

# PANDEMIC, LOCKDOWN AND RHEUMATOLOGIC PRACTICE

## Objectives:

During this exceptional and particular period of confinement, we have observed and analyzed the rheumatologists' (Rh) feelings, reactions, and attitudes that may have emerged.

## Materials and methods:

During the first lockdown in France, during spring 2020, 13 questions, 9 appendices, ranking of the most frequently cited reactions were asked to 38 private practice rheumatologists from the Ile-de-France region, average age 63 yo, 58% male (M).

Results: Fear of being contaminated and of transmitting M 91/F 69%, concern about an unknown pandemic M 86/F69%, anger M 71/F 84% were the main feelings expressed.

Anger at the indifference to the exposure of doctors in the city 84%, the unpreparedness of the authorities M 95/F 62%, the mortality in EHPAD (Nursing homes) 81%, the media cacophony 79%, the hidden reality 71%.

On a personal level, according to 61%, the Rh is not anxious about the world after, has no psychological repercussions (sleep, melancholy, family relations, frustration) 58% and his degree of commitment was guilt-free 55%.

Professionally: perplexity in the face of the contradictions of experts and scientific journals 79%, wide acceptance of constraints in the practice (10h/d mask wearing, 92%, spaced reception of patients 95%, education of barrier gestures and social distancing 97%), adaptation of the medical practice (teleconsultation, telephone consultation) 78%, fear of abandoning treatment or diagnostic delay M82/F62%, financial arrangements necessary M86/F53%.

For M: worries about the pandemic, anger and uncertainty about what will happen next predominate in this order. For F, anger (untruths and lack of means) is the main feeling. Anger, fear and uncertainty are the most frequently cited feelings for both male and female.

Conclusions: The Rh at the end of the period of confinement during spring of 2020, is worried  $M > F$  and anger especially in front of the sanitary unpreparedness  $M > F$ . On a personal level the private life has been little affected  $F > M$  and he has been able to adapt professionally. Nevertheless, the de-confinement has not been a banal return to normal 63%  $M = F$ .