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1.0 Introduction

Healthcare professionals have been observed in this COVID-19 period to experience serious psychological problems and to be at risk in terms of mental health (Inchausti et al., 2020). Defined as a global pandemic, COVID-19 has led to stress, apprehension and anxiety. Psychological (emotional) problems can be defined as a form of damage to the psyche that occurs as a result of experiencing either a single traumatic event, or multiple reoccurrences of traumatic events (Inchausti et al., 2020). This can include cognitive dissonance, emotional distress, stress- and relationship-based which affects the wellbeing of individuals (Inchausti et al., 2020). It is essential that potential psychosocial impact of COVID-19 on healthcare workers is investigated (Arden & Chilcot, 2020). Healthcare workers constitute the most affected group of people in the fight against the COVID-19 virus. Among the common mental effects of the pandemic are anxiety, panic, depression, anger, confusion, ambivalence and financial stress. Healthcare workers were observed to experience similar problems during previous pandemics (Black Dog Institute, 2020).

The primary aim of this systematic Literature Review (SLR) is to perform a study of the literature towards the identification of effect of the COVID-19 pandemic on UK health care workers and to recommend ways to help healthcare workers overcome the adverse effect of the COVID-19 pandemic on their health and wellbeing. To arrive at a definitive conclusion, the following sections will address the study's aim, objective, starting with a contextual information and a rationale that discusses the focus question's relevance. Section three is devoted to methodology and methods, delving into the search strategies used to locate credible articles. Subsequently, in sections four, emerging themes from the selected studies will be identified. Section five will determine the outcome of the previous sections, and will address the

recommendations for practice and the review's weaknesses, and section six will summarise the systematic literature review.

1.1 Aim

The systematic literature review primary's primary aim is to pinpoint effects of covid-19 pandemic on healthcare workers in United Kingdom (UK).

1.2 Objectives

The SLR seeks to achieve the primary aim through exploring, analysing and evaluating journals and evidence-based academic publication on the research topic.

2. 0 Background

2.1 Contextual information

Patients were diagnosed as having pneumonia of unknown cause, in the city of Wuhan, China, in December of this year (Li et al., 2020). Health care workers have always played a major role in the three pillars of preventing infection: isolation, infection prevention, and infection control as well as infection prevention and containment (Smith, Ng and Li, 2020). The tightening COVID-19 in the UK is stressing the health care services. When working conditions that encourage an increase in job demands and resources, and employee and client levels of stress have the opposite effect on health and well-related symptoms (Khamisa et al., 2015).

Numerous healthcare workers have been going through psychological and emotional distress and anxiety due to isolation because of quarantine (Okechukwu, Tibaldi and

La Torre, 2020). Greater mental health difficulties have been discovered in the association with the COVID-19 pandemic. The sustained stress could produce post-traumatic stress, poor service, and suicidal behaviour (Rana, Mukhtar and Mukhtar, 2020). Because maintaining a steady level of cognitive function and promoting the mental wellbeing of health care workers is important for disease management (Xiang et al., 2020).

2.2 Rationale of the research

Most importantly, psychological resilience of healthcare workers in UK needs to be improved and sustained in order to maintain the quality of healthcare services. Resilient mental state of healthcare workers influences not only their professional lives but their social and personal lives as well. Although the importance of healthcare workers has become established in UK, occasionally certain negative incidents occur. Healthcare workers are from time to time psychologically traumatized as they are stigmatized and discriminated against by certain segments of the society. On the other hand, the positive impact of the support offered to healthcare workers cannot be overlooked either. However, there has been a wide gap as to literature concerning psychological problems faced by healthcare workers during this pandemic periods (Buheji et al., 2020). Considering the knowledge gap in the literature and with a view to improving the effectiveness of psychological support to be provided to healthcare workers, this study aims to probe the effects of Covid-19 on health care workers in UK.

3.0 Methods

This section will examine the process of conducting the literature review, beginning with a description of the systematic process used to select the review articles. It entails

strategising, critical appraisal, application of inclusion and exclusion criteria, and literature analysis. A well-conducted and effective review as a research method establishes a solid foundation for advancing knowledge and facilitating theory development (Snyder, 2019).

3.1 Data collection / Search strategy

The reviewing process started with examining the uncertainty surrounding COVID-19 and healthcare worker and its translation into a practice-focused issue (Turner, 2015). To present the selected topic of COVID-19, a qualitative research approach was used. To facilitate the paper's objective, the topic was refined into a question. As this is a qualitative literature review, the acronym "PEO" will be used to formulate a qualitative question (Bettany-Saltikov, 2016). To assist the research process, keywords were established for a comprehensive search. According to Williamson and Whittaker (2020), keywords are essential terms used to search bibliographic databases. Additional synonyms, acronyms, and phrases emerged during the search process, and advanced key words were developed as a result of the variation in terminology found in specific databases while conducting background reading. Boolean operators: "AND", "OR", and "NOT" search terms were combined to reduce the search results (Hewitt-Taylor, 2017).

Following the research question's formulation, the next step is to devise a strategy for collecting the research data. After identifying the keywords and search terms, data was collected using a subject-specific electronic database from the university electronic library. The database included: PubMed, CINAHL and science direct were all believed pertinent for use (Watson, 2020; Considine et al., 2017). All the three provided databases contain peer-reviewed articles. The findings were chosen from these three databases because they are acceptable and well-sourced databases for

health care and science topics, and provided suitable primary data needs for the SLR after the inclusion and exclusion criteria. After the broad outcome and advanced search were conducted, and the results were narrowed using inclusion and exclusion criteria

The inclusion criteria comprised secondary research. Therefore, the paper only considered reviewing literature conducted by the original researcher (Gerrard, 2020). The initial inclusion criteria of three years were used to revise paper published after 2019. The year 2019 was selected because that was when the Covid-19 disease started emerging into a pandemic. Moreover, the focus question favours review articles from peer-reviewed journals related to the research topic and UK based. Again, to narrow the result, English international resources were included whilst non-English international articles were excluded. Additionally, due to the nature of the research question, qualitative research was preferred over quantitative data.

3.2 Data analysis

The next step in the SLR process required the research paper to conduct an emergence of findings. To accomplish this, a thematic analysis strategy was introduced: is a technique for identifying, analysing, defining, and reporting patterns in the data discussed in the studies (Braun *et al.*, 2018). Thematic analysis in research was achieved by generating codes and names and defining themes. The application of the Caldwell checklist and thematic analysis to the three selected articles revealed a variety of significant themes (Nyashanu *et al.*, 2020); (Liberati *et al.*, 2021); (Khanji *et al.*, 2021). All of the studies presented similar findings regarding effects that Covid-19 has brought on healthcare workers during this pandemic and although each study contributed differently to the themes, all articles revealed components relevant to the outcome, which will be discussed thoroughly in Section 4.

3.3 *Ethical considerations*

Ethical considerations of conducting systematic reviews in educational research are not typically discussed explicitly. However, systematic reviews are frequently read and cited in documents that influence educational policy and practice. Hence, ethical issues associated with what and how systematic reviews are produced and used have serious implications.

4. Results

Presentation of the main characteristics of the studies selected (e.g. aim, methods, location, etc.)

Synthesis/analysis of the data collected from the selected studies for review.

5. Discussion

Discussion of the findings in relation to the aim of your research (use previous studies to support your arguments).

Recommendations for future policy and health and social care practice

Importance of the findings for health and social care

Limitations of your research.

6. Conclusion

Summary of the main points of the research.

References