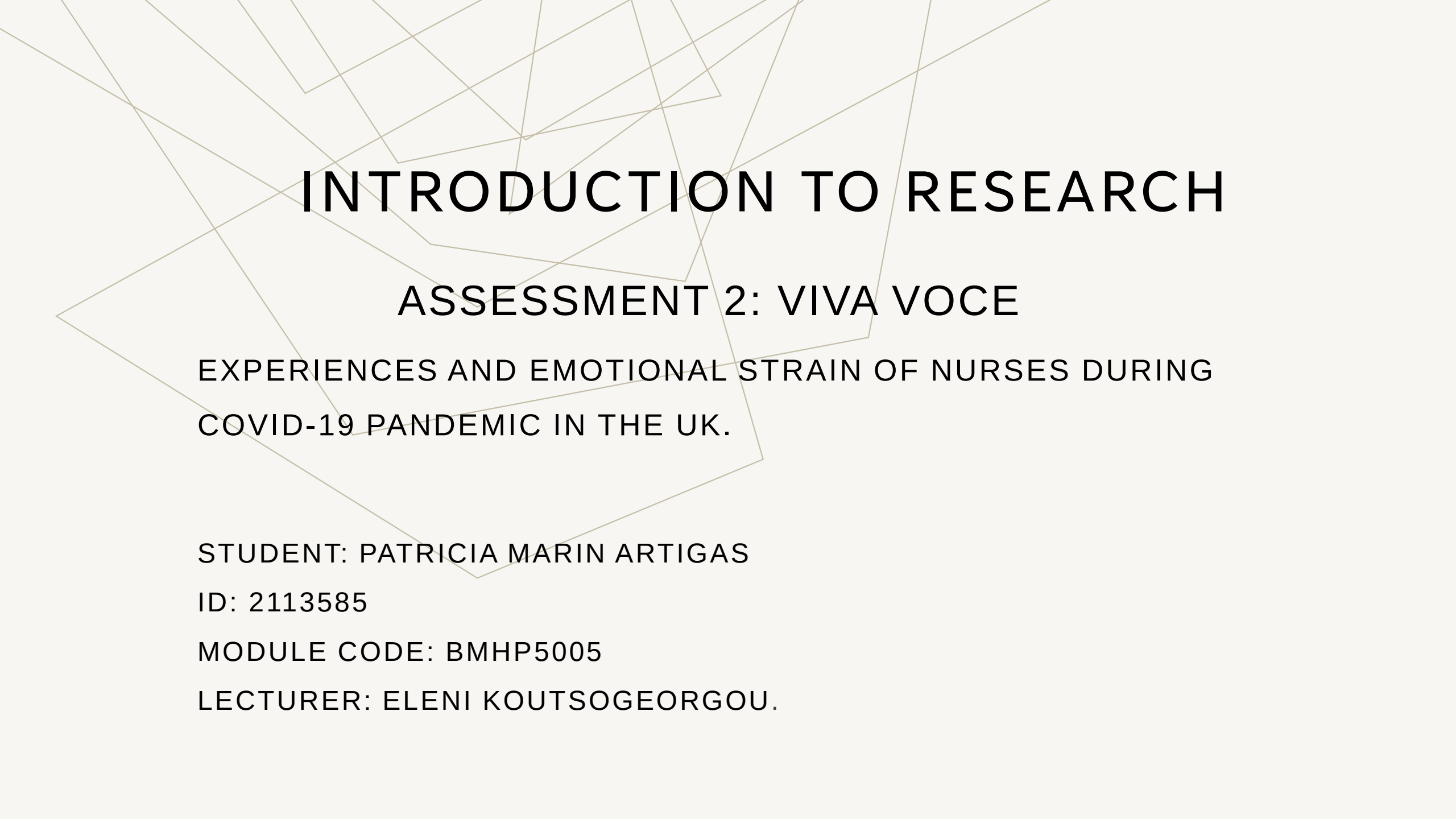


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INTRODUCTION TO RESEARCH

ASSESSMENT 2: VIVA VOCE

EXPERIENCES AND EMOTIONAL STRAIN OF NURSES DURING
COVID-19 PANDEMIC IN THE UK.

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INTRODUCTION:

- Covid-19 pandemic placed nurses at the front-line of Healthcare services (Maben et al. 2022).
- Causing them fear, anxiety, stress and excess fatigue (Maben et al. 2022).
- Aim of the study: Investigate the challenges lived by nurses during the Covid-19 pandemic.
- Objectives: To carry out a systematic review of the literature, to find challenges, problems and gaps and how all affect their resilient and wellbeing, to provide possible improves.

METHODS:

1. Through a systematic research review will be identified, evaluated, and synthesized all of the relevant research evidence using three articles based on primary data collection (Harris et al., 2014).
2. DATA BASES: ScienceDirect, MDPI, BMJ journals.
3. KEY WORDS: COVID-19, Nurses, Mental health, Impact, UK.
4. INCLUSION CRITERIA:
Date of publication: 01/03/2020 – 01/03/2023
Language: English.
Type of source: Academic articles primary research.
Geography/Location: United Kingdom.
Any other: Nurses working in NHS and private organisations.
5. EXCLUSION CRITERIA: No nursing students, no other health care professionals (doctors, caregivers, receptionists, etc), no from other countries outside the UK.

LITERATURE REVIEW

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Maben et al. (2022).	To examine the impacts of the pandemic on nursing professionals' psychological and emotional wellbeing.	During the first and second waves of COVID-19 in the UK, 27 nurses were interviewed in July 2020 and 25 nurses in Dec 2020-Jan 2021 via video/audio.	Most of the individuals interviewed were redeployed and reported experiencing emotional states such as moral distress, fatigue and burnout due to lack of support, which has led them to consider quitting their profession.
Roberts et al. (2021).	Identifying and describing the issues that were self-reported by nurses working in respiratory areas, like stress-provoking and psychological impact, during the first wave of Covid-19.	An online survey was conducted in the UK with 255 respondents, using open and closed questions, distributed through social media and respiratory societies.	The study brings attention to the fact that nurses expressed concerns about their working environment and the effect it had on their mental health, as well as on their families.
Davey et al. (2022).	To investigate the experiences of nurses who worked during the COVID-19 pandemic and to determine how it affected their psychological health, wellbeing, and resilience.	During August-September 2021, a Zoom focus group was held with 22 registered nurses who worked during COVID-19. it took place in a NHS Trust in South England, using an online information sheet and consent.	The nurses who worked during the COVID-19 pandemic experienced considerable pressure. This led to exhaustion, tested their resilience, increased anxiety levels, and had a negative impact on their overall wellbeing.

RESULTS:

RESILIENCE AND WELLBEING

- Some nurses were redeployed, they were not used to work with critically ill patients (Maben et al. 2022).
- Most of nurses experienced extreme exhaustion and expressed intention to quit the job (Maben et al. 2022).
- Feeling a loss of self-efficacy, certainty and confidence to provide quality patient care (Davey et al. 2022).
- Fear of infecting themselves or infecting their relatives (Roberts et al. 2021).

ORGANIZATIONAL SUPPORT

- Participants suggested that mental health was stigmatized in the NHS, only few of them accessed counselling support during the first wave of Covid-19 (Maben et al. 2022).
- Lack of additional staff, administration support and updates on meetings (Roberts et al. 2021).
- The participants pointed out obstacles such as an increased workload and a shortage of time in utilizing the available support (Davey et al. 2022).

LACK OF RESOURCES

- Redeployed nurses felt stress due to insufficient training (Maben et al. 2022).
- Shortages of PPE during the first wave of the Covid-19 (Maben et al. 2022).
- Poor quality of the PPE in respiratory areas (Roberts et al. 2021).

DISCUSSION:

STRENGTHS:

- Nurses shown higher security feelings when they had the right equipment (Maben et al. 2022).
- Lack of psychological support helped them to increase their psychological resilience (Davey et al. (2022).
- They showed high capacity of rapid adaptation to changes (Davey et al. (2022).

LIMITATIONS:

- This study is limited to the highest moments of the COVID-19 pandemic and does not include data beyond September 2021.
- Only focuses on nursing staff, excluding other healthcare workers and students.
- The study examines the challenges experiences of nurses but does not address any salary-related grievances.

RECOMMENDATIONS:

- There is a need to improve nurses' training in dealing with situations of extreme urgency to prevent them from being overwhelmed in covering jobs in different areas.
- New measures should be implemented to improve the mental health of nurses and provide assistance in caring for their families.

CONCLUSION:

- The COVID-19 pandemic caused physical and mental damage to nurses, with some considering leaving the profession.
- Concerns were raised about working conditions, availability of PPE, quality of care, and emotional harm.
- Addressing nurses' needs through integrated support programs can lead to more sustainable nursing identities and better recruitment and retention.
- Despite challenges, nurses showed adaptability and professionalism, but better management is needed for future pandemics or catastrophes.

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