

REVIEW ARTICLE

Covid-19 Pandemic and Nursing Challenges

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ABSTRACT

Nurses Who are at nucleus of this unfamiliar pandemic, face many challenges, like caring for Covid-19 Clients, minimizing spread of infection, shortage of Personnel protective Equipment's, suspected clients, lack of public support, too much of information and establishing different strategies and plans.

Keywords-- Pandemic, challenges, Covid-19, frontline workers, workplace

INTRODUCTION

Covid-19 is a discovery of a new coronavirus which causes a contagious disease. The vast majority of the people infected with the Covid-19 virus will have subclinical symptoms and recover without any special treatment. Serious conditions are more likely to hit the elderly and those with underlying medical issues such as upset, Diabetes Mellitus, chronic respiratory illness, and cancer. When an infected person coughs or sneezes, the Covid-19 virus spreads primarily through saliva droplets or nasal discharge [1].

The global corona pandemic has devastated well almost all the nations, with over 180 countries that are experiencing outbreaks of varying severity [2]. Even advanced healthcare systems could not prevent deaths. What ended up happening in Italy, Spain, France, and Iran is no longer a mystery. Britain is on the verge of failure, as is the United States' emphasis on healthcare. Mass production of new ventilators and developing skilled labor is yet another aspect of the tense situation that even the most advanced countries are facing [3].

We want to plot a situation-specific solution that suits our needs, keeping in mind

that our patient demographics are somewhat different from the rest of the world [4]. The current Indian health care system is no match for those long-developed countries, so we want to plot a situation-specific solution that suits our needs [5]. Our solution must be based on the available experience of countries that have lost a large number of people to the current disease. Many corona mortality rates are predicted to be from a high-risk group based on the information currently available [6]. Patients with diabetes, cardiovascular disease, nephropathy, cancer, cirrhosis, autoimmune diseases, etc., who are over 60 years old, whereas the majority of the other patients who get corona infection recover safely. The high-risk group in India, according to Indian statistical data on population demographics, numbers around 20 crores [7].

Challenges faced by Nurses in everyday life and through COVID 19.

1. Shortage of PPEs

Personal protective equipment is used by healthcare workers to protect themselves and their patients from becoming infected and infecting others. Due to limited access to supplies such as gloves, medical masks, respirators, goggles, face shields, gowns, and aprons, nurses and other frontline workers are dangerously ill-equipped to worry about COVID-19 patients. Healthcare workers all over the world face a real risk if supply chains aren't secure [8].

2. Staff Shortage

Because of the acute shortage of trained nursing staff, nurses face a great deal of work-related stress, burnout as a result of their workload, and long working hours. Nurses' physical and psychological well-being is

impacted by long working hours, overtime, and work overload. Although over 90% of nurses suffer from musculoskeletal disorder, 61 percent also suffer from neck pain on occasion. Leg ache is the most common type of pain (51 %), accompanied by knee ache (51%). Similarly, 51% of nurses reported having upper and lower back issues, 41% said they had taken 1-3 days of leave, and 7% said they had taken 4-6 days of leave in the last months to deal with the pain, representing a high productivity loss for the organization. In addition, 88% of nurses work 8-10 hours per day, with at least twice or three times per month doing overtime. Similarly, 74% of nurses say they work for 4-6 hours per day at a stretch, putting stress on their lower limbs. Whereas 20% of nurses revealed doing double-shift duty at least twice a month, 26% were asked to figure on their off-days twice a month, and 10% were called on duty more than twice a month on their off-days.

3. Mental violence in the workplace

Workplace violence is common in healthcare settings. A heavy workload and responsibilities on the staff during COVID 19 can lead to disturbed mental peace, which can lead to less efficient care. Multiple tasks in a healthcare unit can cause conflict. Workplace mental violence is frequently associated with the risk of contracting a virus, verbal abuse, hostility, and harassment, all of which can result in psychological trauma and stress. A verbal assault can sometimes escalate into physical violence. Patients, visitors, intruders, and even coworkers are all potential sources of violence in a healthcare setting.

4. Safety

Concerns about protection and safety at work and in the community, as well as concerns about the protection of connections.

5. Expectations of Clients

Patients and their attendants have unrealistic expectations, but due to budget and staffing cuts during COVID 19, nurses aren't always able to meet them. This places a significant strain on nurses, who have a large number of patients to attend to. Hearing that their patients are dissatisfied with their level of service can have a negative impact on morale and put nurses under a lot of stress.

6. Occupational Hazards

Nurses frequently work with sharp objects, cutting tools, and heavy machinery that could become infected during COVID 19. To help avoid contamination and collisions, all staff should be properly trained and always follow rules and regulations to ensure they and their colleagues are not harmed. Any potential hazards should be prohibited right away. Wet floors, for example, can lead to serious injuries. It is easy for nurses to overlook the floor for potential hazards during emergencies, but wearing appropriate footwear can help reduce the likelihood of an unexpected occurrence. Healthcare shoes with a good slip-resistant grip are great for wet surfaces and help their feet.

7. Personal Health

Working in health care system throughout COVID 19 can be a stressful job, and it can lead to stress-related health issues. It is critical that you take it easy and take time away from work to help you relax. Working as a nurse is physically demanding as well as mentally draining. Many nurses experience back pain and sore feet. Working longer hours is physically demanding, but wearing specially designed shoes can help alleviate issues and keep nurses on their feet for as little time as possible. Healthcare shoes are made specifically for those who work in the medical field. They have a slip-resistant grip, plush insoles, and excellent support, all of which are desirable qualities when working in a hospital.

8. Lack of Synchronicity

Discord and a lack of teamwork in the healthcare sector are concerning issues during COVID 19. A positive working relationship between healthcare professionals is critical to the success of the healthcare system. Nurses' indirect opprobrium is present in every dreadful incident that occurs in the hospital. If a patient is unhappy with the hospital's care, the nurses are fully responsible, even if the problem is not their fault. Nurses are being blamed for inadequacies in care, which can range from ineffective medical care to a shortage of doctors. The hospital's lack of equipment has an impact on the quality of care provided. Nurses are ultimately responsible, despite the fact that they are not always to blame.

CONCLUSION

Nurse practitioners play a critical role in attempting to control and limit the spread of COVID-19 as frontline workers. They face numerous challenges throughout their work, such as a shortage of healthcare staff, a lack of personal protective equipment, hazardous situations, crime, and so on. As a result, it is critical to address these issues and provide adequate supplies so that these frontline workers can perform better. To fully develop, prepare for, and respond to future pandemics, more research is required to fully understand the major issues faced by our heroes, as well as how to overcome these challenges.

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