

## Nursing, Pandemic and Worker Health

**Claudia Barbastefano Monteiro\***

*Institute of Psychiatry, Federal University of Rio de Janeiro-RJ, Brazil*

**\*Corresponding Author:** Claudia Barbastefano Monteiro, Institute of Psychiatry, Federal University of Rio de Janeiro-RJ, Brazil.

**Received:** August 14, 2020; **Published:** June 29, 2021

Nursing is made up of care professionals par excellence.

During their training, nurses are prepared to develop clear and precise technical actions, in contrast, the model suggested by the Psychiatric Reform requires this professional to be proactive, capable of creating and forming affective and social bonds [1].

In the area of mental health, sensitivity, subjectivity and an attitude of involvement are required, aiming to meet the demand for care based on the subject [2]. Nursing care in this scenario, goes beyond procedures and routines, requires contact, bonding and listening.

Recently, we are experiencing a worldwide pandemic caused by a new coronavirus (SARS-CoV-2), with an important impact on public health and the mental health of all people.

Nursing professionals work on the front line in combating the pandemic and their assistance is based on permanence and not on the visit. With the high contagion of the disease, the seriousness of the symptoms, the scarcity of personal protective equipment (PPE) and the excess of cases in the health system, the pressure is even greater from these professionals. The pandemic brought the fear of imminent death, also present in those who care.

Under extreme tension, these professionals can neglect their own mental health, causing disorders related to stress and anxiety [3]. Thus, they manifest a risk of becoming ill, stimulating severe mental health problems and increasing the cases of Burnout Syndrome [4].

In order to guarantee working conditions that make it possible to reduce the transmission of the virus, institutional measures must be addressed in the sphere of each Occupational Health work occupation considered in the list of public health measures and actions aimed at controlling the pandemic [5].

Occupational health must strive to protect these workers, offering qualified assistance for suffering, ensuring emotional and social support for the care team. The nurse has contributed to the improvement and fulfillment of the welcoming and participation services of the multidisciplinary team of these professionals in the front of the assistance to the covid 19. In this way, critical-reflective thinking is stimulated from the different situations, measures and solutions emerge in the face of problems and difficulties.

The utmost attention to the mental health of nursing professionals is essential, recognizing and welcoming the fears and fears of these professionals, since insecurity, the concern with the progress of Covid-19, are essential issues. Furthermore, it is also necessary to verify and support not only the physical consequences, but also the psychological short, medium and long term consequences of these professionals who cannot withdraw from this struggle.

## Bibliography

1. Brazil, M. of health. Law no. 10,216, of April 6, 2001 national mental health policy (2001).
2. Loyola CMD. "Notes on mental health care and primary care. In Leandro Andrade da Silva and Iraci dos Santos (Org.)". *Nursing and Mental Health Care* 1a (2017): 351.
3. Rodrigues NH and Da Silva LGA. "Management of the coronavirus pandemic in a hospital: report of professional experience". *Journal of Nursing and Health* 10.4 (2020): 1-9.
4. WHO. Update on strategy against covid-19. Geneva (2020).
5. Filho JM, et al. "Worker's health and coping with COVID-19". *Brazilian Journal of Occupational Health* 45 (2020): 10-12.

**Volume 3 Issue 7 July 2021**

**© All rights reserved by Claudia Barbastefano Monteiro.**