

# Post Traumatic Stress Disorder: The Impact Of COVID-19 Pandemic On The Mental Health Of Nursing Professionals

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## 1 INTRODUCTION

**Covid-19** was first detected in Wuhan, China in December 2019. It came with no previous warning, therefore nurses had to leave their comfort zone to help patients who were fighting for their lives. **Nurses** had to cope with constant stress<sup>(1)</sup>. I emphasize the importance of mental health in the nursing community subsequently to the coronavirus pandemic to prevent the negative consequences. What can happen when stress isn't well managed? If we don't have good control over the triggers of our stress and don't know how to reduce them, we enter a cycle that can be destructive and lead to a disorder called **Post Traumatic Stress Disorder**, also known as PTSD, which is a disorder that evolves when scary, shocking, intense and dangerous situations are experienced in long term<sup>(2)</sup>.



## 4 RESULTS

Post Traumatic Stress Disorder comes as a consequence of having been working as a nurse during the pandemic. Risk factors are likely associated with negative outcomes and can be divided into three groups: sociodemographic characteristics, personal factors and work environment related factors.

Nurses have **sociodemographic characteristics** that cause them to experience PTSD after caring for COVID-19 patients. Studies have shown that there are some factors that set off the risk of suffering from acute stress such as being a woman, being young and having little experience working, lack of specialized training and smoking habits<sup>(3,4,5,6,8)</sup>. **Personal factors** are considered to be characteristics of an individual that influence their behavior such as fear of infecting family and friends, poor communication and isolation<sup>(3,7,8,9)</sup>.

The **work environment** has a major influence on the mental health of nurses since it is the place where the virus was installed and where nurses work to save lives<sup>(4)</sup>. This includes the use of safety equipment, that caused nurses great stress. Along with this, the hospital's impacted nurses advised against wearing insufficient safety equipment, bad resources or even bad quality of protection<sup>(4,7,9,10)</sup>.

On the other hand, nurses may present a psychological characteristic that protect them from developing symptoms of PTSD after working during the pandemic, named **resilience**. It is referred to by Bauer et al. as the capacity of a person to bounce back from adversity. It is believed to be one of the most significant influences on making healthy changes after a traumatic event. Resilience protects nurses from acute stress and helps them to cope with emotions and adversity<sup>(8,11,12)</sup>.

Protective Factor	Risk Factors
<div><div>+</div><div>Resilience</div></div>	<div><div>−</div><div>Sociodemographic Characteristics</div><div>Personal Factors</div><div>Work environment Factors</div></div>

## 2 OBJECTIVES



To raise awareness of the mental health of nurses following the pandemic and to identify risk factors that trigger the prevalence of developing post-traumatic stress disorder as well as those that protect from it.

## 3 METHODOLOGY



What are the risk factors and protective factors affecting the mental health of nurses with work-related post-traumatic stress disorder during the pandemic?



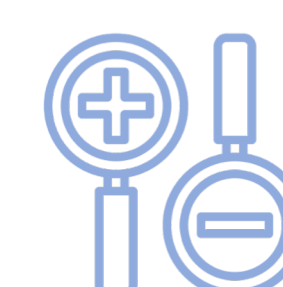
AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION  
PsycINFO

CINAHL  
Available via EBSCOhost

PubMed

TERMS	NURSES	PTSD	COVID
SYNONYMS	<ul style="list-style-type: none"><li>• Nursing</li></ul>	<ul style="list-style-type: none"><li>• Post traumatic stress disease</li><li>• Trauma</li></ul>	<ul style="list-style-type: none"><li>• Pandemic</li><li>• Coronavirus</li><li>• Covid-19</li><li>• Sars-Covid 2</li></ul>
MESH TERMS	<ul style="list-style-type: none"><li>• Nurses</li><li>• Nursing</li></ul>	<ul style="list-style-type: none"><li>• Stress disorders</li><li>• Post traumatic</li><li>• PTSD</li></ul>	<ul style="list-style-type: none"><li>• Covid-19</li><li>• Pandemics</li><li>• Coronavirus</li></ul>

2020-2022  
English and Spanish



Studies that did not reflect the impact of PTSD on the mental health of nurses who worked during the pandemic.

The final research is composed of 13 articles.

## 5 CONCLUSIONS

The pandemic had an impact on the development of PTSD on nurses, being influenced by risk factors. On the other hand, they can be protected by resilience.



Nurses have a better understanding of the disease when managed and treated in their workplace. Additionally, educating nurses who worked during the pandemic on how to recognize symptoms will help to reduce the number of cases. In like manner, educating nursing students on the importance of managing stress. There should be a continuous study on PTSD after pandemics, which will stimulate interest in developing new ways to deal with a new pandemic, if needed in the future. Furthermore, giving priority to the mental health of nurses can improve their quality of life, not only in professional aspirations but also in their personal life.

## 6 BIBLIOGRAPHY



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