

**CHALLENGES OF INTENSIVE CARE UNIT (ICU)  
AT WAIBARGI SPECIALIST HOSPITAL,  
YANGON  
DURING COVID-19 PANDEMIC, 2020**

**KHIT A KE KYAW**

**M.B.,B.S**

**Dip.Med.Sc (Hospital Administration)**

**Master of Hospital Administration (MHA)**

**University of Public Health, Yangon**

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## ABSTRACT

Quality of services in Intensive Care Unit has very significant role because the patients being critically sick require the highest level of professional care, competence and lifesaving equipment to save them. Intensive Care Unit is important in reducing COVID-19 mortality. Therefore, it is very essential to explore challenges of Intensive Care Unit during COVID-19 pandemic. Hospital based cross sectional descriptive study on intensive care unit was done at intensive care unit of Waibargi Specialist Hospital from 1<sup>st</sup> March to 31<sup>st</sup> October 2020. Data collection carried out by reviewing the medical records, day and night reports, intensive care unit daily report, case summary for expire cases, discharge summary for discharge patients, key informant interviews and in-depth interviews. There is no intensive care unit organization set up and own intensive care unit staff. Infrastructure and basic amenities are enough. Total (117) patients admitted to intensive care unit during the study period. According to sex distribution, male was (48.7%) and male female ratio was about (1:1). Out of 44 patients expired in intensive care unit, male was dead more about (52.2 %). Minimum duration of stay at intensive care unit was within 24 hours and maximum duration of stay was 90 days. There was rapid increase in usage of intensive care unit service during second phase of COVID-19. Hypertension was the most comorbid disease (46%) followed by Diabetes Mellitus (30%) and renal problems (27%). About one-fourth of COVID-19 intensive care unit patients have no comorbidity. About four-fifth of COVID-19 intensive care unit patients need no ventilator support and Continuous Positive Airway Pressure (CPAP), one-fifth of COVID-19 intensive care unit patients need Endotracheal insertion with ventilator support, Non-Invasive Ventilation (NIV) and Continuous Positive Airway Pressure (CPAP). Major challenges for intensive care unit are human resources shortage especially intensive care unit trained nurses and Personal Protective Equipment (PPE) issues that they cannot wear those for more than three hours without Powered Air-Purifying Respirator (PAPR) and at outside air-conditioning room. Most of the participants are under stressful situation for the risk of COVID-19 transmission. By studying and exploring the challenges of ICU for COVID-19 pandemic, it is helpful to get some useful information for upgrading the future ICU for pandemic diseases. There should be preparedness plan for ICU care in disaster or pandemic including proper resource allocation especially human resources or Waibargi Specialist Hospital.