

Helping Medical Professionals (and Yourself) During Lockdown

As the coronavirus continues its course worldwide, it seems the majority of the population is facing a similar situation, regardless of the country of residence. Stay-at-home orders and lockdowns are now a regular part of our reality, which will hopefully not remain for long, but while they are still ongoing many seem to have quite some extra time on their hands, as their usual past-times and outdoor activities are suspended.

With social isolation and self-distancing being the leading pathways for prevention of the virus, one begs the question what are some good ways to make the most out of the situation? How can we tackle the current prime-time trio that is helping medical professionals, helping ourselves and staying indoors at the same time? Turns out there's quite a few options that are already available that address one of the trio's elements, but there are only a few exceptions that actually tackle all at the same time.

Self Development

On one hand there's [plenty of advice](#) related to physical exercise, starting up new hobbies, having some quiet time reading and homecrafting, which can be quite self-beneficial in both short and long terms. Most of these do not seem to be of great benefit to medical professionals, though. They are usually great for kickstarting your personal development initiatives once again (hello New Year Resolution, my old friend), but do fall short of getting you out of a bad financial situation, for example, and likely require some form of personal investment.

Gaming Against the Virus

On the other hand, you have those whose focus is primarily on the medical industry, for example the [Folding@Home distributed computing project](#), founded by Stanford university in late 2000. It is especially applicable to people with high-end personal computers, which most of the time is usually used for gaming and allows users to contribute their CPU and GPU cycles towards simulating protein folding and computational drug design. Many dedicated gamers have joined the initiative already, with one of the leading "teams" being spearheaded by no-other than [former World of Warcraft Team Lead Mark Kern](#).

Now even though all these initiatives are amazing on their own and do tackle a portion of the trio mentioned earlier, they do not quite tick all the boxes. What does, though, is an interesting niche solution, based on blockchain technology - [DentaVox](#). It has been making steady waves in the space with its comprehensive approach of helping the dental industry and distributing personal rewards, all from the comforts of your own home. DentaVox is an [online market research platform for the dental industry](#) that automatically rewards survey participants for their contributions to quantitative research with a virtual asset called Dentacoin.

This asset can naturally be converted to other cryptocurrencies, or your old friend cold hard cash on various platforms, thus generating you financial benefits in the medium of your choosing. It can even be used internally within the ecosystem to [get a dental treatment with your rewards](#). While it is not enough to compensate anyone who has lost their job in this crisis, it is certainly an interesting way to share your valuable feedback to the dental industry and earn a few bucks extra you can spend on masks, medicine, or that tempting treat you don't consider essential, but has been eyeing at the store for a while.

Takeaways

That being said, what are some of the new things you started to help with the extra time on your hands in these times of turmoil? Are you finally working on your New Year's resolutions? Started a new hobby? Donating your computing power for the cause? Or are you simply ready to take a bite out of DentaVox for the greater good of oral health? Share your thoughts in the comments!