

Doctor: I am a soldier in this battle, and I am scared

I am a resident physician working at SUNY Upstate Medical University Hospital in Syracuse, New York. My first encounter with a Covid-19 positive patient is something I will never forget.

She passed away due to severe respiratory failure, despite maximal medical supportive therapy. When I learned this, I went from being anxious to scared and then eventually **subdued**. I believe my anxiety came from three causes: The clinical unpredictability of the disease, its high transmissibility and, more importantly, not being able to alleviate my patient's **distress**.

subdue 征服; 抑制

distress 危难; 不幸

Ever since then, every time I have entered a patient room with a potential Covid-19 infection I have felt scared — scared that I will infect other patients, my colleagues or my loved ones. Health care providers internalize — and even forget — the emotional toll the job can take. If you meet any of us in the hallway, you may forget for a moment that we are in an ongoing pandemic. We walk into work, smiling, calm and **composed**.

composed 镇静的

This act of **gallantry** comes at a deep personal cost. The heaping emotions chip away little parts of you without your even knowing, leading to suppressed **turmoil** and eventually — for some — burnout. We do not show our vulnerabilities to the world, as we believe that doing so would evoke more panic to those on the outside.

gallantry 勇敢

turmoil 混乱; 骚动

It is completely justified to be overwhelmed. But if we take one day at a time, calmly focus on our role in this fight, then we might be able to see the light at the end of this tunnel, and probably soon.

I am a soldier in this battle, I am fighting my piece, and I ask you to fight yours. Breathe and keep fighting.