



Problems Faced By Nurses During COVID-19

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Abstract:

The Psychological outcome of the covid-19 pandemic is serious for health care providers especially, among nurses. Nurses are taking a high level of risk in their personal and professional life. Nurses directly involved with infected patients by Covid- 19. It is a greater risk than other professionals. Nursing as a profession is extremely important in maintaining and protecting the health of the world's population, they showcase their service for the world in this pandemic situation. fear of exposure to COVID-19, and risking their health and that of their families. Lack of childcare has also been a problem for nurses, along with financial pressures, long shifts with little to eat or drink, personal protective equipment shortages, and deaths of patients and colleagues, all of which contribute to psychological problems for the nurses. Social worker plays an important role to give psychological empowerment to nurses during this crucial time giving moral support to them is very important and simultaneously they need proper counseling, family support, and administrative support for their work. This paper focuses on the psychological impact of COVID 19 on nurses through case studies.

Keywords: COVID-19, Nurse, psychological impact, case study.

Introduction:

“Nurses are the backbone of the healthcare system”

The novel coronavirus was first identified from an outbreak in the Chinese city of Wuhan in December 2019, (COVID-19) is widely spreading all over the world, causing Physical & mental health problems for most people. Especially in the health sector at the same time a huge number of patients were admitted in hospital treating a covid-19 patient is unpredictable for that reason nurses are getting psychological distress during an infectious disease outbreak because Nurse's directly involved with infected patients by this coronavirus its greater risk than other professionals, without nurses health system, cannot survive eagerly we need their service for saving the world by this pandemic now they are “**Newer Untouchables**” avoided by their own family and community also they are facing so many mental health difficulties in their own professional and personal life for this pandemic. They got confused with this virus/epidemics and pattern of the treatments because they didn't take any training to eradicate this epidemic, however hospital ICU

full of covid-19 patients and high rate of deaths, health care providers also died that's why nurses get fear among deadly virus, stress, anxiety, depression also Based on occupational reasons they are facing a lot of psychological issues like continuous work pressure, long shift works, for the shortage of precautionary measures, continuously using the PPE kit and sanitizers affected their health. sometimes nurses are intentionally avoided by their family members. They are struggling with covid-19 patients and community for giving knowledge& awareness regarding the virus and more important is to convince them to take vaccinations. They are getting low payment also sacrifice lives and fights with the coronavirus.

How pandemic is growing like the first wave, second wave, third wave-like world is facing shortage of nurses, According to WHO & India Nursing Council there is a shortage of nurses in the whole world, reported 59% of all health care professionals are nurses and the global workforce of a nurse is currently around 28 million, of which 19.3 million are professional nurses, 6 million are associate professional nurses and remainder nit being classified (WHO,2020). With 1.7 nurses per 1000 population, India falls short of the WHO recommended rate of 3 nurses per 1000 population, they said, noting that the country requires 4.3 million more nurses by 2024 to meet WHO norms, so we have to give them moral support and proper counseling for their works nurses leave the profession due to covid-19 burnout but health system needs their services for the world.

In this study, we will discuss the psychological impact of covid-19 on nurses' feelings, experiences, problems of nurses in the pandemic. It talks about their situations personal and professional life in the pandemic era.

Review of literature:

Jenna A. LoGiudice, Susan Bartos, MARCH 15 2021 In this study nurses explain their situations and experiences, psychological issues like working with covid-19 patients

Son Chae Kim, Carlota Quiban, Christine Sloan, Anna Montejano. Wiley Online Library, First Published; 20 November 2020 High proportion of poor mental health among nurses, especially those who provided care to COVID-19 patients or experienced quarantine/ social isolation. High resilience, spirituality, and family functioning were significant predictors of mental health during the COVID-19 pandemic.

Tercan, M., Bozkurt, F. T., Patmano, G., Saraçoğlu, G., & Gür, S. C. (2020). **Published:** Jun 26, 2020, This study explores nurses' depression and anxiety levels are very high when covid-19 draws more attention to health workers and especially nurses who are part of the pandemic context.

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More than two-thirds, more than half, and nearly one-fifth of the nurses had anxiety, depression, and stress, respectively. It is better to create awareness for the community, avail a guideline, train nurses, and give special attention to nurses with chronic disease and a history of mental disorders to minimize the psychological impact of the COVID-19 pandemic on nurses and protect their mental health

RESEARCH METHODOLOGY

The main objectives of this research are

- 1) To study the socio-demographic profile of the nurses.
- 2) To study the psychological problems due to COVID 19
- 3) To provide suitable suggestions and recommendations to improve psychological state of the nurses.

Two case studies were conducted with the nurses in Government Hospital, Dharward, Karnataka. The study is a qualitative study and descriptive in nature. Case study method was used to gather data from the respondents. The researcher fulfilled all the ethical aspects including the respondents' consent and confidentiality strictly followed through entire research process. For collecting data, the researcher used in-depth interview tool and Budgell (2008); Boeije (2010) case study format was followed to collect data.

Case Study 1:

Introductions:

Nurse "X" is a female aged 38 living with her husband, aged mother-in-law and 2 small children, daughter age 12 son age 8 she is facing depression and insomnia.

Case Presentation;

Nurse X is working in a district government hospital she is facing depression and insomnia for 3 months. That's why every night she took tablets to get sleepy sometimes suddenly she gets scared to hear any kind of sounds she is always thinking about family and work nowadays she fed-up with her daily routine like professional and personal workloads she is a young and energetic woman although she has a lot of workloads & responsibility in hospital especially in the pandemic era, also she has small kids and aged mother-in-law who's facing health issues and her husband Male Nurse his working in another district hospital which is far away from their place and she is only caretaker in that family. This job is very essential for them because they don't have any other financial resources to lead their life. Personally, and professionally, she has a lot of commitments and responsibilities in their life. working with covid patients is risky and continuous admission of covid patients is going on, heavy work pressure and not getting proper leave so, she is not able to concentrate on her work always thinking about her health and family members health. Openly she expresses their fear of getting sick and inadvertently spreading the virus to their children and family members. She worries in case if she get infected by covid-19, who will take care of her family. Her mother-in-law, is in regular medication, she needs proper nutritious food, tablets and rest. Her presence is important to her family. Have to take care of her children's online classes. So sometimes she think to quit her job as a nurse.

Outcomes:

In the above case, we can easily measure that the nurse is facing physical and mental busyness with the psychological issues she is not getting sleepy at whole night she is didn't take proper food for that reason she is getting fear, stress, anxiety, and depression she cannot concentrate on her personal and professional life. Her mother-in-law and colleagues observe that they give suggestions with moral support and said better to take counseling sessions from well-known counselors. The nurse took Tele-counseling sessions from well-known expert counsellor.

Discussions;

Based on the above case study researcher concludes comparatively in the first counseling session nurse's mind was completely occupied with negative thoughts. Anxiety with depression affected her mind and body

although she is expressing her helplessness regarding family and work. The counselor identified the clients' negative thought pattern, emotional levels, and post-trauma stress disorder. As the counselor knew about her family background there are a lot of opportunities to take care of her family. Then gave some meditation and mindfulness practice for every day. Based on her likes, habits with creative activities. After four sessions she changed her thoughts also.

Case study 2;

Nurse "Y" is a female living with her husband. Doesn't have children. She faces physical and psychological issues.

Case Presentation:

Nurse "Y" is working in district government hospital most active and good in work recently she faced physical and psychological issues. She faced breathing difficulty and increased heart rate, sometimes she felt lightheaded and nervousness. Had anxious feeling due to pandemic. She worked in ICU section which is the most complicated and risky area in the hospital. Whenever she started her duty before entering the ICU, she should wear precautionary measures for her safety purpose that Personal protective equipment's (PPE) like N95 mask, surgical caps, shoe covers, gloves, and face shields but it's difficult to wear two layers of outfits. Excessive sweating inside clothes, unpleasant smell, skin rashes and pressure marks on the skin also started. The slipperiness of shoe covers till evening they have to suffer a lot and continuously they have to use a face mask and sanitizer sometimes that smell affected her health. Created skin allergies. So she felt restless.

Outcome;

In the above case, the researcher easily measures facing physical and psychological issues for wearing PPE kit it affects her health and mild breathing issues with exhaustion facing suffocation and breathlessness issues for that reason while she is in on-duty scared to wear PPF kit, mask, and head mask. From 15 days she is irregular to her duty, feeling insecure she doesn't want to go for work. She faced skin irritation. More breakouts in the face. Day by day her health went on worst. One of her supervisor understood her difficulties and suggested to take taking

Discussion;

Based on the above case study researcher concludes that she attended two counselling sessions. She was given stress management techniques like breathing exercises for relaxation with meditation. After ten days, she changed herself. She realizes in this pandemic without PPE kit health care providers cannot do their job in this pandemic as it is infectious disease. Without worries she stated to go for job.

Conclusion:

In two case studies the nurses faced many psychological issues. Facing professional and personal pressure during the pandemic time. Experienced fear, stress, anxiety, depression, insomnia, physical exhaustion and burnout, and traumatic stress.

Social work intervention:

- The social worker should approach hospital administration to organize counselling centre for needy employees and it should be in proper process and follow-up.
- The social worker must give the nurses moral support through psychological counselling.
- The social worker can apply the methods of social work.
- The social worker should counsel based on their particular problems with adequate proper therapies.
- The social worker should give knowledge to them on how personal and professional ethics are different.
- Social workers must give recreational activities to strengthen their psychological state.

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