

Nurses Roles in Providing Care for Patient with COVID-19

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Abstract

Nurses are at the frontline of the health care system response to both epidemics and pandemics of COVID-19. This paper intends to review the literature regarding roles and risks of nurses in the caring of patient with COVID-19. The search was performed in a number of electronic databases: Google Scholar, Pub Med and MEDLINE. Nurses have vital roles during the COVID-19 pandemic, and they provide different nursing care consistent with patients' degree of infection. Though, nurses are at high risk for developing the disease, and have concerns about their job and its impact on them and their family. Governments, policy makers and nursing groups need to support nurses, during and following the COVID-19 epidemic or pandemic.

Keywords: COVID-19; Corona Virus; Nurses Roles; Risks

Introduction

The Corona virus belongs to the large family of virus that causes disease in human and animals. The most newly discovered corona virus is Corona Virus Disease 2019 (COVID-19) [1]. The discovery of COVID-19 was in Wuhan, China in December 2019 [2].

COVID-19 symptoms may be mild and appear in as few as two days or as long as two weeks following exposure [3]. These symptoms may include fever, nasal congestion, dry cough, breathing difficulties and shortness of breath, body aches, and sore throat or diarrhea [4]. COVID-19 can spread through tiny droplets from mouth or nose when someone with the disease exhales or coughs [2,4]. About 80% of people will fully recover with no need for special treatment, while one out of six people may become very ill [1,2,4]. Older persons and those with medical health problems such as cardiac diseases, lung diseases or diabetes, are at a high risk of developing serious illness.

Nurses are among the first people present to provide care in times of crisis [5,14], and they are at the frontline of the health care system response to both epidemics and pandemics [6-23]. They provide health care directly to patients in close physical proximity and consequently, are frequently directly exposed to viruses and are at high risk of developing disease [24].

Aim of the study

This paper intends to review the most important literature regarding roles and risks of nurses in the caring of patient with COVID-19.

Method

Search methods

The search was performed in a number of electronic databases: Google Scholar, PubMed and MEDLINE. The keywords included “Corona virus”, “covid 19”, “nurses role”. Papers published in 2019 and 2020. The studies included in the review were: (a) published in the English language (b) identified guideline about role of nurses in the care of patient with covid 19 (b) discuss how to prevent and control spread of covid 19 (c) talk about the precautions should nurses take to protect themselves. Studies involving other health professionals were excluded. In addition, comments, editorials, letters, were excluded.

Search outcome

A literature search yielded 50 titles for review. While, the final examination resulted in 10 articles for review.

Results and Discussion

Nurses have vital roles and tasks during the COVID-19 pandemic. They will continue to be at the front line of patient health care in hospitals and actively engaged in monitoring and evaluation in community, and they will as well involve in planning for anticipated COVID-19-associated outbreaks [25].

Nurses provide different nursing health care consistent with patients' degree of infection. For example, for infected patient with mild to moderate symptoms, nurses roles include: symptom management, monitoring of disease progression, exercise and nutrition counsel, health education and psychological support [25,26]. For infected patient with severe symptoms the nurses collaborate with physicians to provide life support treatments (such as: artificial airway management, prone position ventilation care and continuous renal replacement therapy (CRRT) [27]. Also, nurses lead training of infection control and ensure firmly adherence to infection control policies, in order to protect all members of the health team. Furthermore, nurses developed definite rules to avoid spread of the infection by health care team to the public [28]. Still nurses have a fundamental function, in increasing community awareness about disease prevention and in reducing the distribution of myths on the subject of the epidemic. This includes guiding public to accessible health care services, confront myths and support evidence-based patient management and initiatives aims to reduce infection [27-29].

Nurses are essential to the health care response to infectious disease epidemics and pandemics [28-30]. As nurses are at the front line of the COVID-19 epidemic response and are exposed to danger that place them at risk of infection, it is necessary that they are supported to protect themselves with infection prevention procedures and sufficient protective equipments at their work, include masks, gloves, robes, eye cover, face shields and ventilators [28-31]. Also, nurses in need to repayment, psychological counseling, and therapeutic care if they are infected with COVID-19 during work [32].

According to past studies, many nurses have concerns regarding their job and its impact on them and their family. Specifically, the possibility of being infected, spread to family members, the vulnerabilities of their work [7,29-33]. Governments, policy makers and nursing groups need to support nurses, through and following the epidemic or pandemic. Without support, nurses are probable to experience significant psychological issues that may produce burnout and loss from the nurses workers [29-30].

Conclusion

Nurses have fundamental roles and tasks during the COVID-19 pandemic. They provide different nursing health care consistent with patients' degree of infection. And, they lead training of infection control and ensure adherence to infection control policies by health care teams. Also, they increase community awareness about disease prevention and reduce the distribution of myths regarding the epidemic. On the other hand, many nurses have concerns regarding their job and its impact on them and their family. Subsequently, governments, policy makers and nursing groups need to support nurses, through and following the epidemic or pandemic.

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