

Mental Health Support of Minority Nursing Students in the COVID-19 Pandemic

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Introduction

The COVID-19 pandemic produced adverse mental health effects among minority college students across the US, yet disparities in access to and utilization of mental health services for them have worsened. With the anticipation of negative impacts on minority nursing students, we call for collaborative action to support their mental health.

Background & Significance

- College students of color often face additional stressors but are less likely to access needed services. (The Steve Fund & JED, 2017)
- Student's mental well-being has been devastated by the pandemic's social and economic consequences, as well as the continued disruption in college education and careers (Anderson, 2020)
- Minority students have suffered more severe adverse effects on their physical, emotional, social, and mental wellbeing (Fishman & Hiler, 2020).
- High rates of anxiety, depression, fear, and social isolation among minority youth (Glaser, 2020).
- Presence of multiple high-risk mental health determinants such as socioeconomic status, living conditions, social support, food and nutrition, access to mental health services play a role.
- Up to 60% of college students have reported difficulty accessing mental health care during the pandemic (American Health Association, 2020).
- Disparities in both access and utilization of mental health services have worsened for minorities due to the pandemic (Altraifi & Rapfogel, 2020).
- Timely mental health interventions for the coronavirus outbreak is called for (Xiang et al, 2020).

Purpose

The purpose of this review is to project the impacts of the COVID-19 pandemic on mental health of minority students and provide recommendations for support to mitigate adverse outcomes.

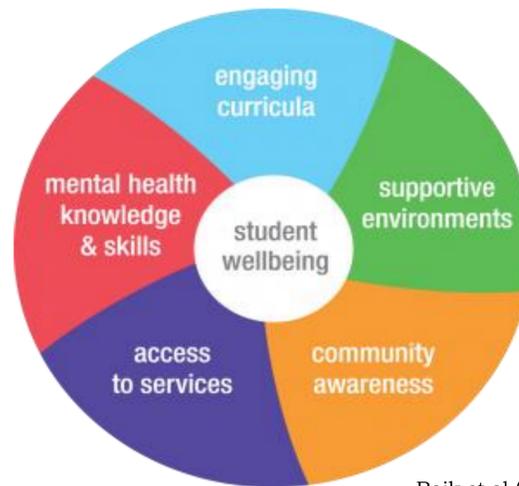
Methods

- Search of nursing and related professional literature
- Review of related knowledge and summary
- Keywords: Mental health support; Minority nursing students; COVID-19 pandemic.

References

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Framework for Promoting Student Mental Health and Wellbeing



Baik et al (2016)

Impressions For Wellbeing

Unprecedented impacts of the COVID-19 pandemic on colleges across the US implicates concern for the mental health of minority students on their physical, emotional, social, academic, and mental wellbeing.

- Mental health support for minority nursing during the COVID-19 pandemic is a priority.
- There is negative impact of mental health distress on academic performance of nursing students .
- Return to the COVID-19 frontlines in hospitals and other healthcare settings for clinical nursing experience have potential to exacerbate emotional distress and fears minority nursing students.
- Action for timely proactive mental health intervention is required.
- Efforts should reduce disparities and promote the health and wellbeing of the workforce.

Conclusion

- Support for the mental health of minority nursing students during the COVID-19 pandemic is paramount to reduce mental health disparities and promote the health and wellbeing of the workforce.
- Actions are effective if collaborative and approached as academic and institutional priorities.

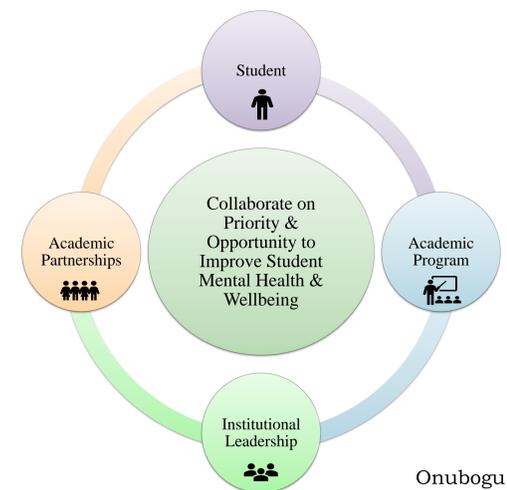
Recommendations For Action

Collaborative academic and practice partnership and action to identify and develop appropriate support to enhance the mental health of minority nursing students (The Steve Fund & JED, 2017).

Opportunities & Priorities:

- Create a program-wide priority and basis for collaboration and planning for student success
- Engage students to provide guidance and obtain their feedback on emotional well-being
- Recognize opportunity for intervention around national issues such as the COVID-19
- Allocate resources and collaborate to support initiatives
- Enhanced and normalized attention to mental health and reduce stigma attached to mental illness
- Create a program environment in which safe communication can occur.
- Offer, promote, and educate on appropriate and varied service that are culturally relevant programs and practices
- Opportunity to increase the discourse related to mental health in nursing academics
- Easy access to and utilization of school and community-based mental health support
- Adequate representation of the demographics experiencing disparities in educational and practice settings
- Cost-effective and timely mental health interventions with greater inclusion.

Circle of Action For Mental Health Support



Onubogu (2020)

Mental Health Resources for College Students/Nursing

National

- Active Minds Programs
- CDC COVID-19 Support for Teens and Young Adults
- SAMHSA Behavioral Health for College Students and Resource Kit.

State

- Florida COVID-19 Response – Mental Health.

Local

- National Alliance on Mental Illness (NAMI) on Campus (clubs for students)
- 2-1-1 Big Bend – Human Service Information & Assistance.

Institutional

- The JEDS Foundation for Colleges & Universities
- Interactive Self-Help Therapy (WellTrack App).

Professional

- National Black Nurses Association –RETHINK and RE:SET Campaign
- American Nurses Association: Coronavirus Well-Being Initiative; Coronavirus Education Series.