

PERCEIVED STRESS OF NURSES WORKING AMONG PATIENTS WITH COVID 19 - A CROSS SECTIONAL SURVEY

Psychiatry

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ABSTRACT

The present study conducted after the COVID-19 outbreak, to assess the perceived stress of nurses working among patients diagnosed with COVID 19, the data collection instruments were a sociodemographic proforma and Cohen's Perceived stress scale. The data collected through online platform. The sampling technique was convenience sampling. The study included the registered nurses all over the world, working in hospitals where patients with COVID – 19 are admitted for treatment and the study excluded nurses who have been severely affected and not able to respond to the data collection instruments provided. 141 registered nurses from various parts of the world participated in this study. The collected data were analysed using descriptive and inferential statistics. This study reveals that most of the sample 78 (55.5%) had BSc Nursing as their educational status, most of the sample (36.7) had 6- 10 years, 52% of nurses were currently working in India, 14.2% from Saudi Arabia and 7.8% from UK and UAE each. Most of the sample (46.09%) had perceived stress score in very high category, 22.69% had high-perceived stress. Correlation of perceived stress scores with socio demographic variables were assessed using Karl Pearson's correlation and there were no significant relationship between perceived stress and selected sociodemographic variables at 0.05 level. This study concludes that it is clinically relevant to address the stress of nurses caring for patients with COVID 19.

KEYWORDS

COVID-19, Perceived stress, Nurses working with COVID-19

INTRODUCTION

COVID-19 infection has pushed the humankind in to the uncertainty, fear, penury and lock down of many significant institutions including schools and religious places. This infection has affected a huge number of individuals, causing death everywhere in the world. Although most of the settings have been closed down in order to avoid the magnitude of out break, the health care institutions and the healthcare workers were in the forefront to lead the battle against Corona virus pandemic (COVID -19).

The coronavirus pandemic will undoubtedly have psychological impacts on frontline COVID 19 Warriors, especially the working nurses. Nurses experience a great deal of psychological distress during care of patients infected with COVID-19. Such impact can affect their personal life, occupational life and family life in different ways. (Blake, H, 2020)

A survey conducted among Trans disciplinary Nurses working as the frontline COVID 19 warriors identified that nurses experience vocational issues, psychological stresses and they had more perceived stress, and less perceived social support (Jing Fan et.al, 2020).

World Health Organization has rightly perceived the need of addressing the mental health issues of staff and protect them chronic stress in order to improve their capacity to carry out their role efficiently (Tsamakis et al., 2020). Hence, this study aims to understand the psychosocial impact of COVID-19 on working nurses across the world using online questionnaire and tools. Researchers expect that outcome of the study may help to formulate and implement necessary policies to address the concerns of nurses as well as to organize necessary tele intervention programmes. So that frontline workforce in the healthcare could be protected from the psychosocial influence of perceived stress on their physical and mental health.

MATERIALS AND METHOD

The present study conducted after the COVID-19 outbreak, to assess the perceived stress of nurses working among patients diagnosed with COVID 19, the data collection instruments were a sociodemographic proforma and Cohen's Perceived stress scale. The data collected through online platform. 141 registered nurses from various parts of

the world participated in this study. The sampling technique was non-probability convenience sampling. The study included the registered nurses all over the world, working in hospitals where patients with COVID – 19 are admitted for treatment and the study excluded nurses who have been severely affected and not able to respond to the data collection instruments provided. The data collected after taking informed consent from the participants and permission from the ethics committee of Institute of Mental Health and Neurosciences (IMHANS), Kozhikode. The collected data were analysed with descriptive and inferential statistics using SPSS.

RESULTS

The participants were 141 registered nurses, 97 females and 42 males, who were involved in the care of patients diagnosed with COVID-19 pandemic.

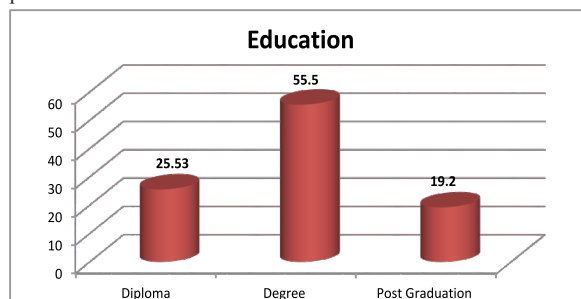


Figure 1 Distribution of sample according to education

The data depicted in Figure 1 reveal that most of the sample 78 (55.5%) had BSc Nursing as their educational status and 36 (25.53 %) had Diploma in Nursing and remaining 27 (19.2%) had Post graduation in Nursing.

Among 141 sample, 92.2% of the sample working in various countries reported that their country of origin is India and the remaining sample were from Bangladesh (1.4%), Ethiopia(0.7%) , Indonesia (0.7%), Ireland (1.4%) , Pakistan (0.7%), Sri Lanka (1.4%), United Kingdom (0.7%) and Zimbabwe (0.7%).

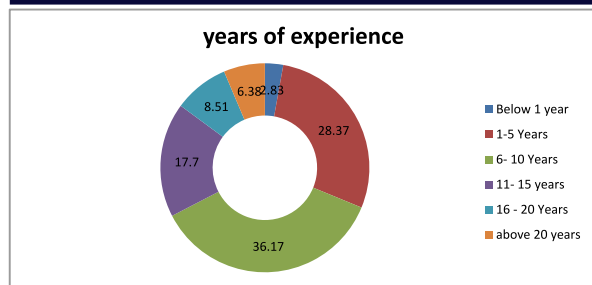


Figure 2. Distribution of sample based on Years of clinical experience

The study reveals that most of the sample (36.7%) had 6- 10 years and 28.37% had 1-5 years of clinical experience

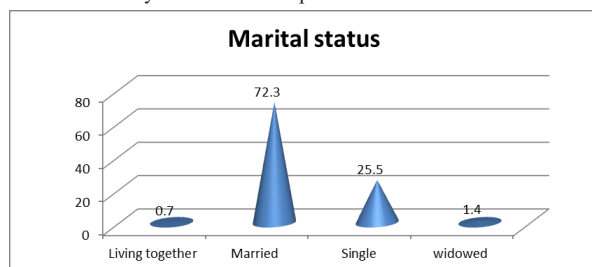


Figure 3. Distribution of sample based on Marital status

The study reveals that majority of the sample (72.3%) were married and 25.5% were single.

Table: 1 Distribution of sample based on Currently working country

Country	Frequency	Percentage
Australia	3	2.1
Bahrain	2	1.4
Bangladesh	2	1.4
Canada	2	1.4
Ethiopia	1	.7
India	52	36.9
Indonesia	1	.7
Ireland	5	3.5
Kuwait	7	5.0
New Zealand	3	2.1
Oman	3	2.1
Pakistan	1	.7
Qatar	4	2.8
Saudi Arabia	20	14.2
Singapore	4	2.8
Sri Lanka	2	1.4
UAE	11	7.8
United Kingdom	11	7.8
USA	1	.7
Zimbabwe	1	.7
Total	141	100.0

The data depicted in Table 1 reveal that 52% of sample was working in India, 14.2% from Saudi Arabia and 7.8% from UK and UAE each and remaining from other countries.

Table: 2 Distribution of sample based on level of Perceived Stress

Perceived stress	Range	Frequency	Percentage
No stress	0-7	10	7.09
Mild	8-11	9	6.4
Moderate	12-15	25	17.73
High	16-20	32	22.69
Very high	21 and above	65	46.09
Total		141	100

Data illustrated in Table 2 reveal that most of the sample (46.09%) had perceived stress in very high category, 22.69% had high Perceived Stress, whereas 6.4% had mild stress and 7.09% had no stress.

The correlation of Perceived stress scores with socio demographic variables were assessed using Karl person's correlation and there were no significant relationship between perceived stress and selected sociodemographic variables at 0.05 level.

CONCLUSION

A qualitative study on psychosocial experience of caregivers of COVID 19 patients reveal that nurses experience a lot of psychosocial issues such as discomfort, helplessness, fear and anxiety (Niuniu etal, 2020). This finding is consistent with the present study that most of the sample (46.09%) had very high level of perceived stress and 22.69% had high level of Perceived Stress. This throws light that the nurses need support and concern from the institutions at their work in terms of staff welfare programmes, adequate supply of patient care materials, in-service education and incentives to motivate them. Every hospital should have stress management programme for nurses who are in the forefront to fight against COVID 19 pandemic.

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