

The Impact of COVID-19: Literature Review

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A quantitative literature review is of use for multiple purposes. A quantitative study can determine the effects of an intervention, measure the relationships between variables, and detect change over time. Quantitative studies allow the researcher to conclude about the effectiveness of the interventions (Houser, 2018). The purpose of a literature review is to enhance the knowledge of a particular topic. They add credibility to the researcher's ideas based on the topic proposed. Negative emotions, thoughts, and behaviors are a cause of the impact of the COVID-19 virus. This virus impacts the mental health and physical health of people all over the world. Quantitative studies about the COVID-19 virus and its impact assist the healthcare population in determining the effectiveness of the currently used interventions.

Impact of the COVID-10 Pandemic on the Mental Health of Healthcare Workers

Healthcare workers on the frontlines to fight against COVID-19 are not immune from the pandemic's psychological and mental health-related effects. Determining how healthcare workers cope with the devastation that comes with the pandemic is essential for the overall well-being of healthcare. The purpose of the article is to report mental health outcomes among health care workers during the COVID-19 pandemic (Chatzittofis et al., 2021).

Key Points

The author addresses concern that negatively impacts the mental health outcomes of healthcare workers, such as depression, post-traumatic stress, and anxiety. This review research method uses an online questionnaire that includes demographics of sex, age, occupation, education, work sector, years of work experience. The questionnaire assesses depressive symptoms, post-traumatic stress disorder symptoms, and stress responses. (Chatzittofis et al.,

2021). A total of 424 healthcare workers completed the questionnaire. Of the participants, 79 screened positive for depressive symptoms, 62 screened positive for PTSD symptoms, 106 screened positive for high stress, and 24 participants scored high in suicide ideation. The p-value is different for each category of healthcare workers that participated in the questionnaire. The p-value for the nurses is 0.035. In conclusion, the findings contribute to the growing literature on the mental health distress of healthcare workers during the COVID-19 pandemic (Chatzittofis et al., 2021).

Assumptions

The author tells the researcher that more literature regarding healthcare workers' mental health needs to be published. Healthcare workers began to experience anxiety, burnout, depression, and post-traumatic stress disorder during the pandemic. Proactive measures will sustain coping ability, resiliency, and social support during stressful times such as the COVID-19 pandemic. Theory-based interventions, supportive leadership, and a resilient work environment will prevent the deterioration of coping ability in the healthcare world (Chatzittofis et al., 2021). However, these proactive measures cannot occur unless there is more literature on the topic.

Deficit/Conclusion

The healthcare field will benefit from the assumptions that the author states. The reasoning behind building up coping ability, resiliency, and social support will carry through the entire healthcare profession (Chatzittofis et al., 2021). Nurses primarily deal with loss and heartache from the front lines. The world is still in the middle of a pandemic which allows the article to be practical for today's use. Also, there will be more situations later in life that will draw healthcare professionals to need more support than they already have. This article provides sufficient evidence on why there is a need for extra help today and in the future.

References

Houser, J. (2018). *Nursing research: Reading, using, and creating evidence* (4th ed.). Jones & Bartlett Learning.

Chatzittofis, A., Karanikola, M., Michailidou, K., & Constantinidou, A. (2021). Impact of the COVID-19 pandemic on the mental health of healthcare workers. *International Journal of Environmental Research and Public Health*, 18(4), 1-8.
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