

### Code of Ethics Paper

The ANA code of ethics for nurses that I chose to write about is the nurse promotes, advocates for, and protects the rights, health, and safety of the patient. I feel as this is a very important code of ethics to cover especially during the times of COVID. During COVID, nurses were working long hours, understaffed, and being pushed beyond their limits. This was a time of uncertainty for everyone, especially those working in healthcare. The nurses were being thrown in directions of unfamiliar territory and things they had never witnessed before. As a soon to be new graduate nurse, I could not imagine going into the workforce during those times.

COVID was hard on everyone. No one really knew what to expect or what was next to come. Nurses didn't know if there was an end in sight for this hard time. Nurses were seeing many deaths daily. Nurses were seeing things that most people could never even begin to imagine. Nurses were expected to continue working through these times and not think twice about it. Many, many nurses began to experience burnout. The long hours, understaffed shifts, and the critically ill patients day in and day out really make the nurses look at things a different way. For a short period, nurses were looked at as heroes. Everyone was thanking them, giving them food, and praising them. However, that was short lived. After a few short weeks of people seeing how hard nurses were working, it's like everyone forgot about the work they were continuing to face every day. "Nurses along with burnout, faced many hardships such as mental health issues. Nurses are taught to leave their biases and personal beliefs/feelings at the door prior to going into work. In the mist of COVID, that is something that is not easy on nurses especially when seeing it over and over again with no hope for it to slow down anytime soon.

“Throughout the COVID-19 pandemic, Mental Health America (MHA) has witnessed increasing numbers of anxiety, depression, loneliness, and other mental health concerns. COVID-19 has had a profound negative effect on the mental health of the nation, especially among those who are faced with combating the virus” (Mental Health America, 2022). Nurses faced many challenges in mental health as seeing some of the things they did and had to try to help others through begins to take a toll on them. Many nurses now have PTSD from COVID and the burnout that they will take with them forever.

It is not something that needs to be taken lightly. For nurses to be able to advocate for their patients and provide them with the upmost best care, they must be the best version of themselves. COVID was a hard time for everyone, and it still is to this day. After many incidences around the world with mistakes by physicians, nurses, and other healthcare providers, I think people are finally starting to see how hard it was during those times and that nurses we are not able to give the best care and provide safe environments for the patients. I am hopeful that we will continue to work together and have nurse’s backs in the future so hopefully no nurse feels so burnt out that they quit what the once loved to do.

## References

Mental Health America. (2022). *The mental health of healthcare workers in COVID-19*. Mental Health America. Retrieved March 2, 2023, from <https://mhanational.org/mental-health-healthcare-workers-covid-19>