The Effect of COVID-19 Pandemic on Nurses' Mental Health: Literature Review

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The literature review studies a specific topic using the findings and knowledge from original articles (Houser, 2023). A literature review analyses results from different original experimental works, summarizes them, and makes new ideas for further research. One topic that deserves to be peer-reviewed is the COVID-19 pandemic and its devastating effects on nurses and their mental health during that period. At the time of the COVID-19 pandemic, nurse's health damage was not only done by the virus directly but also by the enormous stress imposed on them (Sampaio et al., 2020). This review is based on three quantitative studies that produced more profound insight into how COVID-19 influenced mental health problems in nurses. It also opened new questions for future research.

Nurses' Mental Health During the Covid-19 Outbreak: A Cross-Sectional Study

The article discusses the COVID-19 epidemic's effect on nurses' mental health. This research was done in Portugal from March to April in the year 2020 by Portuguese high scholars Sampaio, Sequeira, and Teixeira (Sampaio et al., 2020). At that time, Portugal started to have a crisis due to the beginning of the COVID-19 pandemic. Previously mentioned scientists wanted to study the effect of COVID-19 caused stress on nurses' mental health (Sampaio et al., 2020). Their work aimed to learn more about this problem and try to find a solution.

Key Points

Data collected in Portugal in 2020, at the beginning of the COVID-19 pandemic crisis, gave some vital information on how nurses react in prolonged, highly stressful times and the mental health consequences of that (Sampaio et al., 2020). The data for this study were collected from

767 nurses working directly with COVID-19 patients. They were given a questionnaire about their working environment, demographics, family situation, and mental health components (Sampaio et al., 2020). Mental health problems like depression, anxiety, and stress were measured by the Depression Anxiety Stress Scale (DASS-21) (Sampaio et al., 2020). Finally, the data were analyzed by the IBM Statistical Package for Social Science (IBM SPSS-25) (Sampaio et al., 2020). The results showed that the COVID-19 outbreak caused increased mental problems among nurses but only among nurses who wanted more satisfaction with their workplace regarding the level of protection provided (Sampaio et al., 2020). This research is essential to learn more about how to prevent these adverse reactions by nurses in similar stressful periods in the future (Sampaio et al., 2020).

Assumptions

This research produced valuable information on how the COVID-19 pandemic affects the mental health of nurses. The findings of this research can be used to plan how to prevent nurses and other health workers from getting this kind of mental problem in the future (Sampaio et al., 2020). According to this study, the factors causing mental health problems in nurses during the pandemic crisis are the fear of getting the disease, infecting one's family, or dying from the infection (Sampaio et al., 2020). There are many questions still to answer. Are there more factors involved in mental problems in nurses? What can be done to prepare and protect nurses and other healthcare workers for a future similar crisis like the COVID-19 pandemic? This topic probably is much more complex than the assumptions of this article.

Deficit/Conclusion

The article has explored the relationship of COVID-19 with mental problems in nurses and indicated that the connection between these two exists. This study produced information about what was happening with nurses' mental health during the COVID-19 pandemic. It showed that variables like demographics (age, gender, work experience of nurses) and family situation (displacement, health problems) did not have a significant effect on nurses' mental health (Sampaio et al., 2020). The significant factors that caused depression, anxiety, and stress were the fear of getting the virus directly from infected patients and the lack of PPE provided in the workplace (Sampaio et al., 2020). This study gives important information that can be used to protect nurses from these problems in future outbreaks. The deficit of this work is the type of the study. The cross-sectional study was done only once in a short period (Sampaio et al., 2020). Similar experiments should be repeated for better results, although that is impossible. The COVID-19 pandemic circumstances made it hard for the experiment to be repeated. Also, the sample size was good, but the larger sample would give more accurate results. Further exploration of this topic could detect more factors involved in creating stress-related mental problems in nurses.

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Second article title here

Here add in a summary of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

Key Points

Paragraph goes here discussing the key points of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Assumptions

Paragraph goes here discussing the assumptions of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

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?

Third article title here

Here add in a summary of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

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?

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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other lines are, this is called hanging indentation. All references are double spaced. All

sources should be listed in alphabetical order. Be sure to use the APA 7th edition and

guide for your reference page.