

COVID-19: The Importance of Nursing Professionals

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In a very short period, health care systems and society have been severely challenged by yet another emerging virus. Preventing transmission and slowing the rate of new infections are the primary goals; however, the concern of COVID-19 causing critical illness and death is at the core of public anxiety [1]. Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) continues to spread internationally. Worldwide, more than 100 000 cases of coronavirus disease 2019 (COVID-19, the disease caused by SARS-CoV-2) [2] and more than 3500 deaths have been reported. COVID-19 is thought to have higher mortality than seasonal influenza, even as wide variation is reported [3].

We are facing an exceptional situation that is testing, among many other things, the different world health systems. Regardless of capitalist or liberal, socialist or purely communist models, systems based on compulsory insurance or simply charitable models, the same premise is fulfilled in all: resources are limited while demand is infinite. The COVID-19 pandemic has accentuated this axiom. Panic, disinformation, overwhelmed hospitals, shortage of material resources, etc. and a common denominator: the different health professionals who are giving everything that is humanly possible; many times endangering not only their own life but that of their families to help solve this extreme situation that has put countries around the world in check (Giwa and Desai, 2020).

Highlight the work of nursing professionals: Not only do they act at the clinical level, but as always they become more than a sterile health professional and lack empathy on many occasions with the patients they are facing. The common denominator of our profession is the holistic vision that we imprint on our care. Information and education to prevent, a fundamental pillar of any efficient healthcare model. The point of view not only focused on the pathology and the patient but oriented to the repercussions beyond those derived from the disease itself or its complications. A 360° view, where the different spheres that encompass the quality of life related to health (physical, psychological, social, spiritual, etc.) form a whole. Are important. Are valued; they are the object of different interventions, activities and are likely to be resolved because they are influencing each patient more or less directly with their different and equally important personal stories. In the face of the health emergency unleashed as a result of the expansion of COVID-19 (coronavirus), many citizens, in a great exercise of responsibility, decide to stay at home and not leave except in dire need. Even without a diagnostic test confirming the presence of the infectious agent, if a person has symptoms, they should be confined to their home and it is very likely that they will not live alone. Citizens must follow a series of tips so as not to infect the rest of the inhabitants of the house and recover as soon as possible, even when, as in most cases, their symptoms are not serious. Nursing professionals and health education are fundamental pillars of what drives these good results.

Nurses are being key in this battle: Their commitment, dedication, spirit of sacrifice, training and responsibility are beyond doubt and in this crisis, as in other previous ones, they are demonstrating it in ample way. In a prudent and responsible manner, they are doing everything in their power to guarantee the necessary care and attention in a particularly sensitive and difficult situation. Many of them with little or no experience and above all no training on this infection. Still, they are the first to raise their hands. Volunteer; double shifts, work

strenuous daily hours looking for a single objective: that this patient comes out ahead. That for him, the COVID-19 is just a bad nightmare, to remember in a few years.

This situation must serve to learn: We would be very foolish if we did not learn from all this. Enough of job insecurity with temporary contracts. Enough of scarce templates. Enough of derisory wages. Our nursing professionals deserve at least better conditions than today. It is a profession that requires continuous training. Dedication almost exclusively. It carries risks, disappointments, despair. And with a simple smile or thanks from the patients we settle. Thanks to all the professionals involved in the resolution of this situation, but especially thanks to all the nursing professionals for their commitment.

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