

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 literature review aims to help others understand the psychological impact of COVID-19 on nurses and create interventions to promote nurses' mental health. Each study 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 study uses descriptive research to help identify stressors associated with COVID-19 that healthcare workers must endure (Khanam et al., 2020). The study also uses the Snowball sampling technique to allow the researcher to discover variables with rare characteristics (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 (Khanam et al., 2020). 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 (Khanam et al., 2020). The student agrees with the author's belief in the necessity for more research on psychological interventions for healthcare workers (Khanam et al., 2020). 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.

Psychological Impact of COVID-19 Emergency on Health Professionals: Burnout Incidence at the Most Critical Period in Spain

The study intends to determine the degree of burnout and its primary triggers in health professionals during the COVID-19 pandemic. The study uses quantitative research through simple random sampling in various Spanish hospitals during COVID-19 (Martínez-López et al., 2020). Participants were healthcare workers in hospital centers in Spain and asked to complete a standard questionnaire containing 22 items (Martínez-López et al., 2020). The questionnaire utilized the Maslach burnout inventory (MBI) to measure the level of burnout (Martínez-López et al., 2020). All 22 items contained three subscales: emotional burnout, depersonalization, and self-fulfillment (Martínez-López et al., 2020). The results demonstrate how burnout syndrome is very prevalent among healthcare workers and the importance of considering mental health care for healthcare workers. The perception of stress among healthcare professionals is closely related

to burnout, reporting a higher level of emotional exhaustion and depersonalization (Martínez-López et al., 2020). The study recommends utilizing the data for developing future prevention protocols and training healthcare workers to face pandemics or emergency scenarios (Martínez-López et al., 2020).

Key Points

The study attempts to collect up-to-date and accurate information to help reduce the high levels of burnout in healthcare workers and to bring attention to the various symptoms related to burnout. The authors also seek to identify the lack of means of individual protection and the danger to health workers infected with the depersonalization of health workers present (Martínez-López et al., 2020). These aspects generate high-stress levels because of the potential for contagion and death. The research aims to determine how the current health crisis has affected health professionals using the Maslach and Jackson burnout subscales (Martínez-López et al., 2020). Healthcare workers in hospital centers in Spain were studied using an online questionnaire containing 22 items (Martínez-López et al., 2020). The research design was a simple random sampling and chose participants who worked directly with patients affected by COVID-19 (Martínez-López et al., 2020). One hundred fifty-seven respondents participated in the questionnaire, which comprised 22 items and three subscales regarding emotional exhaustion, depersonalization, and personal accomplishment (Martínez-López et al., 2020). The study uses descriptive research to help identify the degree of burnout and the associated triggers (Martínez-López et al., 2020). The data results conclude that depersonalization values reach 38.9%, and 90.4% of healthcare workers consider that work centers should provide psychological care (Martínez-López et al., 2020). Data also concludes that 43.3% of healthcare workers estimate that they might need psychological treatment in the future (Martínez-López et

al., 2020). Finally, 85.4% state that lacking personal protective equipment increases stress and anxiety (Martínez-López et al., 2020). All data collected in this study is significant due to the possible association with high levels of burnout. The article presents a significance level of $p < 0.05$, considered statistically significant (Martínez-López et al., 2020). The authors conclude the study by stressing the importance of considering mental health care and burnout to help avoid possible malpractice and to help prevent post-traumatic stress in both health and non-healthcare (Martínez-López et al., 2020).

Assumptions

Healthcare workers experience burnout due to lack of support, emotional strain, and long work hours. The authors believe the study demonstrates the need to consider mental health care services to help avoid the development of possible psychological disorders. The authors also emphasize the importance of COVID-19, where rapid action is required, and the workload is high, making the emotional needs of the individual a nonpriority (Martínez-López et al., 2020). Data collection results support the belief that healthcare workers experience high levels of burnout and experience excessive workloads leading to stress and psychological distress (Martínez-López et al., 2020).

Deficit/Conclusion

The student confidently accepts the authors' line of reasoning. The author successfully provides data that supports their beliefs regarding healthcare worker burnout and psychological distress. The articles' implications include data from various healthcare workers from different hospitals and an assessment of their degree of burnout and its primary triggers during COVID-19 (Martínez-López et al., 2020). The student agrees with the author's belief in comparing the study results with other questionnaires used to measure the existence and level of burnout in healthcare

workers (Martínez-López et al., 2020). Providing psychological care from work centers would allow healthcare workers to cope with the mental health impact of their work. Failing to accept the authors' line of reasoning can lead to nursing malpractice and increased healthcare workers experiencing burnout. The COVID-19 pandemic is a healthcare crisis and places extreme demands on healthcare workers. The need for attention is vital to understand the impact of working through a pandemic from a healthcare worker's perspective and how psychological support can help.

Prevalence and correlates of psychological distress amongst healthcare workers during the COVID-19 pandemic: An online survey

The study aims to determine the prevalence and correlates of psychological distress amongst healthcare workers during the COVID-19 pandemic. The article's study population includes healthcare workers in Nigeria and attempts to assess their experience with psychological distress and the associated socio-demographic, level of knowledge, and work-related correlates (Badru et al., 2021). Quantitative data is collected using two separate structured questionnaires sent from WhatsApp platforms to the healthcare workers (Badru et al., 2021). The participants were to complete a 12-item General Health Questionnaire (GHQ-12) and a questionnaire containing socio-demographic, work-related, and knowledge of COVID-19 variables (Badru et al., 2021). The GHQ-12 screening instrument for general psychiatric morbidity such as psychological distress (Badru et al., 2021). The data shows that female healthcare workers are almost twice as likely to have psychological distress as males (Badru et al., 2021). Healthcare workers also have a significantly reduced risk of psychological distress without contact with COVID-19-positive patients (Badru et al., 2021). Lastly, participants with poor knowledge of COVID-19 were more protected against the risk of psychological distress (Badru et al., 2021).

Coming into proximity to infected patients with the virus may increase the fear of contracting the disease, which may explain why there is a reduced risk of psychological distress for healthcare workers who do not make contact. Understanding the mental health needs of healthcare workers during COVID-19 and the impact on occupational functioning is vital.

Key Points

The study aims to determine how prevalent psychological distress is among healthcare workers and if there is a correlation with the socio-demographic or work-related variables. This article emphasizes how female healthcare workers who have contact with COVID-19-positive patients experience significantly higher rates of psychological distress (Badru et al., 2021). The study uses descriptive research to help identify variables associated with psychological distress (Badru et al., 2021). Convenience sampling was conducted amongst healthcare workers to help the researcher utilize easily contactable subjects to obtain their participation (Badru et al., 2021). The authors chose frontline healthcare workers to participate in the study because the workplace environment is very demanding, and they experience pressures such as excessive workload (Badru et al., 2021). Data collection using two separate e-questionnaires is distributed to the participants using WhatsApp platforms (Badru et al., 2021). A 12-item General Health Questionnaire (GHQ) to assess psychological distress and a questionnaire containing socio-demographic, work-related, and knowledge of COVID-19 variables (Badru et al., 2021). The 12-item GHQ contains questions regarding loss of sleep over worry, playing a valuable part in things, feeling unhappy, and a variety of other questions to assess psychological distress (Badru et al., 2021). Three hundred thirteen completed questionnaires were received and analyzed (Badru et al., 2021). Out of the 313 respondents, 147 (47%) scored, indicating psychological

distress (Badru et al., 2021). The data also shows that female healthcare workers were about twice as likely to have psychological distress as their male counterparts (Badru et al., 2021). The healthcare workers who had no contact with COVID-19-positive patients had an 87% reduced risk of psychological distress (Badru et al., 2021). Lastly, healthcare workers with poor knowledge of COVID-19 had a 44% reduced risk of psychological distress compared with those with good knowledge (Badru et al., 2021). Increased levels of psychological distress can be explained by the outbreak of infectious diseases like COVID-19, especially when work conditions are not favorable. The data collected in this study is significant due to the strong association of psychological distress among healthcare workers. Generating three different p values was done from the analysis of the data. Being female was the only socio-demographic variable, $p = 0.008$ (Badru et al., 2021). Contact with COVID-19-positive patients was significantly associated with psychological distress, $p = 0.018$ (Badru et al., 2021). Finally, psychological distress is more frequent among healthcare workers with a good knowledge of COVID 19 than those with poor knowledge, $p = 0.021$ (Badru et al., 2021). The different p values are considered statistically significant (Badru et al., 2021). The author concludes the study by encouraging the need for more research to evaluate the role of the pandemic in the reported distress, as well as risk and protective factors (Badru et al., 2021).

Assumption

Understanding the mental health of the healthcare workers during COVID-19 must be prioritized. Numerous factors contribute to psychological distress, which affects the individual's well-being and work performance. The authors believe that by identifying prevalent groups within healthcare that experience psychological distress, creating specific coping mechanisms

can help influence behavior by controlling the emotional response to stressors (Badru et al., 2021). The study's conclusion also discusses resharing their data collection findings to support their beliefs of prevalent groups experiencing psychological distress during COVID-19. The authors believe that understanding healthcare workers' mental health during COVID-19 would result in lower rates of psychological distress.

Deficit/Conclusion

The student confidently accepts the authors' line of reasoning. The authors successfully provide evidence that supports their beliefs regarding the prevalence of psychological distress among healthcare workers (Badru et al., 2021). The article's implications include data from various healthcare workers in Nigeria and a screening assessment for general psychiatric morbidity such as psychological distress related to COVID-19 (Badru et al., 2021). The student also agrees with the author's suggestion of the need for more research to evaluate the role of the pandemic in the reported distress (Badru et al., 2021). The issue needs attention, and the implementation of actions should support them. Providing measures that reduce adverse psychological outcomes would help prevent and reduce mental health problems among healthcare workers. Failing to accept the authors' line of reasoning can undermine healthcare workers' well-being and patient decision-making skills. These conditions will affect not only patients but also healthcare ultimately.

Conclusion

The COVID-19 pandemic has unprecedentedly impacted healthcare workers' mental health and overall well-being. Healthcare workers are experiencing conditions that continue to

impact them psychologically. Strategies to support healthcare workers' mental health are necessary, including creating psychological support interventions and identifying risk factors. The outbreak of the COVID-19 pandemic has forced healthcare systems to adapt to the changing conditions. These abrupt changes have forced healthcare workers to work in environments consisting of staffing shortages, protective equipment shortages, and constant exposure to COVID-19. The articles focus on understanding the psychological impact of COVID-19 on healthcare workers and the importance of creating interventions that will promote the mental health of healthcare workers. The articles also include barriers that are necessary to identify to help develop effective psychological strategies. The psychological burnout and wellness of healthcare workers have promoted the conduction of research that shows high rates of burnout, psychological stress, and suicide.

The studies emphasize the need for more awareness of the psychological impact that healthcare workers experience and the need for long-term studies. Ensuring health care workers' well-being and patient safety is essential. Promoting psychological interventions for healthcare workers would increase patient safety and satisfaction. There would be a decrease in risks of malpractice and medical errors due to lower burnout rates. Promoting psychological awareness and interventions would also help nursing practice. Nurses would perform at higher levels and experience a higher quality of life by promoting mental health. Quality patient care is only possible with a healthy nursing workforce. The sustainable development of nursing care requires healthy physiological and mental health Evidence-based interventions must be implemented rapidly in the clinical setting to improve clinicians' mental health and well-being. Furthering research data for developing evidence-based approaches is also essential to reduce the negative consequences of the pandemic on psychological health. Stress and anxiety do not fall within the

usual workplace scenario, leading to burnout and PTSD. Healthcare systems as a whole are affected by healthcare workers' mental health. In this way, improving systemic stressors could positively affect the healthcare system and patient safety (Giorgi et al., 2020).

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