ORIGINAL RESEARCH PAPER

Nursing

PSYCHOLOGICAL SAFETY Vs HEALTH CARE TEAM IN THE AMID OF COVID-19 PANDEMIC

KEY WORDS:

| Usha Yadav | Assistant Professor cum SLTO, NRSC, SGT University. Gurugram |
| Anu Grover* | Assistant Professor, SGT University. Gurugram *Corresponding Author |

"MAKE YOUR MENTAL HEALTH A PRIORITY"

To save peoples life in the Midst of COVID-19 pandemic, not only a large and well equipped health care infrastructure is needed but importantly a competent health care work force is indeed required. So, keeping the health care team safe and protected must be the top priority of the status Quo.[1] The urgent need for PPE , testing and screening, lack of respirators ,maintaining social distancing, keeping hygiene and safety all are the talk of the town these days for health care professional but the mental aspect or mental health is ignored in amid of all these which should be the most important aspect of their health in this frustrating and frightening situation.[2] As per the analysis done on emotional impact, it says health care professionals are at high risk of emotional impact along with the patients .[3] A study on the need of timely mental health care during COVID-19 says, health care professionals, working in hospitals caring for patients are more prone to high risk of infection and mental health problems especially they encounter with the fear of spreading infection to their near and dear ones.[4]

The World Health Organization has reported over 4 893 186 confirmed cases and 323 256 deaths worldwide at the time of this writing which is so overwhelming situation for all the world and for the "warriors for life".[5,6,7] A **recent survey based study published** in the *Journal of the American Medical Association*, it examines the mental health outcomes of 1,257 health care workers attending to Covid-19 patients in 34 hospitals in China. The result shows that a large number of health care professionals report experiencing symptoms of depression (50 percent), anxiety (45 percent), insomnia (34 percent), and psychological distress (71.5 percent).[8]

There are many initiative taken by public and private health firms for health care professionals to combat With COVID-19 such as routine checkups, testing and physical protection by means of providing effective and efficient PPE (Personal protective equipment) is there as this is a crisis with lots of frustrations and dreadfulness which along with physical protection requires psychological guards to protect health care professionals from short term or long term mental health harm as psychological aspects have direct impact on quality of care provided to the patients.[9]

The role of every health care team members is important here, but the leaders and administrators of health care system have a crucial role to plan, develop and implement assessment appropriately, support the treatment, and other services as well related to mental health for the health response to the COVID-19 pandemic through their behavior and practical support system.[4,5] For this they need to establish a high quality care culture which focuses on these areas:
- Safe and realistic expectations.
- Open and prompt conversation.
- Psychological PPE.
- Accessibility.

SAFE AND REALISTIC EXPECTATIONS:

As our health care team members have mindset of self-sacrifice, perfection and in current scenario "the Heroic" image projected world widely. It is high time to think about gentle, realistic and honest expectations from our selves and others in a health care team. To treat and recover the COVID - 19 patients the foremost importance must be given to the health care force through the interventions which provides physical and psychological safe work culture.[9]

OPEN AND PROMPT CONVERSATION:

To address the anxieties and uncertainties of current situation we need to move from rational or objective approach to subjective approach of pre-briefing and debriefing in which human emotions will play the prime role as people start to heal, the moment they feel heard. An analysis done by **Neil Greenberg and colleagues on** Managing mental health challenges faced by healthcare workers during covid-19 pandemic says that by reinforcing teams, providing accessibility for regular contact to discuss decision and checking their mental and physical well being provide support to team. Always follow the 3 'S'to have open conversation among health care professionals in the clinical settings to revive compassion in health care system.[8] It includes:
1. Safe space.
2. Safe place.
3. Safe process.

PSYCHOLOGICAL PPE:

Due to long duty hours which are involved with stress, anxieties, uncertainties and high mortalities , put health care professional's physical and mental aspect of health at bay by adversely impacted on them. As we protect our self physically by wearing PPE same alike we should wear some psychological PPE to protect ours selves from mental break through, but this is also done only by proper 'don & doff 'and checking of active coping skills. As studies and data shows that most of health care professionals who are currently working in isolation units and hospitals do not receive any training to promote mental health and its care.[9]

A leader and administrator play a major role here by planning and administering training sessions on self care and resilience enhancement to prevent health care team from workplace burnout , moral injuries and mental or compassion fatigue.[9,16] As a qualitative study on psychological experience of caregivers of COVID-19 patients shows the origin point of mental health concerns, at early stage there is a dominance of negative emotions and gradual appearance of positive emotions at this point of time self coping strategies and psychological growth plays vital role in maintaining mental health among health care professionals.[11] To make it more effective, introduce the training sessions as a core part of induction training of all health care professionals is necessary especially to protect them from post-traumatic stress disorders (PTSD) called as moral injury.[11]

ACCESSIBILITIES:

This aspect indicates opportunity in the middle of difficulty through accessibility of leaders and counseling services whenever health care professionals needed them in current scenario. Encourage team members to ask for help, clarifications and feedback or information. Team leader should encourage the team members to take actions which

readily available to enhance their productivity and efficiency and make them feel that the reporting of any aspect which hinder them to do their duties is not a sign of poor performance or weakness. Encourage them to share their deep rooted concerns by creating an environment of trust and openness. A systematic review conducted on May 2020 emphasizes that nurses' require Governments, policy makers and nursing groups to play active role in supporting nurses during and following a pandemic or epidemic to protect them from burnout and loss them from the health care team.[12]

CONCLUSION:

It is a high time to provide quality care culture by using comprehensive and multidimensional approaches, including induction training on stress management, in-the moment actions and treatment aspects to health care team as an effort to mitigate mental health concerns from COVID-19 outbreak.[13,14,15] Let's focus and intervene about mental health aspects of health care professionals now — and do our best to save our "worriers for life".

REFERENCES:

1. https://www.nejm.org/doi/full/10.1056/NEJMp2008017-mental health and COVID-19.
2. https://newseu.cgtn.com/news/2020-05-17/The-psychological-PPE-for-staff-at-the-UK-s-Nightingale-Hospital-Qy2oAmV8cw/index.html.
3. https://www.sciencedirect.com/science/article/pii/ S0165178120305163. Emotional impact of COVID-19
4. https://www.sciencedirect.com/science/article/pii/ S2215036620300468.Urgently needed timely mental health care for Corona outbreak.
5. https://www.irishtimes.com/life-and-style/health-family/coronavirus-the-psychological-impact-and-16-ways-to-keep-a-clear-head-1.4198918.
6. https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports.
7. https://covid19.who.int/.WHO Corona virus Diseases Dashboard.
8. https://www.psychologytoday.com/intl/blog/hope-resilience/202003/the-new-mental-health-research-coronavirus.
9. https://www.vox.com/future-perfect/ 2020/3/ 26/21193122/coronavirus-mental-health-doctors- nurses-covid-19.
10. https://blogs.bmj.com/bmjleader/2020/04/15/ psychological-ppe-survival-kit-for-creating-a-safer-culture-in-the-covid-19-context/
11. https://www.sciencedirect.com/science/article/pii/ S0196655320302017.Psychological experience of care giver.
12. https://www.statnews.com/2020/04/03/the-covid-19-crisis-too-few-are-talking-about-health-care-workers-mental-health/.
13. https://www.sciencedirect.com/science/article/pii/ S0020748920301218. Nurses experience of working in acute care hospital setting.
14. Supporting health care work force during COVID. https: //jamanetwork. com/journals/jama/article-abstract/2763136.
15. Psychological need of health care staff. https://www. bps. org.uk/sites/www.bps.or