

Psychological Impact on Health Officer Providing Treatment of COVID-19

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ABSTRACT

During the first week of March, the spike in 2019 coronavirus disease (COVID-19) cases reached more than 100 countries with more than 100,000 cases. Authorized health workers have initiated awareness and preparedness activities out of bounds. Recently, the Covid-19 pandemic has resulted in a decline in mental health for every person or group of people, even the wider community, including medical personnel. the purpose of this study is to determine the Psychological impact of Health Workers during the COVID-19 pandemic. This study is a literature review by comparing articles, journals or secondary data from previously published literature contained in the medical journal database Science Direct, PubMed and ClinicalKey. In conclusion, it found the prevalence of psychological impacts such as stress, anxiety and depression from mild to severe among health workers during the COVID-19 pandemic. These findings will help improve our understanding of the impact or impact of the COVID-19 pandemic on the Psychology of Health Worker.

Keywords: covid-19, health workers, psychological impacts

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INTRODUCTION

According to the World Health Organization (WHO), disease caused by a virus keeps popping up and becomes a serious problem for public health. COVID-19 is a new virus that highly contagious and has spread by fast globally. the spike in 2019 coronavirus disease (COVID-19) cases reached more than 100 countries with more than 100,000 cases. At the meeting date January 30, 2020, according to the Regulations International Health (IHR; International Health Regulations 2005), the outbreak declared by WHO as a condition emergency (PHEIC: Public Health Emergency from International Concern) for having spread to 18 countries with 4 countries report transmission to humans.

COVID-19 infection can cause mild, moderate or severe symptoms. The main clinical symptoms that appear are fever (temperature >38°C), cough and difficulty breathing. In addition, it can be accompanied by severe shortness of breath, fatigue, myalgia, gastrointestinal symptoms such as diarrhea and other respiratory symptoms. Authorized health workers have initiated awareness and preparedness activities out of bounds. Recently, the Covid-19 pandemic has resulted in a decline in mental health for every person or group of people, even the wider community, including medical personnel.

METHODS

The data used in this study is secondary data obtained not from direct observation, but from the results of research that has been carried out by previous researchers. Secondary data sources obtained in the form of articles or journals that are relevant to the topic are carried out using databases through Google Scholar and Pubmed Central (PMC). Literature search was performed by displaying 3 keywords based on Medical Subject Heading (MeSH) and combined with Boolean operators AND, OR and NOT. The search strategy is defined as (psychological impact) and (Health workers). and (COVID - 19).

The study selection in this study used the PRISMA Flow Chart (Preferre Reporting Items for Systematic Reviews and Meta Analysis) algorithm which was adjusted to the PICOS framework so that journals were obtained that matched the literature review research. Based on the results of a literature search through publications in three databases, namely Google Scholar and Pubmed. And using keywords that have been adjusted, the researchers got 77 journals that match those keywords. Then after checking the journals, there are 10 journals/articles.

RESULTS

Based on the search database conducted by researchers, it was found that there were as many as 77 articles that matched the theme, after screening 33 articles were found that were inaccessible and 34 articles that were too broad in their research schemes while those according to the inclusion and exclusion criteria were 10 articles which then a review will be carried out. Health care staff are at a higher risk of moral injury and mental health problems when faced with the challenges of the COVID-19 pandemic.

DISCUSSION

The number of people infected and those who die is increasing day by day (Lu, Stratton, & Tang, 2020; Sohrabi et al., 2020). Adversity and anxiety are normal reactions to threatening and unpredictable situations such as the coronavirus pandemic. Possible stress-related reactions in response to the coronavirus pandemic can include changes in concentration, irritability, anxiety, insomnia, reduced productivity and interpersonal conflict, but is particularly true for groups most directly affected (e.g. health professionals).

Apart from the threat by the virus itself, there is no doubt that the quarantine measures, carried out in many countries, have a negative psychological effect, further increasing the symptoms of stress. Symptoms severity depends partly on the duration and extent of quarantine, feelings of loneliness, fear of infection, adequate information, and stigma, in more vulnerable groups including psychiatric disorders, health care workers, and people with low socioeconomic status.

General uncertainty, threats to individual health, and quarantine measures can exacerbate pre-existing conditions such as depression, anxiety, and post-traumatic stress disorder. In addition, the risk of disease transmission may increase the fear of contamination in patients with obsessive-compulsive disorder and hypochondria, or individuals with a history of paranoid ideation. Although quarantine measures protect against the spread of the coronavirus, they require isolation and loneliness which creates major psychosocial stresses and may trigger or worsen mental illness (Vahia et al., 2020).

There is a direct concern about the risk of infection and the development of complications that result, and an indirect fear of spreading the virus to their family, friends. or colleagues, will lead to increased isolation measures with worse psychological outcomes.

All of these stresses can contribute to not only reducing work efficiency but also increasing the risk of medical errors and causing moral injury and / or mental health problems.

CONCLUSION

The result of research published in 10 articles show that there are psychological impacts that occur on health workers during the Covid 19 pandemic, especially for health workers who work in rooms where there is a high risk of Covid 19 transmission. Health care managers need to proactively take steps to protect mental wellbeing of staff.

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