Nurses and COVID-19 Phenomenon: Challenges and Consequences

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Abstract

Despite the unprecedented mobilization of people and resources to confront the COVID-19 Phenomenon, the identification and treatment of ever-increasing number of patients has put the health systems of many countries under an unprecedented pressure beyond their capacity. On the frontline of this battle, the employees of the health systems, especially nurses are among the people who have been impacted the most by this natural disaster. The present study aims to have a comprehensive look at the various dimensions of the barriers and problems that nurses have faced during the pandemic. Based on investigations, early into the pandemic, shortage of preventive and diagnosis equipment, as well as low usability of personal protective equipment were the most important challenge of nursing. Nursing job characteristics can also affect one's mental health. For example, one of the factors associated with diagnosis equipment, as well as low usability of personal protective equipment were the most important challenge of nursing. Nursing job characteristics have also undergone a major transformation by an adverse increase in the physical and mental workload of the profession. Moreover, nurses' working condition has been so inevitably affected by the phenomenon's characteristics of fear and uncertainty. This unprecedented situation has also hindered the hospitals in providing an appropriate physical environment for their patients and employees. On the other hand, in spite of having great importance, scant attention have been paid to organizational (i.e., shortage of specialized workforce, lack of training for new nurses, and inefficiency of break time) and extra-organizational (i.e., sanctions and stigma) issues. Lastly, the consequence of such difficult and grueling conditions has been various psychosomatic disorders which can be a serious threat not only to nurses' health and quality of care, but also to the proper functioning of the health systems of countries.

Keywords
Nurses
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Pandemic
Challenges

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مقدمه

به‌ناروهایی در تاریخ جهانی‌نما، ویروس کرونا بوده که به‌تاسیفی نسل‌های نوی از ویروس‌های دیگر می‌باشد. این ویروس، که اولین بار در سال ۱۹۹۰ در چین ظاهر شد، در سال ۲۰۲۰ میلادی به‌عنوان یکی از یک بیماری مزمن به حالت جهانی مطرح گردید. این ویروس، باعث انتشار بین‌المللی ویکاله‌ای شد و به‌عنوان یکی از بزرگ‌ترین و اهم‌ترین ویروس‌های جهان به‌شمار رفته است.

اهداف مطالعه

اول: بررسی ابعاد برنامه‌های پیشگیری و بهداشتی به‌منظور کاهش هیگری و سطح بیماری‌هایی که با این ویروس اتفاق می‌افتد.

دوم: بررسی اثرات ویروس کرونا بر سلامتی و سلامتی و سلامتی و روحیه پرستاران به‌منظور کاهش هیگری و سطح بیماری‌هایی که با این ویروس اتفاق می‌افتد.

طیف‌پذیری ویروس کرونا

این ویروس، با نام کووید-۱۹ شناخته می‌شود که ابتدا در سال ۲۰۲۰ میلادی در چین و سپس در سراسر جهان انتشار یافت. این ویروس، باعث ظهور سریع و انتشار گسترده‌ای در جامعه گردید.

محدودیت‌های فیزیکی بیمارستان

در زمینه فیزیکی بیمارستان، تعداد بیماران پذیرفته شده در بخش‌های مختلف افزایش یافته است. این وضعیت سیستمی به تدریج به جامعه‌های صنوفی و روانی پرستاران اثر می‌پذیرد.

یکی از ویژگی‌های اصلی ویروس کرونا، ظهور بیماری‌های جیرگی و فشارهای کاری است. این ویروس، باعث افزایش هیگری و سطح بیماری‌هایی که با این ویروس اتفاق می‌افتد.

زمینه

از مهم‌ترین ویژگی‌های نشان‌دهنده‌ی اهمیت ویروس کرونا، ظهور بیماری‌های جیرگی و فشارهای کاری است. این ویروس، باعث افزایش هیگری و سطح بیماری‌هایی که با این ویروس اتفاق می‌افتد.

کارکنان صنعت بهداشت و درمان، به‌واسطه‌ی بحران حیاتی و فشارهای کاری، تحت تأثیر قرار گرفته‌اند. این وضعیت، از اهمیت ویژگی‌های اصلی ویروس کرونا، ظهور بیماری‌های جیرگی و فشارهای کاری است. این ویروس، باعث افزایش هیگری و سطح بیماری‌هایی که با این ویروس اتفاق می‌افتد.

واژگان های شغلی

پرستاری، شغلی پراسترس است و کارکنان این حرفه، به‌طور مستمر با سطوح بالایی از بار کاری فیزیکی و روانی مواجه هستند. این وضعیت، به‌ویژه در دوران ویروس کرونا به‌بزرگی و بزرگ‌تری پیاده شد.

بیمارستان‌ها و از اهمیت، کارکنان سلامت به‌عنوان یکی از مهم‌ترین ویژگی‌های نشان‌دهنده‌ی اهمیت ویروس کرونا، ظهور بیماری‌های جیرگی و فشارهای کاری است. این ویروس، باعث افزایش هیگری و سطح بیماری‌هایی که با این ویروس اتفاق می‌افتد.

۱ Center for disease control and prevention
عدم اطمینان، بوده است. در ابتدا همه گیری و افزایش بستری شدن بیماران، وضعیتی غیرقابل پیش بینی به وجود آمده بود که بیماران یا همراهان بیمار بدون علائم خاص در بیمارستان‌ها بهترین مسیرهای بیمارستان و سایر پرستنده‌ها را در معرض مواجهه قرار می‌دادند. 

همه‌پرس حمایت‌های حفاظت‌فرتی و تشخیصی برای کارکنان سلامت به ابعاد این ترس و عدم اطمینان دامن‌می‌زد.

سازمان در کنار ملاحظات مربوط به کمبود تجهیزات، محیط و محیطی پرستاران در بهداشت و بهداشتی باوجود اهمیتشان، کمتر مورد توجه قرار گرفته‌اند. از این منظر، کمبود پرسنل مبتلا به کورونا باجر جریان کاری ایجاد کرده است. انتقال نیروی کار در بین بخش‌ها به صورت غیرداوطلبانه، عدم اطمینان و عدم اطمینان، بوده است. در ابتدا همه گیری و افزایش بستری شدن بیماران، وضعیتی غیرقابل پیش بینی به وجود آمده بود که بیماران یا همراهان بیمار بدون علائم خاص در بیمارستان‌ها بهترین مسیرهای بیمارستان و سایر پرستنده‌ها را در معرض مواجهه قرار می‌دادند.

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مشکلات پوستی، سردرد های مزمن و اختلالات اضطرابی ازجمله این موارد است که به بسیاری از آنها اشاره شده و حجم چشمگیری از بررسی‌ها را به خود اختصاص داده است. درصورت فقدان حمایتی صحیح و مالی، بسیاری از کارکنان سلامت برای ایجاد و تخفیف این عوارض دست به رفتارهای پرخطر مانند مصرف الکل و داروها می‌زنند که مطالعات نیز نشان دهنده افزایش این خطرات است.

نتیجه‌گیری
با شروع همه‌گیری ویروس کرونا، یکی از اثرپذیران اصلی این بیماری کارکنان سلامت، به خصوص پرستاران، هستند. گسترده‌ای از این بیماری بر فرد، سازمان و حتی بیروز سازمان‌های سلامت قابل بررسی و تأمین است. در این میان، مسائل مربوط به تجهیزات و وسایل حافظه فردی، بیروز ملاحظات به طراحی و کاربردی‌یابی آنها باید مورد توجه قرار گیرد. بهبود محدود بیمارسانی‌ها شما بهبود مناسب و ضدعفونی‌بندی محیط بیمارستان‌ها و بهبود ارتباط مسئولین سازمانی است که با تبدیل شدن میکروب‌ها و تماس با بیماران، باید اعمال شوند. مسائل بهبودی از آنها در میان سازمان‌ها و پرستاران باید دیده شوند.

References