

A Perspective Observational Study: Does Wearing a Mask Causes Oxygen Levels (SPO2) to Drop- “A Myth or Reality”

Sanjay Kumar Dabhi and Indrawati Rao

¹Professor Govt. College of Nursing, New Civil Hospital, Surat, Gujarat, India,

²Principal Government College of Nursing, Surat India.

Abstract

Despite overwhelming evidence that face masks effectively reduce the spread of the novel corona virus, some people still refuse to wear masks.1 In India, where mask-wearing last month became legally mandatory on public transport and in shops, As the number of corona virus cases rises in the country, many states have made compulsory wearing a mask while going out in curb of corona virus infection.2 they had read false claims on social media that face masks can lower blood oxygen levels and even cause brain damage. In reality, wearing a face mask helps prevent the spread of the novel corona virus still, some people refuse to wear masks, falsely claiming that the cloth shield causes their oxygen (SPO2) levels to drop.

Objectives: to assess whether the statement “Does Wearing a Mask Causes Oxygen Levels (SPO2) to Drop- “A Myth or Reality”

Methods & Materials: The present observation study was conducted between the period from June-2020 to December-2020 among 70 health care providers who were working at Different departments of New Civil Hospital, Surat, Gujarat, India. Samples were selected by Simple Random Methods with Lottery method from Civil Hospital Surat. A standard SPO2 device was used for data collection. SPO2 levels measured thrice of each health care worker with interval between 20 minutes of each reading. First reading of SPO2 level were measured without mask, second level were measured with wearing simple cloth mask and last third level were measured with N-95 mask. All the recorded data were entered in master table. Analysis was done using the Statistical Package for Social Sciences (SPSS version-19).

Results: There were no any significant differences between the SPO2 levels to drop. So its gives us clear indication that wearing a mask doesn't interfere with our Oxygen level. The person who gives excuse or refuse to wear it and gives a reason about oxygen level to drop. It's really a myth but not reality.

Conclusion: People of all age must wears mask in public settings and when around people who don't live in their household. When you wear a mask, you protect others as well as yourself.

Keywords: Mask. Novel Corona Virus. limit infection of Corona. Safety Measures. Myth of mask. SPO2 level.

Introduction

COVID-19 is assumed to be spread by the virus-containing droplets Trusted Source that are transmitting when people speak, cough, or breathe. If these droplets enter in another person's mouth or nose or are inhaled from the air, they can infect that person and make them ill. According to Robert F. Garry, Jr., PhD, professor of microbiology and immunology, at Tulane University School of Medicine, “a mask provides a physical barrier to catch those droplets.” In reality, Masks made up with cloth piece can shut off about 40 to 60 percent of the droplets, said Garry. N95 masks Trusted Source can do an even better job, blocking 95 percent of very small particles, including viruses1. Despite overwhelming evidence that face masks effectively reduce the spread of the novel corona virus, some people still refuse to wear masks.2 In India, where mask-wearing last month became legally mandatory on public transport and in shops, As the number of corona virus cases rises in the country, many states have made compulsory wearing a mask while going out in curb of corona virus infection.3 they had read false claims on social media that face masks can lower blood oxygen levels and even cause brain damage. In reality, wearing a face mask helps prevent the spread of the novel corona virus still, some people refuse to wear masks, falsely claiming that the cloth shield causes their oxygen (SPO2) levels to drop4.

***Address for Correspondence:** Sanjay Kumar Dabhi, Professor, Govt. College of Nursing, New Civil Hospital, Surat, Gujarat, India, E-mail: princess1012012001@yahoo.com

Copyright: © 2021 Sanjay Kumar Dabhi, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 19 June, 2021; **Accepted** 23 June, 2021; **Published** 30 June, 2021

Objectives

To assess whether the statement “Does Wearing a Mask Causes Oxygen Levels (SPO2) to Drop- “A Myth or Reality”

Materials and Methods

The present observation study was conducted between the period from June-2020 to December-2020 among 70 health care providers who were working at Different departments of New Civil Hospital, Surat, Gujarat, India [1]. Samples were selected by Simple Random Methods with Lottery method from Civil Hospital Surat. A standard SPO2 device was used for data collection. SPO2 levels measured thrice of each health care worker with interval between 20 minutes of each reading [2]. First reading of SPO2 level were measured without mask, second level were measured with wearing simple cloth mask and last third level were measured with N-95 mask. All the recorded data were entered in master table. Analysis was done using the Statistical Package for Social Sciences (SPSS version-19).

Results

There were no any significant differences between the SPO2 levels to drop [3]. So its gives us clear indication that wearing a mask doesn't interfere with our Oxygen level. The person who gives excuse or refuse to wear it and gives a reason about oxygen level to drop [4]. It's really a myth but not reality.

People of all age must wears mask in public settings and when around people who don't live in their household. When you wear a mask, you protect

Table 1: Master data sheet.

Sample No	SPO2 level before wearing mask	SPO2 level after wearing Cloth mask	SPO2 level after wearing N-95 mask	Differences in SPO2 level with cloth mask	Differences in SPO2 level with N-95 mask	Remarks
1	98	98	99	0	1	
2	99	99	98	0	1	
3	99	99	98	1	1	
4	99	96	98	2	1	
5	99	100	99	1	0	
6	99	98	99	1	0	
7	98	100	99	2	1	
8	99	98	98	1	1	
9	99	99	98	0	1	
10	99	100	100	1	1	
11	98	98	98	0	0	
12	98	100	99	2	1	
13	99	98	98	1	1	
14	99	99	98	0	1	
15	99	100	100	1	1	
16	98	98	98	0	0	
17	98	98	99	0	1	
18	99	99	98	0	1	
19	99	99	98	0	0	
20	99	96	98	2	1	
21	99	100	99	1	0	
22	99	98	99	1	0	
23	98	100	99	2	1	
24	99	98	98	1	1	
25	99	99	98	0	1	
26	99	100	100	1	1	
27	98	98	98	0	0	
28	98	100	99	2	1	
29	99	98	98	1	1	
30	99	99	98	0	1	
31	99	100	100	1	1	
32	98	98	98	0	0	
33	98	98	99	0	1	
34	99	99	98	0	1	
35	99	99	98	0	1	
36	99	96	98	3	1	
37	99	100	99	1	0	
38	99	98	99	1	0	
39	98	100	99	2	1	
40	99	98	98	1	1	
41	99	99	98	0	1	
42	99	100	100	1	1	
43	98	98	98	0	0	
44	98	100	99	2	1	
45	99	98	98	1	1	
46	99	99	98	0	1	
47	99	100	100	1	1	
48	98	98	98	0	0	
49	98	98	99	0	1	
50	99	99	98	0	1	
51	99	99	98	0	1	
52	99	96	98	3	1	
53	99	100	99	1	0	
54	99	98	99	1	0	
55	98	98	99	0	1	
56	99	99	98	0	0	
57	99	99	98	0	1	
58	99	96	98	3	1	
59	99	100	99	1	0	

60	99	98	99	1	0	
61	98	100	99	2	1	
62	99	98	98	1	1	
63	99	99	98	0	1	
64	99	100	100	1	1	
65	98	98	98	0	0	
66	98	100	99	2	1	
67	99	98	98	1	1	
68	99	99	98	0	1	
69	99	100	100	1	1	
70	98	98	98	0	0	

others as well as yourself. Masks work best when everyone wears one and help to reduce corona virus infection and reduce transmission, it also believe they can reduce the severity of disease when people do become infected.

Acknowledgement

The investigators would like to thanks of all participants.

Conflicts of Interest

There are no any conflicts of interest.

Conclusion

Proteins always react differently to the new therapeutic products and it is unpredictable to discover their role after interacting with the ligand. HaloTag technology is used for analysis of protein-protein interactions, protein DNA interactions, protein functional analysis, enzyme immobilization and tumor cell detection. HaloTag technology evaluated the function in a way that it captures only protein of interest that is captured and purified.

References

1. <https://www.healthline.com/health-news/wearing-a-mask-may-reduce-how-sick-you-get-from-covid-19#How-masks-protect-other-people>
2. <https://www.businessinsider.in/science/news/the-truth-about-face-masks-and-the-coronavirus-mask-wearing-in-crowded-places-may-help-reduce-the-spread-but-it-isnt-a-perfect-solution/articleshow/74920084.cms>
3. http://timesofindia.indiatimes.com/articleshow/75053386.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst
4. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.htm>

How to cite this article: Sanjay Kumar Dabhi and Indrawati Rao. A Perspective Observational Study: Does Wearing a Mask Causes Oxygen Levels (SPO2) to Drop- "A Myth or Reality". Mol Biol 10 (2021):285.