Nursing Staff Coping during COVID-19 Pandemic

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The world is presently fronting the COVID-19 pandemic with a novel coronavirus, initially observed in Wuhan, Hubei, China in the end of 2019 [1]. The reported symptoms of COVID-19 are primarily respiratory with acute respiratory distress syndrome ultimately leading to dead in the most severe cases [2]. However, COVID-19 have also been shown to affect other organs, including the brain, and the latest reports on neurological symptoms due to COVID-19 infection are developing [3].

Each time a pandemic or an epidemic disease occurs, healthcare professionals are on the front lines, fighting diseases and managing for sick and dying patients, even if knowingly putting themselves at risk [4]. Health care teams, especially nurses, have close contact with patients infected with COVID-19 and have an important role in infection control [5].

The work of the nursing team requires scientific and technical competence, knowledge, skill and emotional control over the practice. Assistance presents circumstances of risk, physical and emotional exhaustion, responsibilities with people's lives, coping with fears and suffering. The state in which professionals are exposed can lead to the occurrence of psychological tension, high stress, anxiety, and depression. Such diseases can negatively influence job satisfaction, resulting in impaired care, quality of care and patient safety [6].

Mental health is a state of mental well-being in which people cope well with the many stresses of life, can realize their own potential, can function productively and effectively, and are able to contribute to their communities [7]. The way we interact, connect, learn, work and experience both suffering and happiness. Good mental health supports the ability of individuals to display healthy behavior that keeps themselves and others safe and healthy during the COVID-19 pandemic. It is also vital to every nation's response to, and recovery from, COVID-19 [8].

The impact of mental health circumstances on individuals, families and society, there has been little investment in mental health, especially in community-based services. When crises affect people's lives and communities, excessive levels of stress are expected. Adversity is a well-recognized risk factor for short and long-term mental health problems. The evidence thus far confirms widespread psychological distress in COVID-19 affected populations [8].

Good mental health helps nurses achieve most important roles within their job, families, community and society, whether taking care of children and older adults or contributing to their community's economic recovery. Implementing measures to reduce stress, anxiety,

and depression among nurses may prevent its adverse concerns and is critical for sustaining a well-engaged nursing workforce. Coping approaches are needed to improve frontline nurses' mental health during the COVID-19 pandemic by considering preventing and managing physical problems, building self-efficacy and resilience, providing sufficient social support, and ensuring frontline work willingness.

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