

A Brief Analysis of Polish Nurses' Stress-Management Techniques during the COVID-19 Pandemic

Magdalena Slomion*

Department of General Medicine, University of Liege, Liege, Belgium

Abstract

Coronavirus is a profoundly infectious sickness brought about by the respiratory Covid SARS-CoV-2. In late 2019, the infection spread rapidly, influencing the wellbeing of many individuals all over the planet. On 11 Walk 2020, the World Wellbeing Association (WHO) proclaimed a pandemic. The main instance of SARS-CoV-2 contamination in Poland was accounted for on 4 Walk 2020, in the western piece of the nation.

Keywords: Pandemic • Nurses • Stress

Introduction

When the Coronavirus epidemic first started, the clean government took a number of drastic measures to protect the public. These measures included a variety of restrictions, including a mandatory 14-day quarantine for travellers returning from abroad, remote work for regulatory staff, the suspension of study hall presentations in schools and colleges, a limit on the number of people allowed in stores at once, restrictions on the number of people allowed in chapels, a requirement to cover one's mouth and nose and the termination of certain services as well as social offices [1].

Most daily workouts have been hampered by restrictions on outside exercise and traditional activities. Regular physical labour improves mental wellbeing, reduces the risk of discouragement, and improves the general feeling of affluence. Because of the high infectiousness, uncertainties surrounding the infection and the illness, and threat it poses to the lives of clinical specialists, the coronavirus has proven to be particularly challenging for medical services professionals. Several health centres were restored. For patients with the coronavirus, several clinical professionals were given shifts in the wards or clinics, and typically these were extra moves with longer hours [2]. Medical professionals had a greater risk of contracting the sickness and spreading it to other patients, coworkers, and their family/companions.

Description

The most diverse clinical professionals both in Poland and internationally are attendants. Attendants are exposed to a variety of harmful, dangerous, and repressive real-world elements while carrying out their tasks, along with significant relationship pressures [3]. Because of the constant stress at work, nurses commonly experience mental and physical weakness, exhaustion, helplessness, wariness, and a lack of satisfaction when conducting nursing exercises. During the Coronavirus outbreak, they were fast to come into touch with contaminated patients. They have a crucial role in preventing the

transmission of disease, limiting the number of illnesses, and assisting patients in maintaining objectivity. They also play a crucial role in preventing and limiting the spread of the disease through state-funded education [4].

The global coronavirus epidemic is having a negative impact on the mental health of medical professionals. The coronavirus pandemic has a significant impact on adaptability, working conditions, and wealth. Despite the fact that survival techniques are tied to both affluence and the nature of the working world, medical care workers shown an increase in unhealthy ways of handling stress or hardship to cope with the escalating job pressures. Medical professionals who treat Coronavirus patients experience anxiety, stress, mental anguish, tremendous strain, post-horrific pressure, indignation, sadness, various degrees of mental emergency, and burnout [5]. Burnout has been linked to generalised mental stress, which might be caused by work-related stress received through providing patient care.

The mental social therapy reduces perceived strain while promoting affluence. The goal of the review was to assess the amount of concern and openness to SARS-CoV-2 infection as well as to see how different factors affected that level of fear. We looked at the strategies and practises employed by attendants during the Coronavirus epidemic for dealing with pressure. One of the clinical specialist groups at risk of constant pressure is the medical staff. Prior to the Coronavirus pandemic, pressure among Clean medical attendants was caused by responsibility for human wellbeing and life, high responsibility, shift work, low pay, conflicts in the group, improper relational connections, lack of assistance, contact with seriously ill and terminally ill patients and their families, and these factors were all present before the pandemic.

Conclusion

The majority of attendees feared contracting the coronavirus. Issue-focused strategies were the most often used ways for clean attendants to adjust to demands during the Coronavirus outbreak. The least often used method was the use of psychoactive chemicals, which were seen to be the least persuasive yet useful in some situations. Attendants should receive psychological support as well as assistance from the company in improving their working conditions.

Conflict of Interest

None.

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*Address for Correspondence: Magdalena Slomion, Department of General Medicine, University of Liege, Liege, Belgium; E-mail: Slomion9878@gmail.com

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