Impact of COVID-19 on Nurses' Mental Health: Literature Review

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In Wuhan, China, in November 2019 reported, the first case of the novel coronavirus disease (COVID-19). It first spread quickly throughout China, then became a global health emergency (World Health Organization [WHO], 2020). This pandemic quickly overcame millions of people, filling more than the hospitals' capacity and creating great psychological distress among everyone on the medical staff (Kang et al., 2020). This review analyzes how the pandemic impacted the nursing staff's mental health and will cover Wuhan, China, Saudia Arabia, and Michigan, USA.

Impact on mental health and perceptions of psychological care among medical and nursing staff in Wuhan during the 2019 novel coronavirus disease outbreak: A cross-sectional study.

Kang et al. (2020) explored the mental health status of 994 medical and nursing staff workers in Wuhan, China during the pandemic. The article (Kang et al., 2020) analyzed the efficacy, or lack thereof, of relating psychological needs to gaining psychological care. The study (Kang et al., 2020) used a survey from January 29, 2020, to February 4, 2020, with the study being approved by the Clinical Research Ethics Committee of Renmin Hospital of Wuhan University. The survey included "basic demographic data, mental health assessment, risks of direct and indirect exposure to COVID-19, mental healthcare services accessed, psychological needs, and self-perceived health status compared to that before the COVID-19" (Kang et al., 2020, para. 5). Kang et al. (2020) reported 31.3% of the survey pool worked in high-risk departments, 85.5% were female, and 63.4% were between the ages of 25 and 40 years old.

The study (Kang et al., 2020) did find an extremely large portion of health care workers do suffer from mental health disturbances and those with moderate to severe disturbances wanted direct services from professionals like a psychologist or psychotherapist. Kang et al. (2020) also suggest investing more into mental health tools to protect the health care providers if another pandemic were to happen.

Key Points

The research study (Kang et al., 2020) used a survey of 994 doctors and nurses working in Wuhan from January 29, 2020, to February 4, 2020. The Clinical Research Ethics Committee of Renmin Hospital of Wuhan approved the questionnaire and distributed it over the internet to all workstations. A site called Wenjuanxing collected the data anonymously, and participants signed informed consent electronically before registering. The participants only took the questionnaire if the individuals chose yes, and everyone was able to quit at any time.

Kang et al. (2020) found that out of the survey pool, 36.9% had subthreshold mental health disturbances, 34.4% had mild disturbances, 22.4% had moderate disturbances, and 6.2% had severe disturbances. Additionally, the pandemic impacted young women the most in the study pool. Lastly, 36.3% of the participants had materials on mental health like books, 17.5% had participated in counseling or psychotherapy, and 50.4% had accessed resources available via media like self-help coping methods. The data has a P-value of < 0.05 indicating the data is statistically significant (Kang et al., 2020).

The authors (Kang et al., 2020) found a large portion of health care providers' mental health has been negatively impacted by the pandemic. Kang et al. (2020) believe that many

would benefit from better availability of mental health therapists, psychiatrists, and specialized services. Hospitals should also invest more in mental health tools to care for and protect the employees that are on the front lines of disease response (Kang et al., 2020).

Assumptions

The authors (Kang et al., 2020) assume that COVID-19 has had a negative impact on most, if not all, health care providers' mental health. Kang et al. (2020) as discussed previously, believe that investing in more mental health resources for health care providers will help alleviate some of the mental health impacts of COVID-19. The research group (Kang et al., 2020) also assumed that the impact on the workers' mental health is multifaceted.

Deficit/Conclusion

This reader accepts the authors' (Kang et al., 2020) line of reasoning due to the multitude of other articles analyzing the relationship between COVID-19 and health care providers' mental health like AlAteeq et al. (2020) and Arnetz et al. (2020) studies. The article (Kang et al., 2020) does not subtly imply that hospitals need to invest more in providing mental health resources to workers. Offering more resources to workers can help alleviate burnout and help workers be more adapted to serious situations like the pandemic. Additionally, the hospitals would be investing in the workers which lead to increased employee satisfaction (Kang et al., 2020).

If the nursing field fails to accept that investing in mental health services is necessary, it can create an environment in which individuals are too embarrassed or ashamed to get the needed help. Nurse burnout will increase and care will go down with declining mental health (Lien et al., 2020).

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Key Points

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Assumptions

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Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

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Deficit/Conclusion

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Conclusion

    Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles. Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

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