Deliverable 1- Literature Review

Scholarly Research and Writing

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**Introduction**

# I selected this research question, has the COVID-19 pandemic increased nurse burnout rates because the COVID-19 pandemic has had a massive impact on the healthcare system and nurses. All around the world, nurses are working under tremendous pressure to provide care to patients during the pandemic. Nurses have become challenged with increased stress and other effects on their mental health and faced with the possibility of infection and death from COVID‐19. Before the pandemic, there was already a global shortage of nurses. Due to the shortage, nurses often need to work long hours under very stressful conditions, resulting in fatigue, injury, and job dissatisfaction. Nurses suffering in these environments are more prone to making mistakes and medical errors. One unfortunate outcome is that patient quality can suffer, resulting in many preventable complications, including medication errors, emergency room overcrowding, and alarmingly, increased mortality rates. However, this is likely to have worsened by the increased demands of caring during COVID‐19. One serious concern is that the pandemic and numerous effects on the nursing profession will worsen nursing attrition and their poor mental health in the future. Another major concern is burnout. Burnout is defined as mental and physical exhaustion from chronic workplace stress. There is a connection between nursing burnout and the increased risk of depression and suicide rates (“What is Nurse Burnout and How do I Manage” 2021). It could have a detrimental impact on the entire workforce at a hospital. Consequently, nurse burnout could lead to strained relationships in the workplace and an uncomfortable working environment. Burned-out nurses risk providing low-quality care, leading to mistakes and even death.

**The Type(s)of Research**

The type(s)of research that I think would be most appropriate to answer my research question is qualitative and quantitative research. Qualitative research such as case studies tends to focus on qualitative data using interviews, observations, and analysis of primary and secondary sources. There are many academic journal articles about case studies completed about my research topic that can help answer or solve my research question. Quantitative research such as surveys are a great tool for quantitative research. Surveys allow for researchers to collect data from a very large sample size. They provide support when you need to draw general conclusions from your research and predict outcomes.

The purpose of this research study is to examine the nurses' burnout and associated risk factors during the COVID-19 pandemic. Also, bring awareness to the psychological and emotional needs of nurses. This research plan is to help answer the research question, has the COVID-19 pandemic increased nurse burnout rates? The research will be conducted by using a qualitative and quantitative research approach. These approaches will help gather enough data to identify risk and evaluate the number of burnouts reported or diagnosed among nurses during the COVID-19 pandemic. Other qualitative and quantitative research approaches will include analyzing the primary and secondary sources allowing the variables to be measured to test a hypothesis. The hypothesis isCOVID-19 has caused major nurse burnout.

**Review of Literature**

**Burnout and resilience among Frontline Nurses during COVID-19 Pandemic**. The purpose of Garg et al., (2020) study was to evaluate the prevalence of anxiety and stress among nurses in a designated COVID-19 hospital and the variables that influence these psychological problems. Battling COVID-19 on the frontline puts nurses at risk for too much psychological distress. This present studyfocused on the mental health impacts of the COVID-19 pandemic on the frontline nurses in the emergency department of a tertiary care center in North India. The results of this study Garg et al., (2020) identified a moderate to a high level of burnout among nurses in the emergency department. Also, the importance of developing andimplementing interventions that target to reduce burnout and improve resilience among nurses especially in a crisis like a pandemic.

# COVID-19 and mental well-being of nurses in a tertiary facility in Kenya. According to Aliet al., (2021), the COVID-19 epidemic has been shown to pose a challenge to the mental health, well-being, and resilience of healthcare workers, especially nurses.Ali et al.(2021)carried out a cross-sectional survey between August and November 2020. Email invitations with a link to a voluntary, de-identified survey were sent to all the nurses at the Aga Khan University Hospital, Nairobi (AKUHN). Email reminders were sent out twice a week from REDCap for participation in the survey. The survey questionnaire consisted of six components demographic and work title characteristics, information regarding care of COVID-19 patients, symptoms of depression, anxiety, insomnia, distress, and burnout, measured using standardized questionnaires. According to Aliet al., (2021), depression, anxiety, insomnia, distress, and burnout were reported (mild to severe) of all nurses. Frontline nurses reported experiencing more moderate to severe symptoms of all the mental health disorders than the second-line nurses.

# **Burnout in Healthcare Professionals During the Covid-19 Pandemic in a Tertiary Care University Hospital.**This study aimed to determine the levels of anxiety and burnout and related risk factors in the healthcare workers and assistant personnel at a tertiary referral university hospital. Sertoz. et al., (2021)) sent out a Hospital Anxiety Depression Scale (HADS), Maslach Burnout Inventory (MBI), and a sociodemographic questionnaire online to 683 employees. The data from these measuring tools showed COVID-19 has affected the well-being of healthcare workers. According to Sertoz et al., (2021), the presence of depression and anxiety increased the risk of burnout. Therefore. it is, of great importance to implement urgently effective psychosocial and organizational interventions in order to protect the mental health of healthcare workers and to prevent burnout.

# Investigating the burden of mental distress among nurses at a provincial COVID-19 referral hospital in Indonesia. The current outbreak of the COVID-19 pandemic has distorted the physical, mental, and psychological conditions of frontline healthcare providers in health facilities. Marthoenis et al.,(2021) aimed to investigate the risk factors of depression, anxiety, and stress among nurses working in a COVID-19 referral hospital in Indonesia. Marthoenis et al.,(2021) conducted a cross-sectional study among 491 nurses between the ages of 31-56 using a self-administered questionnaire. Regression analysis showed that anxiety was significantly higher among nurses working in non-COVID. Those who had temporary contracts were more stressed and those who faced financial hardship during the COVID-19 pandemic significantly experienced depression, anxiety, and stress.

# Physical and mental health impacts of COVID-19 on healthcare workers. Frontline healthcare workers are at risk of physical and mental consequences directly as a result of providing care to patients with COVID-19. According toShaukatet al., (2020), Healthcare workers are at risk for developing physical and mental health consequences due to their role in providing care to patients with COVID-19. Shaukatet al., (2020) used the Arksey O’Malley framework to conduct a scoping review. The review aimed at summarizing the evidence of the physical and mental health impacts of the COVID-19 pandemic on healthcare workers. Based on the results of this review, healthcare workers experienced high levels of depression, anxiety, insomnia, and distress. Female healthcare workers and nurses were excessively affected.

# Depressive symptoms among frontline and non-frontline healthcare providers in response to the COVID-19 pandemic in Kelantan, Malaysia. Healthcare providers are vulnerable in the fight against COVID-19 and may experience significant psychological and mental health consequences. Norhayati et al.,(2021) aimed to compare the levels of depressive symptoms among frontline and non-front line healthcare providers in response to the COVID-19 pandemic. A comparative cross-sectional study was conducted in two government hospitals managing COVID-19-related cases in Kelantan, Malaysia from May to July 2020 to identify and compare depressive symptoms levels of frontline and non-front line healthcare providers. According to Norhayati, et al.,(2021) the Depressive score was higher in non-front line healthcare providers compared to frontline healthcare providers. Non-frontline healthcare providers were affected by more workload burden and fear of being infected with COVID-19 as the workplace was a red zone of COVID-19.

# Healthcare worker stress, anxiety and burnout during the COVID-19 pandemic in Singapore.A sample of healthcare workers which consisted of doctors, nurses, allied health professionals, administrative and operations staff was recruited via an invitation to participate in an online survey from four tertiary hospitals for a 6-month study. Teoet al.,(2021) the primary objective was to examine the changes in reporting stress, anxiety, and job burnout over six months during the peak of the pandemic in Singapore. The proportion of reporting stress and job burnout increased by approximately 1·0% and 1·2% respectively per month. Perceived stress and job burnout showed a mild increase over six months, even after exiting the lockdown.

# Psychological impact of COVID-19 outbreak on frontline nurses. Nurses are under great physical and psychological distress fighting against the epidemic Nieet al., (2020). Frontline nurses from designated hospitals for COVID-19 patients were invited to complete an online survey by convenience sampling. This study aimed to portray associated factors of psychological distress among frontline nurses during the COVID-19 outbreak. It highlighted that the frontline nurses were suffering from varying degrees of psychological distress, which needed early screening and supportive intervention for preventing serious psychological impact on frontline nurses. This psychological distress was described as sleep disturbance, symptoms of anxiety anddepression, post-traumatic stress disorder and inability to make decisions.

# A qualitative exploration of the experiences of school nurses during COVID-19 pandemic as the frontline primary health care professionals.**School nurses are healthcare professionals who lead health care in schools. According to Lee et al., (2021)**, **there are rising mental health concerns of frontline health care professionals with anxiety and panic disorders, somatic symptoms, and feeling isolated. This is study aims to explore the experiences of school nurses during the COVID-19 pandemic in Hong Kong.Leeet al., (2021) had nineteen school nurses were recruited to participate in individual semi-structured interviews and shared their roles and responsibilities during the COVID-19 pandemic.** **The findings revealed the important role of school nursing professionals in minimizing the community-wide risk posed by pandemics and the need to integrate them into planning and implementation of school health policies and guidelines in the primary healthcare systems.**

# Evaluation of Effectiveness of COVID-19 Training and Assessment of Anxiety among Nurses.Tharke et al., (2020) used a Coronavirus Anxiety Scale to calculate the anxiety score of all the participants. Mean scores of pre-test and post-test were calculated to assess the anxiety levels in nurses working on the frontline. This study also revealed the level of anxiety among the nurses during the ongoing pandemic. Thus, proper counseling of the nurses is required for their mental stability and efficient execution of healthcare duties.

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