



## Post-pandemic health and its sustainability: Educational situation



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### Editorial

### Abstract

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#### Keywords

*climate change;*  
*environment;*  
*family education;*  
*teaching process;*  
*virus;*

Current experiences at a global level are an inspiration for research in the academic field. There is much to learn, and society must carefully reflect on the moments lived in two years that for many have meant two centuries. Many difficulties remain to be resolved and a wide field to discover the unknown by medicine. With the difficulties that have arisen on a global scale because of COVID-19, health has been affected at the societal level; In addition to the consequences derived from the effects of the virus, the mental health of people was impacted with high repercussions at the social and family level, as well as the teaching processes at the different levels of education where many students abandoned their studies.

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### Introduction

The social sciences have a chapter ahead of them that can be beautiful if, during the post-pandemic, they manage to take advantage of the experiences lived. Only in this way will a fair tribute be paid to the hundreds of thousands of lives uprooted by the disease. Another consequence is related to the impact on the education of young people and children, many of them abandoning their studies (Pachay & Rodríguez, 2021), these experiences should be used to develop a sustainable society. Health has new challenges to guarantee a higher level of preparation and adaptation of society, to the attacks of new diseases in the special situation imposed by climate change.

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Indelible marks were left on health for the family, approximately on a global scale more than six million people lost their lives until April 3, 2022, because of COVID-19. Figure 1 shows an analysis of those who died because of the disease by continent (Statista, 2022).

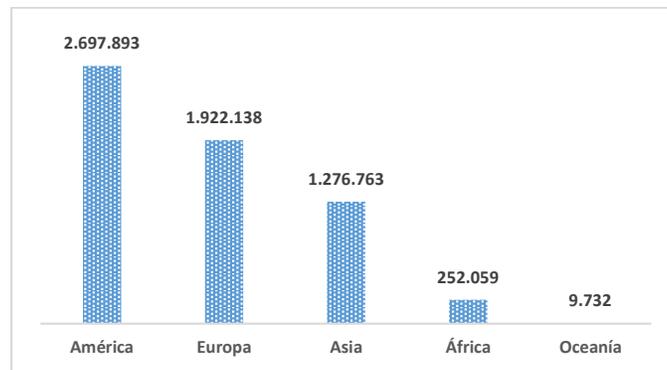


Figure 1. Deaths because of COVID 19 by continents  
Source: (Statista, 2022)

The American continent and Europe are the territories that suffered the most from the loss of human beings, between them they accumulate 75% of the deceased worldwide. As of April 14, 2022, there are 9 countries with more than one hundred and fifty thousand deaths because of the pandemic. Figure 2 shows an analysis of the number of deaths per thousand inhabitants in the nine countries that report more than 150,000 human deaths because of COVID 19.

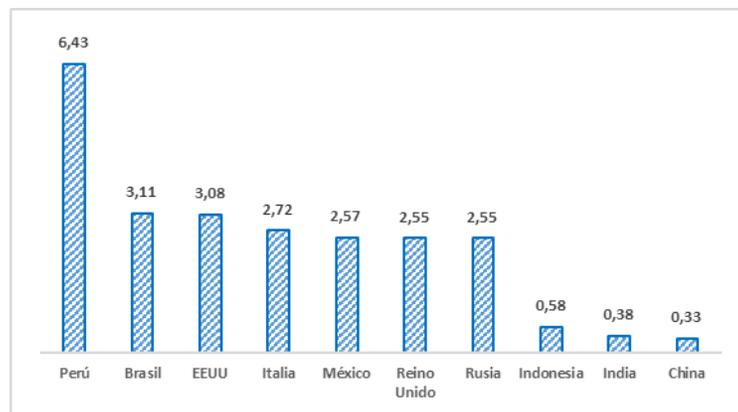


Figure 2. Per 1,000 inhabitants  
Source: (Statista, 2022)

The country with the most deaths per thousand inhabitants is Peru, with more than twice as many deaths per 1,000 inhabitants than Brazil and the United States of America, which are the countries that follow. Italy, Mexico, the United Kingdom, and Russia experienced more than 2 deaths per thousand inhabitants. Indonesia, India, and China finish the list with an average between 0.3 and 0.6 deaths per thousand inhabitants.

It is paradoxical that the country with the highest degree of scientific-technical development in the world (the United States of America) appears as the third on the list, sharing the number of deaths per 1,000 inhabitants with Brazil, which is an underdeveloped country and shows a figure above Italy, Mexico, the United Kingdom and Russia. It is striking that three Asian countries have the least impact in terms of deaths per thousand inhabitants. This may indicate that health problems go beyond the disease itself and become an issue with strong political and social nuances.

Statistics show that society must draw up strategies to ensure that new diseases are not as catastrophic as they were in this 21st century with the impact of COVID 19. It is necessary to accelerate research in the field of

science and technology; but this will not be enough, equal priority should be given to the analysis of the failures of public health systems at the country level, including those of the so-called group of developed countries.

Scientific and technological advances can help reduce the dramatic consequences in similar situations, but if there is no universal, free, and quality health system, it will not be possible to ensure that it is prepared to face another invasive and aggressive disease such as COVID 19. Particularly in the Latin American context, a high rate of contagion was experienced among personnel dedicated to health activities (Figueroa, 2020). In Mexico, 5,014 infected people reported not having personal protective equipment and other basic supplies to deal with the disease, which makes it difficult for specialized health care personnel to respond (WHO, 2020). In Argentina, health workers represented 14% of those infected by COVID-19, of which 2.45% were deceased (Ministerio de Salud Argentina, 2020). In a report published by the Ecuadorian Ministry of Public Health, it was learned that some 1,600 workers in the health sector were infected by the new coronavirus, of which 40% correspond to nursing staff, facing the same problems and limitations as those presented by the health personnel of Mexico (Mayorga & Rivera, 2020).

Compliance with biosafety protocols is a challenge and is complicated by the lack of adequate occupational safety conditions (Trilla, 2020). It is unfortunate that the conditions under which health workers have had to face COVID-19 did not meet the minimum requirements. This led to infections and deaths being recorded, due to treating suspected and confirmed cases with inappropriate protection to prevent transmission of the virus (Figueroa, 2020; WHO, 2020). The lack of preparation of the health system on an international scale has been another problem that aggravated the impact of the disease. In some cases, due to lack of economic resources, in others due to lack of political will to maintain a high level of health protection for society and there were also cases of overconfidence and carelessness in maintaining health protection measures public.

Social discipline in health matters has left much to be desired. In general, the social attitude for the confrontation of COVID 19, manifested a low level of preparation in matters of order. Self-care based on the behavior of the individual to preserve health through the development of promotional actions in the prevention of diseases is a function that must be learned and applied in accordance with the regulatory requirements that individuals have, in their different stages of life, growth and development, health states, health characteristics or specific development phases, environmental factors, and energy consumption levels (Naranjo, 2017). Self-care strengthens the active participation of human beings in their health care, as decision makers that condition their situation, fully coinciding with the purpose of health promotion, in this sense individualization of care is necessary and the involvement of users in the care plan itself, giving prominence to the subject's system of preferences.

Some organizations propose to carry out shared health strategies at a global level, such as the protection of ecosystems, the fight against inequality, labor insertion, the defense of human rights, the right to basic health services and education for all. The strengthening of education and the preparation of society intervene in the processes and knowledge of what is happening on the planet due to the loss of biodiversity and climate conditions, where strategies must be aimed at improving health, social and environmental structures and citizen participation (Forética, 2022). To achieve the objectives of sustainable development by 2030 in education, strategies must be drawn up to erase what happened where uneven development at a global level caused that not all students had access to the internet or with inadequate quality, where the process of learning in a considerable group of students globally, mainly in poor and developing countries.

The economic commission for Latin America and the Caribbean (ECLAC), sent messages related to the situation of internet access stating that more than 32 million children could not access the internet, because they did not have a connection in their homes (ECLAC, 2020) In this sense, they propose that access should be universalized for an inclusive digital society that allows connection systems to reach all homes. Education must reach a new era where new generations can develop their skills, education must move to new strategies that guarantee that all students can acquire adequate knowledge guided by teachers and families (UNESCO, 2021).

Another of the problems in which it went through and that should be reflected on is family violence where the most important sector of society was involved (Jiménez et al., 2022), according to the United Nations Organization (UN) more than 243 million women and girls (aged between 15 and 49 years) around the world have suffered sexual violence (UN, 2020), all this situation occurs due to the lack of global strategies in terms

of family education In this sense, governments must draw up strategies that transmit values in educational areas where issues that help reduce these social phenomena are involved.

### *Recommendation*

The IJHS, calls on its authors to reflect on the actions of educational systems in their countries and health services, let's unite to achieve a sustainable planet free of environmental pollution, with more culture on both fronts, education, and health, let's walk hand in hand to achieve the goals set, let's fight so that the whole society has adequate basic services, including health and education. The editorial team advises the entire population to be vaccinated when it is their turn and to follow local guidelines, always exhorting personnel linked to health facilities to maintain personal safety to have their own protection, that of the family and society.

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