

Effect of COVID-19 Pandemic on Psychological Attitudes' for Nurse Workers at Isolation Hospitals in Baghdad City

Ahmad Shihab Ahmad

Ph.D. community Health Nursing Science/ ALZahrawi College University

Abstract

Objectives: to identify the effect of COVID 19 pandemic psychological attitudes for nurses' workers at Isolation Hospitals in Baghdad

Methodology: descriptive study conducted among 100 nurses selected by purposive sample. The data collected by using electronic questionnaire related to psychological attitudes composed of 10 items and 3 items related to demographic characteristics.

Results: the result reflects that most of nurses are males and at age (20-29) years, also they are graduated from high school of nursing and nursing college. Most of nurses' psychological status effected by COVID, they are feel anxiety stress depression and frustration due to un familiar area, lack of experience, un effected treatment, COVID 19 bad news, long working time and isolation from friends. There is significant correlation between nurses' psychological attitude and level of education.

Conclusion: COVID 19 effect on the nurses' psychological status. Therefore, it is important to initiate training session to educate nurses about stress management, how to deal with psychological problems and adapt with different situation.

Key words: *Psychological attitude, Nurses, & Covid 19 Pandemic*

Introduction

The pandemic of Coronavirus Disease 2019 (COVID-19) is currently a major global public health emergency. As the coronavirus disease 2019 (COVID-19) pandemic accelerates, global health care systems have become overwhelmed, leading to great psychological pressure on nurses in the care of critically ill patients with COVID-19. Moreover, extreme incidents have occurred, such as suicide of nurses caring for critically ill patients, in Italy. In fact, the psychological problems are also common among nurses. ⁽¹⁾

However, in addition to the potential psychological and mental health impacted by the COVID-19 pandemic should also be taken seriously. Although previous research has suggested that the mental impact of a major disaster had a wider and longer effect on people compared to physical injuries, mental health attracts far fewer personnel for planning and resources. ⁽²⁾

Healthcare workers who were quarantined, worked in Covid 19 units, or had family or friends infected with Covid 19, had considerably more anxiety, depression, frustration, fear, and post-traumatic stress than those who had no such experience. ⁽³⁾

Since the first COVID-19 case was reported in December 2019 in Wuhan approximately 42,000 healthcare workers (HCWs), including 28,600 nurses all over China, were sent to Hubei Province to assist local healthcare teams to care for COVID-19 patients. A study revealed that HCWs who were working in Wuhan often felt stress, depression, and anxiety, but this study didn't target specially at frontline nurses. HCWs, especially nurses, who come close in contact with these patients when providing care are often left stricken with inadequate protections from contamination, high risks of infection, working burnout, fear, anxiety, and depression. Nurses constitute the largest part of the healthcare workforce in an epidemic, and they undertake most of

the tasks related to infectious disease containment. (4,5,6)

The medical health-care workers who are caring for individuals who are either severely ill, feel scared, or experiencing bereavement are themselves exposed to trauma. Health-care workers are also at risk of getting infected, and they carry a large burden in the clinical treatment and public prevention efforts in Chinese hospitals and community settings. The challenges and stress they experience could trigger common mental disorders, including anxiety and depressive disorders, and posttraumatic stress disorder, which in turn could result in hazards that exceed the consequences of the 2019-nCoV epidemic itself. (7)

Methodology

Descriptive study design carried out in isolation hospitals in Baghdad city to identify the effect of

COVID 19 on psychological attitudes for nurses. The study conducted among (100) nurses selected by using non probability sampling (purposive sample).

The data collected by using electronic questionnaire conducted to measure the phenomena according the research objective and started from Jun, 6th 2020 to Jun, 29st 2020. The researcher used the social media to collect the data from the sample.

The questionnaire consisted of two parts, the 1st part related to the demographic characteristics which include the (age, gender and level of education). The second part related to the psychological attitudes of nurses and composed of 10 items. The data analyzed by using descriptive and inferential data analysis.

Results

Table 1 distribution of the nurses by their demographic characteristics

	Variable	Frequency	Percent
Age	20-29	52	52
	30-39	38	38
	40-49	10	10
	Total	100	100
Gender	Female	38	38
	Male	62	62
	Total	100	100
Level of education	Graduate Nursing High School	35	35
	Graduate Nursing Institute	30	30
	Graduate Nursing College	35	35
	Total	100	100

This table indicates that regarding to nurses age (52%) of them at age (20-29) years, regarding to nurses gender (62%) of them were males and according to educational level (35%) of them graduated nursing high school and nursing college.

Table 2 distribution of the psychological attitudes of nurses

No.	Items	Always		Sometimes		Never	
		f	%	f	%	f	%
1	I believe the working at an unfamiliar environment increases my anxiety and affects the psychological health	77	77	23	23	-	-
2	I think that a lack of experience in the field of infectious diseases leads to increased anxiety and affects the psychological health	71	71	29	29	-	-
3	I feel anxiety about the increased risk of infection	100	100	-	-	-	-
4	I believe the huge burdens and long-term exhaustion increase the psychological stressors for me	76	76	24	24	-	-
5	I feel the ineffective treatment of the covid19 pandemic increases the incidence of depression for me	73	73	27	27	-	-
6	I feel a depression when I will be a carrier of COVID19 to my family and friends	100	100	-	-	-	-
7	I believe increasing working hours and getting away from friends affect the psychological condition for me	73	73	27	27	-	-
8	I think hearing bad news about the results of treatment for patients with COVID19 increases the frustration	70	70	30	30	-	-
9	I feel a disappointing due to the inability to provide effective assistance and the death of patients with COVID19	90	90	5	5	5	5
10	I feel frustrating by hearing international news about the COVID19 pandemic cases and the numbers of death	63	63	27	27	10	10

f=frequency, %=percent

This table indicates that regarding to the effect of COVID 19 on psychological attitudes of nurses. (77%) of nurses believe that the working at an unfamiliar environment increases my anxiety and affects the psychological health, (71%) think that a lack of experience in the field of infectious diseases leads to increased anxiety and affects the psychological health, all of nurses feel anxiety about the increased risk of infection, (76%) believe that the huge burdens and long-term exhaustion increase the psychological stressors, (73%) feel that the ineffective treatment of the covid19

pandemic increases the incidence of depression, all of nurses feel a depression when they will be a carrier of COVID19 to my family and friends, (73%) believe that increasing working hours and getting away from friends affect the psychological condition, (70%) think that hearing bad news about the results of treatment for patients with COVID19 increases the frustration, (90%) feel a disappointing due to the inability to provide effective assistance and the death of patients with COVID19, and (63%) feel frustrating by hearing international news about the COVID19 pandemic cases and the numbers of death.

Table 3 correlation between the psychological suffering of nurses and their demographic characteristics

Variables		Age	Gender	Level of education	Psychological attitudes
Age	Pearson Correlation	1	-.178	.111	-.115
	Sig. (2-tailed)		.076	.273	.255
	N	100	100	100	100
Gender	Pearson Correlation	-.178	1	.098	.090
	Sig. (2-tailed)	.076		.330	.373
	N	100	100	100	100
Level of education	Pearson Correlation	.111	.098	1	-.201*
	Sig. (2-tailed)	.273	.330		.045
	N	100	100	100	100
Psychological attitudes	Pearson Correlation	-.115	.090	-.201*	1
	Sig. (2-tailed)	.255	.373	.045	
	N	100	100	100	100

*. Correlation is significant at the 0.05 level (2-tailed).

There is significant statistical correlation between the nurses’ level of education and their psychological attitudes at P-value ≤ 0.05 . while there is no significant statistical correlation between the nurses’ age, gender and their psychological attitudes

Conclusion

The COVID 19 effect on nurses’ psychological attitudes, unfamiliar environment in the isolation units and lack of experience to deal with this cases may increase the level of anxiety among nurses, they are fell anxiety and depression due to increase the risk of infection with COVID 19 or be a carrier, they are fell stress and depression due to huge burdens and long-term exhaustion and un effected treatment, they are frustration due to hearing Covid 19 bad news, and they are belief their job effect on their relationship with friends. There is correlation between nurses’ educational level and

psychological attitudes.

Recommendation:

Educate nurses about stress management. Teaching them about how to deal with psychological problems and adapt with different situation. It is important to decrease the working hours of nurses. Promote hope and encourage positive feelings when dealing with patients in the face of the COVID 19 pandemic. Avoid the bad news of the COVID 19 pandemic and work to provide the best health care for patients.

Financial Disclosure: There is no financial disclosure.

Conflict of interest

None to declare.

Ethical Clearance: All experimental protocols were approved under the ALZahrawi College University and all experiments were carried out in accordance with approved guidelines.

References

1. Shen X, Zou X, Zhong X. Psychological stress of ICU nurses in the time of COVID-19. *Critical care* (London, England). 2020; 24(1): 200.
2. Luo M, Guo L, Yu M. The psychological and mental impact of coronavirus disease 2019 (COVID-19) on medical staff and general public - A systematic review and meta-analysis. *Psychiatry research*. 2020; 291: 113190.
3. Xiang Y, Yang Y, Li W. Timely mental health care for the 2019 novel coronavirus outbreak is urgently needed. *The lancet. Psychiatry*. 2020; 7(3): 228–229.
4. HU D, KONG, Y, LI, W. Frontline nurses' burnout, anxiety, depression, and fear statuses and their associated factors during the COVID-19 outbreak in Wuhan, China: A large-scale cross-sectional study. *E Clinical Medicine*. 2020; 100424:1-10
5. Chen N, Zhou M, Dong X. Epidemiological and clinical characteristics of 99 cases of 2019 novel coronavirus pneumonia in Wuhan, China: a descriptive study. *The lancet*, 395:507-513
6. Said N, Chiang V. The knowledge, skill competencies, and psychological preparedness of nurses for disasters: a systematic review. *Int Emerg Nurs*. 48100806. 2020.
7. Bao Y, Sun Y, Meng S. 2019-nCoV epidemic: address mental health care to empower society. *The Lancet*. 2020; 1: e37-e38