

Psychosocial Burden in Nurses during the Covid-19

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Nurses are the unsung heroes of the healthcare industry, and their determined efforts have never been more evident than during the ongoing COVID-19 pandemic. As the front-line workers tasked with caring for COVID-19 patients, nurses have been working unremittingly to provide the best possible care to those in need. However, this has come at a great cost, and many nurses are now struggling with burnout as a result of the physical and emotional toll of the pandemic [1]. Burnout is a state of physical, emotional, and mental exhaustion that results from prolonged stress and anxiety. This phenomenon is particularly prevalent among healthcare workers, who are often subjected to high levels of stress, long hours, and the emotional toll of caring for the sick and dying. In the context of the COVID-19 pandemic, nurses are experiencing burnout at an alarming rate [2].

The COVID-19 pandemic has created an environment where nurses worked tirelessly under high levels of stress, uncertainty, and fear, leading to physical and emotional exhaustion. They are faced with the daily challenge of caring for patients who are acutely ill with COVID-19 and are at a high risk of transmitting the virus to others. Additionally, they also faced shortage of personal protective equipment (PPE) and the fear of infecting themselves and their loved ones. This has led to increased stress levels, fatigue, and an overall reduction in the quality of life for many nurses. Many nurses worked overtime and have taken on additional shifts to compensate for staffing shortages caused by the pandemic. The extended working hours have also contributed to their burnout resulting in a decreased quality of life and a lack of rest, which precipitated as physical and mental exhaustion [3].

In addition to the fear of contracting the virus, nurses also struggled with the emotional toll of caring for patients. Many COVID-19 patients required round-the-clock care and were often isolated from their families, leading to feelings of hopelessness and helplessness. Nurses are often the only people that these patients interact with, and this has placed a significant emotional burden on these front-line workers [4]. These physical and emotional demands because of empathy and feelings that nurses have developed toward COVID-19 patients during the pandemic have taken a toll on mental health of many nurses resulting in depersonalization, and reduced personal accomplishment.

To address burnout among nurses during the COVID-19 pandemic, it is important to implement strategies that promote their well-being and mental health. Some potential solutions include [5]: (a) Providing support and resources for stress management and self-care, such as counselling services, time off, and access to mental health resources, (b) Implementing flexible scheduling to help reduce stress and improve work-life balance, (c) Providing financial and professional support, such as hazard pay and continuing education opportunities, (d) Encouraging open communication and collaboration among healthcare teams to foster a sense of community and support, and (e) Promoting a healthy work environment by addressing workplace safety concerns, such as providing personal protective equipment and adequate staffing. The usage of mHealth (mobile health) is one of the practical technologies that may be utilised to reduce the workload for medical professionals [6]. Online psychological self-help intervention systems, online mental health education, online psychological counselling services, and alerts and reminders of the time of care are all made possible by this technology.

In conclusion, the COVID-19 pandemic has put nurses under immense stress and pressure, leading to a high rate of burnout. It is crucial for healthcare organizations to provide support and resources for nurses to help them manage their stress and prevent burnout. This includes offering mental health resources, providing access to PPE, and ensuring that nurses have adequate time for rest and self-care. By supporting nurses, we can ensure that they continue to provide the highest quality of care for patients and communities. The creation and implementation of mental health evaluation, support, treatment, and services are critical and urgent aims for the health response to the COVID-19 outbreak because of the psychological effect of pandemics throughout the world.

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