The Psychological Impact on Nurses from COVID-19: Literature Review

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Nurses have been on the front line during the COVID-19 pandemic and face many challenges. Since the outbreak of COVID-19, nurses have experienced significant psychological-related problems. While nurses remain committed to the role, the unprecedented pressure exerted by the pandemic has presented various challenges to nurses that could affect their well-being and work performance (Labrague & de Los Santos, 2020). The study aims to help others understand the psychological impact of COVID-19 on nurses and create interventions to promote nurses' mental health. This study also uses quantitative data, which involves quantifying behaviors by collecting data from a larger population to make generalizations (Houser, 2023). Understanding the perceptions and experiences from the quantitative data is vital so the psychological impact of COVID-19 can be recognized and the delivery of fundamental care for patients is maintained. Identifying barriers is essential to developing effective psychological strategies to reduce the mental health burden on nurses during this pandemic.

Healthcare Providers on the Frontline: A Quantitative Investigation of the Stress and Recent Onset Psychological Impact of Delivering Health Care Services During COVID-19 in Kashmir

The study aims to assess the stress and psychological impact of the COVID-19 pandemic among frontline healthcare workers. The article is an exploratory hospital-based study identifying how frontline healthcare workers think and react during the pandemic (Khanam et al., 2020). Quantitative data is collected using the participants' e-questionnaires sent through emails and social media (Khanam et al., 2020). The questionnaire comprises 23 items containing

anxiety about infection, exhaustion, workload, and feeling of being protected during the pandemic (Khanam et al., 2020). The data shows that nurses are more prone to psychological distress and behavioral disengagement than doctors (Khanam et al., 2020). Reports of severe psychological impact are in those working in COVID clinics or the swab collection centers (Khanam et al., 2020). The high-risk work environment can explain the reasoning for the high psychological impact. Data shows that stress is slightly high in the age group 40-49 years (Khanam et al., 2020). The presence of medical comorbidities or the potential to pass it to family members can explain the elevation in stress among the age group. The study also identifies other significant stressors experienced by nurses. Early psychological interventions that target vulnerable groups like nurses may be of help to reduce distress and help support the frontline healthcare workers.

Key Points

The study focuses on identifying various stressors associated with the COVID-19 outbreak that affects healthcare workers psychologically**.** This article emphasizes how frontline healthcare workers exposed to COVID-19 cases are vulnerable to high risks of infections and mental health problems (Khanam et al., 2020). The authors choose frontline health care workers to participate in this study because they work in high-risk areas. Data is collected using an e-questionnaire sent to the participants via emails, WhatsApp groups, Facebook, and Twitter (Khanam et al., 2020). One hundred thirty-three respondents participated in the questionnaire, which comprises 23 items within four sections that mention anxiety about infection, exhaustion, workload, and feeling of protection during the COVID-19 pandemic (Khanam et al., 2020). The data shows that feelings of sadness and pessimism, being avoided by others, the burden of change in the quality of work, and distress due to colleagues testing positive were significantly

more in nurses than doctors (Khanam et al., 2020). The psychological impact is also significant

in males and in those who were married (Khanam et al., 2020). An explanation of the data results

is their direct involvement in patient care and proximity to their patients. The work environment

also plays a vital role in stress in frontline healthcare workers. Stress is due to the burden of an

increase in the quantity of work of healthcare workers in swab collection centers (Khanam et al.,

2020). All data collected in this study is significant due to their likely attribution to the causes of

stress in frontline healthcare workers. All tests were two-tailed, with $P < 0.05$ considered

statistically significant (Khanam et al., 2020). The authors conclude the study by restating their

results from the data and discussing the need for further research on psychological interventions

for healthcare workers which could improve their mental health.

Assumptions

Frontline healthcare workers are exposed to and in direct contact with COVID-19 cases

daily. The authors believe this is the reason behind the high risks of infection and mental health

problems. The data results suggest clinical significance between being a frontline healthcare

worker and experiencing severe psychological impact from COVID-19. The authors share their

data collection results from the study to support their beliefs that frontline healthcare workers

have increased stress and psychological impact from the COVID-19 pandemic. The study's

conclusion discusses the importance of early psychological interventions to help healthcare

workers overcome mental health challenges. The author believes that improving the mental

health of healthcare workers, as a result, would improve the quality of patient care.

Deficit/Conclusion

The student confidently accepts the authors' line of reasoning. The authors successfully

connect their evidence in the study to support their conclusions. The article's implications include

data from various healthcare workers and an assessment of their stress and recent-onset psychological impact related to COVID-19. The student agrees with the author's belief in the necessity for more research on psychological interventions for healthcare workers. Providing good psychological care would improve nursing practice by creating emotional regulation and coping strategies among healthcare workers, improving nursing care. Failing to accept the authors' line of reasoning can lead to a healthcare system of staffing shortages and decreased quality of care. COVID-19 has been a traumatic experience for healthcare workers, and creating psychological interventions is crucial to help improve healthcare workers' well-being.

References

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