

Creating Healthy Work Environments VIRTUAL 2021

COVID-19 and Impact of Workplace Stressors Among Nurses: A Systematic Review

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Purpose: The main objective of this review was to analyse the workplace stressors and its impact on mental health of nurses during COVID-19 pandemic

Methods: A systematic search was done in databases (PubMed, Wiley, Scopus, Science Direct, Google scholar) using the search terms (nurses stress and COVID-19, coping and COVID-19 among nurses, workplace stress and COVID-19 battle among nurses) from January 2020 until June 2020, available in English and full text available for download. The articles included met the following criteria: nurses handling COVID-19 pandemic, stressors and coping of nurse's during pandemic. Critical analysis of the article was done by using McMaster critical review form for quantitative studies. The two reviewers did independent literature search and a common consensus was reached following a debate among the reviewers.

Results: The search resulted in 50 studies and a full text of 10 studies were screened. After full text screening, 5 quantitative cross sectional studies and 1 qualitative phenomenological study met all the criteria. The sample size ranged between 20 to 2014 and were based in China. Main workplace stressors included were nurse being single child in the family, long working hours, unfamiliar working environment and processes, lack of work experience in infectious diseases, worry about getting infected, huge workload and long term fatigue, depression due to unsuccessful cure of critically ill patients and the worry about their families and vice versa. The impact of workplace stressors on mental health of nurses include fear, burnout, depersonalization, anxiety, depression, poor adaptation to diet changes and insomnia. The coping measures identified include use of psychological decompression methods like writing diary and letters, breathing relaxation, mindfulness, music meditation, emotional expression and venting, adjusting sleeping to stress, increasing food intake and exercising regularly and most nurses also used supporting each other for stress relief.

Conclusion: Though a systematic search is being done there is a possibility of missing out certain most relevant studies. COVID-19 is significantly increasing the work pressure among nurses due to additional precautions to be taken, lack of work force and the risk of being infected with COVID-19. There should be adequate supportive interventions like strengthening the protection training, adequate nurses for emergency and fever clinics, reducing night shifts, and timely update on the pandemic is essential to improve the mental well-being of the front liners and to fight the pandemic globally.

Title:

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Keywords:

COVID-19, nurses and workplace stress

Abstract Summary:

COVID-19 pandemic has put the front liners especially nurses under immense pressure and this review is exploring the stressors, impact on nurses and the coping used by them.

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