratory results as evidence of the progress of the healing process. Therefore, it is suggested that future research should provide laboratory results as a concrete comparison from time to time so that the research results are more valid.

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