Factors and Management of Nurses Affecting the Control Perception During Covid-19 Outbreak

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Abstract

Today, nurses are at the forefront of the fight against an invisible enemy called COVID-19. Nurses and other healthcare workers who struggle against COVID-19 at the forefront continue their life-saving efforts and personal sacrifices despite the exclusion, stigma and attack in the midst of increasing medical risks and elsewhere. This tough fight has some physical and psychological negative effects. To protect the psychological and physical health of nurses, it is necessary to improve the control perception of the COVID-19 outbreak, formulate psychological interventions and for ensure that they are affected at a lower level, control measures for the outbreak should be understood and implemented.

Key Words: COVID-19, Nursing, Control Perception

Introduction

An unidentified case of pneumonia has been reported in Wuhan, Hubei Province of the People's Republic of China in late December 2019. The World Health Organization officially named this disease COVID-19 (Cetintepe & İlhan, 2020). COVID-19 is a highly contagious disease, the transmission of the virus to the hospital is a major threat to healthcare workers, and nurses are at the forefront of health care and therefore, it is the most dangerous occupational group in exposure to both the disease and its physical and psychological effects (Huang et al. 2020). While nurses working in clinics, intensive care units or any unit of the hospital are struggling with the need for material, especially personal protective equipment, they continue to care for patients diagnosed with COVID-19 with great devotion (Jackson et al. 2020).

Anxiety can be defined as a state of anxiety or irrational fear that occurs in humans as a reflection of the fear of any danger (Ekiz, Ilıman & Donmez, 2020). Health anxiety is a psychological experience that arises with the thought that the individual is under a great threat to her/his health and triggers the physical and emotional anxiety symptoms of the individual (Ozdelikara, Ağaçdiken & Mumcu, 2018). The perception of control is the adequacy of the perception of changing or adapting situations that are important. Control perception plays an important role in protecting psychological and physical health (Ekiz, Ilıman & Donmez, 2020).

Factors Affecting Nurses' Control Perception During the COVID-19 Outbreak

COVID-19 outbreak has negative effects on healthcare professionals. Nurses working in the front lines in the pandemic can work more than average hours per day and cannot fill enough sleep times (Huang & Zhao, 2020). Thoughts such as what measures to take for the protection of their health, how to provide transportation from their homes to their workplaces and their homes, and the stress of infecting their families cause anxiety in nurses (Ozatay & Sak, 2020; Lancet, 2020). Because, on the one hand, they do

not want their families to worry about themselves, on the other hand, they have the fear of carrying the virus to their homes (Yao, Chen & Xu, 2020). In addition, physical fatigue, difficult triage decisions, and the pain of losing patients and colleagues have been reported to cause psychological fatigue (Lancet, 2020). Especially; The deterioration and death of several young healthcare professionals infected with COVID-19, which seemed mild at the beginning of the disease, further increased the fear of virus (Jackson et al. 2020).

As a result of the studies, it has been reported that women experience the psychological effects of epidemic, stress, anxiety and depression to a higher degree (Ho, Chee & Ho, 2020; Wang et al. 2020). Nursing profession is also in a high risk group in terms of psychological health as a profession group where female gender is the majority (Jackson et al. 2020). Sometimes nurses who are in close contact with patients can be excluded, and people who send good messages from afar can exhibit discriminatory behavior even when the necessary social distance and adequate measures are taken when they see them in shopping or in the apartment (Psychiatric Association of Turkey, 2020). Nurses struggling with these problems also at all stages of the epidemic; is obliged to provide the necessary counseling to secure, inform and support people in communities who are afraid, anxious and willing to be good (Jackson et al. 2020). They need to recognize discriminatory, stigmatizing and misinformed ideas and take an active role in correcting them (Psychiatric Association of Turkey, 2020).

Apart from that, nurses, like all healthcare professionals, need to be prepared for the ethical dilemmas they will encounter during the COVID-19 outbreak. Ethical dilemmas deal with the challenges of the covid-19 pandemic, while increasing the risk of mental health problems (Adams & Walls, 2020).

Control Perception Management

The responses of nurses to the increased anxiety and mental health needs of both society and nursing professionals are critical. Nurses; plays an important role in supporting and defending the health of their communities and colleagues (Jackson et al. 2020). Everyone's emotional reactions differ in the situations that cause stress. It is a natural reaction that the individual worries about him/herself and his / her relatives' health

and needs more communication. It is important to separate these emotional reactions from situations that hinder daily life and affect psychological well-being (WHO, 2018). The balance between professional duty, sacrifice and personal fear, stress and anxiety can cause conflict in many healthcare professionals (Ho, Chee & Ho, 2020). During this period, mental and spiritual management is as important as psychosocial well-being and physical health management (WHO, 2020).

Common risk factors identified for the development of mental health and psychological morbidity of healthcare professionals include lack of social support and communication, incompatible coping methods and inexperience (Ho, Chee & Ho, 2020).

Research data are needed to develop evidence-based strategies to reduce negative psychological effects during the COVID-19 outbreak. In order to prevent the stress, anxiety, loneliness and depression experienced by the society and healthcare professionals, mental health assessment, support, treatment and services should be developed and implemented (Ekiz, Ilıman & Donmez, 2020).

First of all, the hospital or government should provide healthcare professionals with a place where they can be temporarily isolated from their families (Yao, Chen & Xu, 2020).

In this process, information and images that may have negative consequences that may be stigmatizing should not be shared by healthcare professionals, and awareness should be raised about COVID-19 without increasing fear (Psychiatric Association of Turkey, 2020).

Various awareness meditation practices of healthcare workers exposed to stigma are known to be beneficial in relieving stress in individuals (Carlson, 2012; Yao, Chen & Xu, 2020). It is clearly stated that the support from colleagues and managers who have the same problem helps to reduce psychiatric symptoms (Ho, Chee & Ho, 2020; WHO, 2020).

Patients who have difficulties in coping with great stress for nurses should be trained in psychological skills to deal with anxiety, panic and other emotional problems, and if possible, direct contact of mental health nurses with this patient (Yao, Chen & Xu, 2020).

Psychological counselors should listen to the difficulties or stories that healthcare professionals face during this process and provide support accordingly (Yao, Chen & Xu, 2020).

In this process, physical health should be maintained, a healthy-balanced diet, regular exercise and sleep times should be regulated (CDCP, 2020; WHO, 2020). Using useful coping strategies, resting during work or between shifts, staying in touch with family and friends will improve psychological health (WHO, 2020). To observe oneself about what he thinks, how he feels and what he does; this enables to realize the relationship between feelings, thoughts and behaviors and their effect on each other. Thus, it helps in rearranging emotions. Maintaining hope and maintaining positive thoughts is the best way to deal with this process (Psychiatric Association of Turkey, 2020)

As a result; Implications for how to conceptualize and manage clinical concerns about the COVID-19 pandemic should be discussed. Psychobehavioral observation, analysis and individual coping methods are important for nurses to design and evaluate an outbreak control policy.

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