

Barcelle University

*The Effects of  
COVID-19  
On Well-Being of  
Healthcare Workers*

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# *Introduction*

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## **Purpose**

Review the commonly found impacts of the COVID-19 pandemic on the mental health of healthcare workers

Design strategies for students in healthcare to improve overall well-being

## **Method**

Review of the literature based on what is currently known

## **Question**

How has the COVID-19 pandemic impacted the well-being of our healthcare workers, and how can we utilize such findings to assist with current students in healthcare?

# *Background*

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## **Well-Being**

- Positive feelings
- Self-fulfillment
- Life satisfaction

## **Mental Health**

- More complex
- Positive correlation between mental health and well-being

# *Background*

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## **Emergence of COVID-19**

- Little known – knowledge based on previous outbreaks
- Numerous infections and deaths
- Evident threat to well-being
- Supply shortages
- Social media

*Effects on  
Healthcare  
Workers*

**Isolation**

**Anxiety,  
Depression,  
Suicide**

**Sleep  
Disturbances**

# *Isolation*

## *March 2020 – Stay-at-Home Orders*

- Spread of instability and fear
- Social isolation paving the way for mental health destruction
- Healthcare workers – internal struggle

# *Isolation*

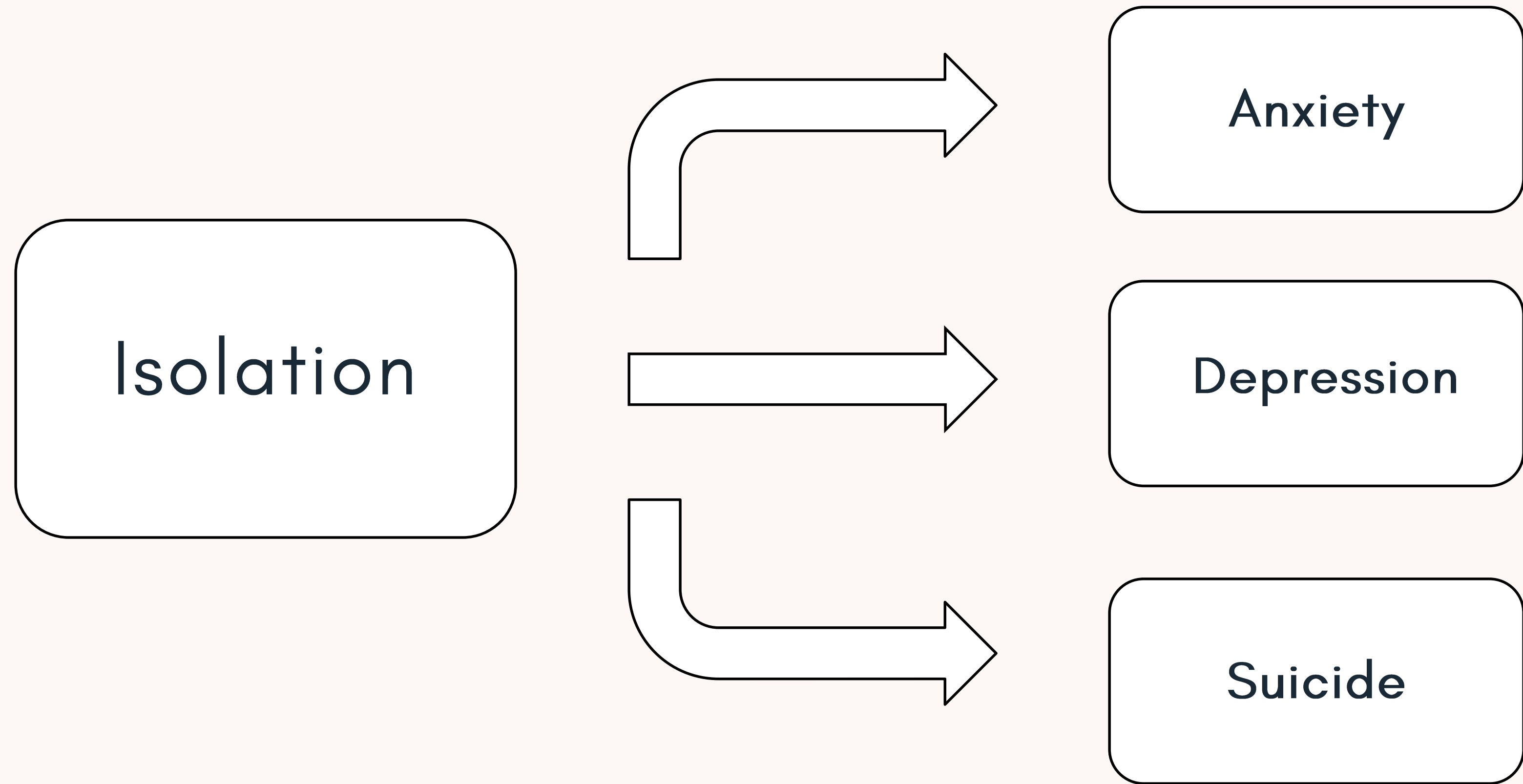
## **Fawaz and Samaha (2020)**

- Fear of contracting COVID-19 and spreading it
  - Stigmatized by others
  - At least 20% of those infected are HCWs
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## **Vizheh et al. (2020)**

- 29% of those hospitalized were HCWs at the start of the pandemic





# *Anxiety*

## **Vizheh et al. (2020)**

- 11 studies
- 59 to 5,062 participants
- Anxiety prevalence 24.1% to 44.6%

## **Pappa et al. (2020)**

- Anxiety symptoms found in 33,062 HCWs
- Primarily female nurses
- Increased vulnerability of this group

## **Xu et al. (2020)**

- Anxiety levels of two groups of surgical staff – prior to and after COVID-19
- 60 participants
- Pre-COVID-19: 6/60 positive for anxiety
- Post-COVID-19: 28/60 positive for anxiety

# *Depression*

## **Coplan et al. (2015)**

- 62% of those with GAD have experienced an episode of depression

## **Carmassi et al. (2022)**

- Depressive symptoms of HCWs during COVID-19
- 514 participants
- 20.2% reported moderate to severe symptoms
- Epicenter Effect
- Functional impairment

# *Depression*

## **Olaya et al. (2021)**

- Depressive symptoms of HCWs during COVID-19
- 57 studies
- 46 to 14,825 participants
- 24% reported symptoms

## **Takada et al. (2022)**

- Questionnaires filled out by HCWs regarding their mental health
- 1269 participants
- 23% expressed declining mental health
- 16% would not consult with anyone

# *Suicide*

## **American Foundation for Suicide Prevention (2022) & CDC (2021)**

- Suicide – 10<sup>th</sup> leading cause of death in the United States
- HCWs are considered vulnerable

## **Braquehais et al. (2020)**

- Failure of HCWs to come forward for help
- Denial

## **Davis et al. (2021)**

- Suicide rates for nurses and physicians per 100,000 individuals
- Women
  - Nurses: 17.1
  - Physicians: 10.1
- Men
  - Nurses: 31.1
  - Physicians: 31.5

# *Sleep Disturbances*

## *Importance of sleep*

- Adults and older adults: 7–9 hours of sleep
- Mental health struggles leading to imbalances within circadian rhythm
- Lack of sleep contributes to poor performance by HCWs
- Insomnia most prevalent

# *Sleep Disturbances*

## **Diaz et al. (2022)**

- Surveys completed by HCWs pertaining to sleep quality and mental health
  - 813 participants
  - 72.8% reported symptoms of insomnia
  - 38.3% sleeping < 6 hr
  - 67.4% of those with insomnia had an elevation in stress symptoms
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## **Giardino et al. (2020)**

- Anxiety and depression potentiate sleep disorders
- Nightmares and violent dreams

# *Discussion*

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- The pandemic has contributed to debilitating effects experienced by HCWs
- Difficulties balancing well-being and utilizing adequate coping skills
- Such impacts have the potential to effect current students studying within healthcare



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# *Stressors Faced by Students during the Pandemic*

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**Virtual  
Education**

**Difficulty  
Accessing the  
Internet**

**Health Concerns**

**Financial  
Concerns**

# *Recommendations*

## **Isolation**

- Maintain connections
- Utilize technology
- Healthy lifestyle choices

## **Anxiety, Depression, Suicide**

- Identifying individual signs and symptoms
- Be careful with social media
- Utilize appropriate sources of information

## **Sleep Disturbances**

- Treat underlying issues
- Cognitive Behavioral Therapy for Insomnia

## *Implications for Practice*

- **Holistic Health/Nursing**

- View patient as a whole
- Complementary and alternative medicine (CAM)
- Goal is to improve well-being

- Massage
  - Therapeutic touch
- Relaxation methods
- Heat/cold therapies
  - Imagery
  - Music
- Mindful meditation
  - Reiki
- Aromatherapy

# *Holistic Modalities*

## **Number of Participants**

One-on-one sessions: 16 students

Online presentations: 163 students

## **Pre-Stress Scores**

One-on-one session: 5.7/10

Online presentations:  
6.4/10

## **Post-Stress Scores**

One-on-one session:  
0.5/10

Online presentations:  
2.5/10

# *Conclusion*

- COVID-19 has brought devastating effects to our healthcare community
- Well-being and mental health must be prioritized
- Implementing early interventions for those at risk is critical in preventing calamitous effects
- Holistic interventions

**Healthcare students are our future!**

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