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# **Social and Legal Nuances in Improvement of Online Health Education: Based on Post COVID-19 Experience**

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**Abstract**---The Coronavirus Disease 2019 (COVID-19) epidemic has inflicted ruination on medical education and healthcare institutions all across the world. The illness has the potential to produce life-hanging circumstances, and ergo poses issues for medical education, as educationists must give lectures safely while maintaining the integrity and abidance of the medical education process. As a result, determining the usability of online learning techniques, as well as their viability and suitability for medical scholars, is critical. The intent of this study was to present an overview of the scenario faced by medical scholars during the COVID-19 epidemic, as well as to identify medical scholars' knowledge, attitudes, and habits environing electronic medical education. To reduce the impact of the COVID-19 epidemic on medical education and progression, specific preventives and reforms must be enforced. The moment for change has here, and there should be wide support and excitement for effective druthers, like as online training and virtual clinical practise, to minimise the disturbance. Following these preventives, hands-on experience in a safe environment might be offered. Given the fact that covid-19 has led to economic challenges, there is a need to ensure that there is enough funding towards improving health professionals' education.

**Keywords**---COVID-19, economic challenges, healthcare institutions, medical education, virtual.

## **Introduction**

In general, many studies have found that online education has significantly benefited students because it gives them an opportunity for direct interaction with a teacher at the time they need it and at their own convenience. However,

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such virtual learning methods can become problematic when it comes to health and safety as well as personal wellbeing issues that arise during this kind of collaboration and communication between learners and teachers. There are also some concerns about online teaching. Although there is no one clear answer regarding this new way of teaching and learning for all forms of educational institutions, I have researched as much as possible to find a few cases where the benefits outweigh the drawbacks. While discussing online education concerning public health, it will be important to note that this concept has experienced a significant impact not only in developed countries but also in parts of Asia (Held & Lengenmayer 2018). A recent study reported that more people have taken to online courses than ever before. These statistics are attributable to the increased use of mobile phones as media of communication due to improved internet connection. Moreover, many people have adopted e-learning culture over the past decade in part because of its flexibility as well as affordability (Duke University Center for Educational Technology 2010).

### **Online education, based on post-covid-19 experience: Study**

Online learning is preferable because it offers flexibility, cost-effectiveness, convenience, and safety for students as well as instructors. The need for online education was necessitated by concerns over health risks associated with face-to-face teaching and physical space limitations (Nieuwenhuizen, 2011). Based on our knowledge of the effect of COVID-19 on health and well being, some studies have noted that there is a need to strengthen health professions education, especially among doctors (Duke University Center for Educational Technology 2010). In addition, the government in China had announced an initiative to improve the healthcare sector's skills through the development of new graduates while offering online training to develop the skills and knowledge necessary to serve citizens in the coming future (Duke University Center for Educational Technology 2009). Several studies are based on the effect of COVID-19 on health since it can affect the immune system, respiratory system, cardiovascular system as well as many other systems and organs of an individual. Furthermore, various vaccines and drugs have been developed to counter the effects of COVID-19, especially when administered in the form of injections.

This shows us that COVID-19 cannot be ignored when it comes to improving health professionals' skills. To enhance the efficacy of these efforts, online training may be of vital importance since it provides quality standards that require no physical presence, hence enabling the delivery of education remotely. Currently, the main focus is on developing medical and nursing students who may take their qualifications from professional bodies such as the American Medical Association (AMA) or National Board of Registered Nursing (NBCRN) through an online course offered by these bodies (Duke University Center for Educational Technology 2009). However, even though it is believed that covid19 has created opportunities in terms of training health professionals, most governments still lack adequate funds to provide quality education to students. In addition, online courses should be considered as a viable alternative to conventional face to face instruction as these are known to reduce costs and time wastage among learners. These courses have made it possible for the institution to provide high-quality education to its students despite the lack of physical

premises. More importantly, online learners can access education at times without having to travel long distances.

Consequently, this enhances their accessibility, thus reducing the affordability of tuition fees for them (Beale & Dittrich, 2005; Kostova et al., 2001; Shwert, 2006). It is estimated that online education has generated substantial revenue from the sale of course materials and certification programs, as well as e-content providers. According to estimates, online teaching income reached \$2 billion in 2004, and it is projected that online education is expected to reach \$7 billion by 2015. A study conducted by Cengage Learning showed that the industry revenue of online education has risen from USD 2.1 billion in 2009 to USD 8 billion in 2014. An estimated 11% of all registered teachers have enrolled in online courses at one point or the other. That said, given the enormous size of the market, online education is not currently being used widely and there is no indication of any significant shifts in trends towards the use of the teaching mode (Zingkirch & Lohrmann, 2003). Therefore, while many argue that digital transformation of education does pose various challenges, it is important to note that online education is here to stay and for good reason. Given that most institutions that offer online education today have opened their facilities for free, there are likely to be other institutions that follow suit (Shwert, 2006).

Moreover, some experts have predicted that online education will continue to rise until 2028 due to its popularity with parents. In this regard, online training could be one of the best solutions to expand education to millions around the world. Moreover, technology has enabled access to quality education at a lower cost which could aid in eliminating disparities between those with and without higher education. Although it will have a negative impact on children and youths, research shows that it also promotes social inclusion by giving young learners a sense of belonging (Duke University Center for Educational Technology 2010). It is also believed that having quality healthcare and training programmes will lead to better health outcomes for the health care provider, patient, society as well as the country. Therefore, online training offers the potential to help meet the increasing demand for quality education all over the world. Furthermore, it can be attributed to better job satisfaction as well as increased productivity and profitability of companies (Held & Lengenmayer 2018).

According to Hoyle et al., “an online training program can contribute to the bottom line by creating qualified employees at significantly reduced costs, including pay-for-performance packages, time off, and travel expenses. As such, training programs can directly benefit employers” (Hoyle & Strommer 2015, p. 1). More importantly, we find out that most universities continue to grow their student enrolment for instance, according to the CDC, undergraduate enrollment of U.S. college freshmen rose by 18% in 2020 compared to 2019 (<https://www.cdc.gov/mmwr/volumes/69/wr/mm6493a2.html>). Students are expected to enrol in college more often than any other age group. As a result of an increased number of students entering colleges and universities, employers will continue to recruit graduates with the required skills. In addition to online classes, there are plenty of possibilities for participating in professional events, internships and even part-time jobs as job openings keep opening daily. Besides online and hybrid courses, there are numerous ways to engage in online activities

that require self-directed learning, such as video games, online reading, podcasts, webinars, and blogs as a means of sharing knowledge with colleagues (Shwert, 2006).

### **The impact of COVID-19: An analysis**

The first implication that covid19 has had on health and education was that we observed increased cases of anxiety and depression amongst students. Furthermore, studies showed that there were more suicides during this period (Siddiqui 2015). Studies indicate that there is a high likelihood of losing friends, family members and colleagues due to mental health issues which are especially critical during times of stress. Research conducted by Siddique and Rungwoon (2016) showed that young persons suffered a lot of emotional stress and they were more concerned about mental health as opposed to other aspects of life (Siddique & Rungwoon 2016). The increase in suicide cases amongst youth has resulted in a sharp rise in mental health-related deaths and suicide incidents as well as attempted and successful suicides. Consequently, colleges such as Harvard, Yale University and Princeton University offer free counselling sessions to their university students and alumni.

This is aimed at ensuring that health professionals are able to handle patients from different perspectives (Siddiqui 2017; Sidique & Rungwoon 2016). However, while addressing mental health problems amongst college students, there is a necessity to look into how to address additional psychological issues which could arise in the wake of covid-19. For example, it would be wise if colleges taught how to manage difficult situations, for instance, handling the death of loved ones. There should be clear directions to cope with stress, insomnia, and loss of sleep during nights which could cause mental strain. Likewise, college instructors should teach how to navigate the difficulties caused by isolation, isolation from others as well as the fear of contracting covid-19 (Siddiqui 2017). This might be possible through educating them on how to adapt mentally to stressful situations.

### **Conclusion**

Overall, online education is a good type of educational program that everyone needs to participate in. According to UNESCO, online learning has great advantages beyond just helping those who cannot afford to attend physical classes. There is a huge amount of information shared on online education that can be of excellent use to everybody, regardless of whether he uses computers. The above discussion indicates that as COVID-19 continues to worsen across the world, there is a need for global cooperation in order to ensure that all nations come up with strategies and laws that will assist citizens to obtain a quality education. Countries like Canada, the US, UK, Germany and France have developed policies to support online training. On the same note, it would be important to note that online teaching does not have exclusive benefits but there are many disadvantages to be considered before pursuing this course. Nevertheless, online training has been shown to provide quality education with less cost and time. Given the fact that COVID-19 has led to economic challenges, there is a need to ensure that there is enough funding towards improving health professionals' education.

Online education holds great promise, but we must be wary of unrealistic expectations due to our limited understanding of how it operates. Most importantly, the internet exists in a vacuum whereby some disciplines benefit from others very little more than others, and it is difficult to determine what works best for every single person. When it comes to the question of online education, it does indeed give us tremendous opportunities to engage the world around us, but it will never replace traditional educational institutions as they already operate almost exclusively offline. Online education enables learners to receive a quality education at lower costs which can make a positive difference in people's lives. Finally, COVID-19 has made institutions more agile which can enable them to deliver quality education more rapidly.

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