

**MODULE: INTRODUCTION TO RESEARCH
(BMHP5005) _ LON
ASSESSMENT 2: VIVA VOCE**

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INTRODUCTION

- This research is to explore the extent of psychological impact COVID-19 has had on Healthcare Professionals.
- World Health organisation in January 2020 announced Covid as a Public health emergency posing a psychological risk for Health care workers. (Stuijzand et al, 2020) (Cucinotta and Vanelli, 2020)

This research will use systematic review to explore the extent of psychological impact covid -19 had on healthcare professionals. The disease first was announced “as a public health emergency by world health organisation.” (Cucinotta and Vanelli, 2020) During the ongoing COVID-19 pandemic, health-care professionals were at higher risk of contracting the coronavirus. (Bielicki et al., 2020) Most healthcare professionals suffered both physical and emotional stress with the fear of their families being affected.

AIMS AND OBJECTIVES

AIM

- The aim of this research is to explore the extent of the psychological impact of covid-19 has had on healthcare professionals.

OBJECTIVES

1. Psychological impact COVID-19 has had on Health care workers.
2. Evidence on action taken.
3. Who among healthcare professionals were affected the most?
4. Which mental health problem was more prevalent?
5. Which gender was most affected?

AIM

The aim of this research is to explore the extent of the psychological impact of covid-19 has had on healthcare professionals.

OBJECTIVES

1. To determine the extent of psychological impact COVID-19 has had on professionals in the healthcare sector.
2. To provide evidence for public health action on mental health problems among healthcare professionals.
3. To determine who among “doctors, nurses, and other healthcare professionals were affected the most.”
4. To determine which mental health problem was more prevalent.
5. To determine which gender among healthcare professionals was severely affected psychologically

METHOD

This study relied on a systematic review of five articles

The search database used was PubMed

Keywords Search: covid-19, psychological impacts, mental health problems, healthcare workers, healthcare professionals, anxiety, depression, post-traumatic stress disorder, etc.

The searched articles were selected and screened through "inclusion and exclusion criteria."

ITEM	INCLUSION	EXCLUSION
THEME/OBJECTIVE OF PAPER	Psychological impact/mental health impact of covid 19 on healthcare workers	Non-healthcare workers who were affected by covid-19 pandemic.
PARTICIPANTS	Healthcare workers who worked during the covid-19 .	During the Covid 19 pandemic Non health care workers who worked.
GEO-POLITICAL LOCATION	United Kingdom	No other country
PUBLICATION YEAR	2020 -2022	No other dates
LANGUAGE	English	No other language
RESEARCH DESIGN	Secondary research.	

These inclusion and exclusion criteria is what I used to fine tune my research to gain and gather the appropriate and relevant results.

The theme of my research specifically included the words Covid-19 and health care worker in order to exclude search results for non health care workers that were affected in the Covid-19 as well as the exclusion of other pandemics that have occurred.

I ensured the secondary research was located to the UK. Secondary research can provide a good advantage as it is a faster source of information that is interpreted from primary research.

LITERATURE REVIEW

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Keith et al, (2021)	How covid affected nursing and midwifery personnel in the United Kingdom.	Online survey of all UK registered and unregistered nursing and midwife staff that worked during covid.	91.6% participants were female, 44.6% observed post traumatic stress.
Greenberg et al, (2020)	Mental health disorders among ICU staff in nine English hospitals during June and July 2020.	Anonymous web survey of staff working in nine ICU hospitals in UK.	Measures: severe depression (6%), PTSD (40%), severe anxiety (11%)
Talya et. al, (2021)	Prevalence of anxiety, depression, and post-traumatic stress disorder (PTSD).	A survey online during the first wave of the pandemic.	58% of respondents "PTSD = 22%; anxiety = 47%; depression = 47"

LITERATURE REVIEW

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Kasun et al, (2020)	Prevalence of anxiety, depressive and post-traumatic stress disorder (PTSD) symptoms in a Health care workers in the UK.	An electronic survey conducted between HCW in the West Midlands, UK using clinically validated questionnaires	"2638 eligible participants completed the survey (female: 79.5%) symptoms of anxiety, depression and PTSD were 34.3%, 31.2% and 24.5% respectively."
Ikenna et al, (2020)	The severity of anxiety, depression and stress by the NHS staff in London hospital treating patients with COVID-19.	An anonymous survey using demographic data and questionnaires.	The complete survey was done by 302 staff members. The prevalence of depression was 42.7%.

RESULTS

- In total, 12,751 participants were involved in the five articles reviewed.

Fig.1

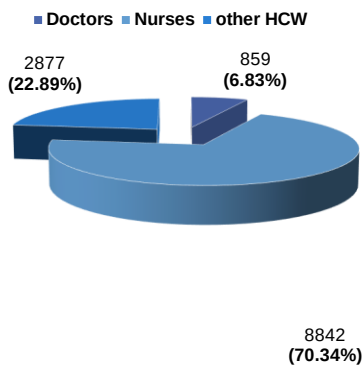


Fig.2

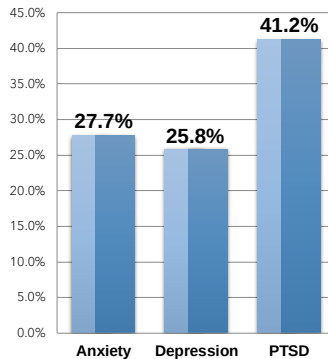


Fig.3

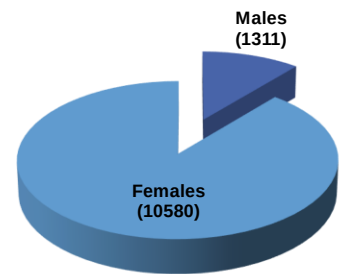


Fig.1 shows A total of 859 doctors, 8842 nurses and 2877 other healthcare workers representing 6.83%, 70.34% and 22.89% respectively

Fig.2 shows The prevalence of anxiety, depression and PTSD among the participants during the management of covid was 27.6%, 25.8 and 41.2 respectively

Fig.3 shows A total of 1311 males and 10580 females representing 10.9% and 87.9% respectively

DISCUSSION

The five studies have proven that covid did have a severe mental health impact on health care associates.

- Increased depression and anxiety (McManus et al, 2009)
- Post traumatic stress disorder
- Nurses were affected the most
- Females at “higher risk of anxiety and depression.” (Ike et al, 2021)



(NHS workers don't want applause, they want PPE | Letters, 2022)

According to the study the prevalence of anxiety, depression and PTSD after covid was higher than the national numbers for anxiety, depression and PTSD. (McManus et al, 2009)

It is clear from the systemic review carried out that covid had a severe negative psychological impact on healthcare worker's in the UK.

PTSD was more prevalent comparing to anxiety and depression most likely due to the nature of covid 19 cases and death numbers.

According to the survey done by Ike et al, (2021) with Siddiqui in agreement that nurses were two times more likely to experience mental health problems in the management of covid as compared to doctors.

Females are at higher risk of experiencing anxiety and depression compared to males according to Ike et al, 2021.

Limitations:

The research although was focussed to the UK was limited by the specific areas in which the results were taken. For example there were no research results from the northern hospitals in the UK and this could have potentially changed results. Example more males in that area could have been more affected than females.

CONCLUSION

- Covid - 19 had a psychological impact on health care workers with “increased anxiety, depression and post traumatic stress disorder” and this research analysis supports this statement.
- Due to the negative impact government authorities should be recommended to provide the necessary support for health care workers.



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