

Stress Management in Nursing Providers During COVID-19 Pandemic - A Review

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Abstract: *Stress could be a development inherent to life and it becomes inevitable, notably in a very skilled context, having consequences on life quality. This is a disorder that poignant many folks worldwide, particularly health professionals, and is originated by numerous factors. The profession of nursing is prone to experience stress due to the intense nature of the work. Immense pressures from both internal and external sources add to the complexity of nearly every professional role in nursing. As these professionals have a basic role in patient care it's extraordinarily necessary that they feel well physically and psychologically. Present study was carried to seek out the systematic review of the sources and consequences of activity stress on nurses' adequacy, productivity and efficiency. Methods to scale back nursing student stress usually embody effective time management, social support, positive revaluation, and engagement in past times. The objective of this study is to assess the prevalence of COVID-19 related stress among Nursing College student of Chhattisgarhi session 2019/20.*

Keywords: COVID-19 related Stress, Nursing Providers, Nursing and stress

1. Introduction

Since late Gregorian calendar month 2019, the eruption of a replacement corona virus (COVID-19, once called nCoV - 2019) was reportable in Wuhan City, Hubei Province of China¹. The COVID-19 pandemic in Republic of India is a component of the worldwide pandemic caused by severe acute metastasis syndrome corona virus two (SARS - CoV - 2). The primary case of COVID-19 in India was reportable on thirty January 2020². The primary confirmed case of COVID-19 in Chhattisgarh was reportable on 19th March 2020 in Raipur, wherever a lady arriving from London via city airfield was tested positive.³ The per day cases peaked period in Republic of India with over 4 lacks cases reportable per day case in mid of month May 2021 and have since return right down to below 25, 072 in 22 august 2021.⁴ In current scenario of Chhattisgarh a total number of about 1003814 cases were tested as positive among them 13564 citizens have lost their life.⁵

The COVID-19 pandemic has had a significant impact on public mental health. Therefore, monitoring and oversight of the population mental health during crises such as a pandemic is an immediate priority.⁶

Stress is a feeling of emotional or physical tension. Stress is a theme that has been the target of the most varied studies. It is known that the first research dating back to the beginning of the 20th century and that is a term which has been suffering evolution.^{7, 8} Stress affects individuals from any age and professional area. When stress caused by work complications is called of occupational stress. In research studies occupational stress has been variously termed as "job stress", "work place stress" and "organizational role stress."⁹

It can come from any event or thought that makes you feel frustrated, angry, or nervous. All these constructs overlap each other with minor distinctiveness. Occupational stress, workplace - stress, job stress and role - stress stem from a wider phenomenon stress which is a complex psychological construct that people may experience everyday.^{10, 12} The latest estimates from the labor Force Survey (LFS) show: The total number of cases of work related stress, depression or anxiety in 2018/19 was 602, 000, a prevalence rate of 1, 800 per 100, 000 workers.¹¹ About 89% of the population in India says they are suffering from stress compared to the global average of **86%**. Nearly 75% of respondents here do not feel comfortable talking to a medical professional about their stress and cite cost as one of the barriers.^{12, 13, 14} Work and finances are the key reasons people attribute their stress to. Stress is very common among medical students across the globe with the prevalence of 80%.¹⁵ Several studies have reported a high incidence of stress disorders among medical students. Stress among college students can be viewed as the bodies' reaction both neurologically and physiologically to adapt to the new condition.^{16, 17} Another study conducted at School of Nursing, Memorial University of Newfoundland, St. John's, Canada, found that the students experienced high stress levels and that they are at risk of having a physical or psychiatric illness.¹⁸ The prevalence of stress was the highest among the first year students (78.7%), followed by the second - year (70.8%), third - year (68%), fourth - year (43.2%), and fifth - year students (48.3%) in the study done at Jizan University, Kingdom of Saudi Arabia.¹⁹ In Indian scenario the prevalence of stress in nursing students was observed 7.5%.²⁰

The World Health Organization (WHO) estimated that stress - related disorders will be one of the leading causes of

disability by the year 2020. Nursing schools are now recognized as stressful environment that often exert a negative effect on the academic performances and psychological well-being of the students. Studies from the United Kingdom and India have shown increasing levels of stress among nursing students.^{21, 22, 23, 24}

Factors associated with stress among nursing students:

Environmental factors

Nurses tend to overlook their physical environment and “do their job.” Common environmental stressors in the work environment can be stressful to staff and influence job satisfaction and, ultimately, intention to change jobs. Mitigating or eliminating these environmental factors has the potential to improve staff satisfaction and retention²⁵.

Intrapersonal factors

Change in feeding pattern, engagement/marriage, and nostalgia in hostel, amendment in sleeping pattern, new responsibilities of life, personal preoccupations, oldster's expectations, decline in personal health, death of serious one, monetary issues and amendment in non secular beliefs.²⁶

Academic factors

Less vacations, Inability to balance study and leisure, over burden with study, inability to focus on study, poor satisfaction with category space performance, obtaining lower grade than anticipated, inability to get pleasure from study and sophistication displays, issue to know language employed by lecturers whereas teaching, poor interest in studies, poor lay personal relation with lecturers, serious argument with lecturers, sensible work, missing too several categories. Student's expertise exaggerated tension before their clinical rotation and written examination particularly their examination.²⁷

Clinical factors

This is more important in clinical professional area, they can jointly expertise stress in this area; pressure in procedure performance, worry of committing an error, time pressure, addressing totally different and troublesome patients. Lack of expertise, worry of constructing mistakes, discomfort at being evaluated by college members, worrying regarding giving patients the incorrect info or medication and concern regarding presumably harming a patient square measure simply a number of the stressors for probationer.²⁸

Interpersonal factors

Change in social activities, fight with shut ones, and lack of cooperation from friends, lack of shut and intimate friends, conflict with roommates. Social factors also can embrace the worry of speech, confrontations, and addressing authority figures. Nursing has been known as an occupation that has high levels of stress. Job stress caused dangerous impacts not solely on nurses' health however conjointly on their talents to address job demands. The most nurses' activity stressors were poor doctor's perspective, posting in busy departments (emergency/ICU), inadequate pay, an excessive amount of work, and so on. Thus, hospital managers ought to initiate methods to scale back the number of activity stress and will give a lot of support to the nurses to trot out the

strain.²⁹ The financial problems contributed to stress in half of the subjects.^{30, 31}

Lifestyle Patterns of nursing professionals

Nurses have a longtime and increasing public health role and a restrictive demand to have interaction in health promotion with their patients.^{32, 33, 34} They are on the battlefield in healthcare; and as they adopt healthy living practices, the patients they take care of could also be a lot of inclined to adopt healthy decisions moreover. Nurses will try this even a lot of effectively by taking the lead and deciding that healthy living is as necessary to them because it is for the individuals they take care of on daily routine life.³⁵ Shift work is outlined as work outside of daytime hours, as well as irregular or rotating schedules, and evening and night work. But, work-related stressors might influence the flexibility of nurses to have interaction in regular exercise and maintain positive dietary behavior.^{36, 37} The consequences of sleep loss are insidious and till severe, aren't typically recognized by the sleep-deprived individual. Scott et al have prompt that it's not uncommon for nurses and different shift staff to acknowledge falling asleep once operating specially in night shifts.^{38, 39}

Obesity and Diet schedule

Obesity has become epidemic today and it is essential to understand the consequences of obesity. It is one of the disorders of non-communicable disease, which laid down foundation stone of diabetes mellitus, metabolic syndrome, hypertension and others.⁴⁰ Poor diet and low levels of physical activity are known risk factors for overweight and obesity. Reported prevalence of overweight and obesity among nurses internationally ranges between 54.5% and 79.1%.^{41, 42} According prevalence of overweight and fleshiness among nurses internationally ranges between 54-79%.^{43, 44} Overweight and fleshiness prevalence among nurses disclosed that over 2 third nurses were overweight or fatty. It was additionally seen that prevalence of overweight and fleshiness was higher in nurses than alternative health care professionals.⁴⁵ In an exceedingly cross-sectional study shows that the prevalence of diabetes and cardiovascular disease among nurses was five.6% and 13.7% severally whereas prevalence of overweight and fleshiness was twelve.9% and 3.2% severally.⁴⁶ The hospital atmosphere was appeared to have a negative influence on the nurses' life-style behaviors, together with meal service that offered preponderantly unhealthy food materials. The shift work of nurses has been found to extend their health issues. The nurses once worked in night shifts took dinner too early before effort for the duty and took little food. Nurses with a high BMI have according feeling self-conscious concerning their own body size once discussing fleshiness with patients and feeling guilty that they weren't smart role models for patients whereas, nurses with a lower BMI had considerations that they lacked fellow feeling or authentic expertise once discussing fleshiness with patients. Nurses within the “high stress/poor coping” cluster had the poorest health outcomes and highest health risk behaviors compared to those in alternative teams, researchers additionally found. Nursing students should develop education related to nutrition in the curriculum intensively, especially in graduate program, and promote good attitudes to selecting appropriate food for healthy and empowerment.

Student development affairs should promote appropriate food consumption behaviors to improve nutritional status of nursing students by motivating and promoting exercise.^{47, 48}

Sleeping Schedule of nurses:

Behavioral sleep techniques are associated with model to a normal night - shift agenda amongst sanatorium nurses. Nurses are crucial to the safety and well - being of their patients. Therefore, adoption of more adaptive sleep strategies may reduce sleep/wake dysregulation in this population, and improve cardiovascular outcomes. Studies have proven the affiliation of negative sleep with reduced attention, decreased cognitive performance, altered

sympathetic activity, impaired immune system, fatigue, anxiety, stress, risk - taking behavior, and impaired social relationships.^{50, 51} Sleep disorders have also been associated with diseases such as hypertension, obesity, diabetes, cardiovascular diseases, and malignancies, such as breast and colorectal cancers.^{52, 53, 54} Sleep loss is additive and by the highest of the work week, the sleep loss is additionally vital enough to impair decision - making, initiative, integration of data, coming up with and prepare execution, and vigilance. The results of sleep loss unit insidious and until severe, do not appear to be generally recognized by the sleep - deprived individual.

Table 1: Changes in different aspects is body

Physical changes	Mental changes	Behavior changes	Feelings
Pounding heart	Lack of attention	Withdrawn and not able to socialize	Irritable
Elevated blood pressure	Decreased self esteem and confidence	Alcohol, nicotine or drugs abuse	Angry
Excessive sweaty palms	Disorganized thoughts	Under eat or over eat	Depressed
Tightness in the chest and pain	Diminished sense of meaning in life	Accident prone and careless	Jealous
Pain in the neck, jaw and back muscles	Lack of control or the need for too much control	Impatient, aggressive or compulsive – pacing, fidgeting, swearing, blaming, throwing and hitting	Restless
Headache	Negative self statements and negative evaluation	Working longer hours – not taking breaks, take work home, procrastinate with important projects, take the „headless chicken“ approach when under pressure, and manage time poorly	Anxious
Abdominal cramps	Difficulty in making decisions	No longer time for leisure activities.	Unreal or hyper alert
Nausea	Loss of perspective.		Un necessarily guilty.
Trembling			Panic
Tiredness			Mood swings, crying easily.
Susceptibility to minor illness			Angriness for own children and family
Itching			

Stress management for students:

Methods to reduce student stress often include effective time management, social support, positive reappraisal, and engagement in leisure pursuits.

Psychological support:

Two specific kinds of support were known – psychological support, directed at facilitating a way of ability, self - efficacy, and self - worth and purposeful support, geared toward the accomplishment of educational tasks. The brick strategies adopted were categorized as healthy brick methods and unhealthy brick methods. The effectiveness of a stress brick program supported attentiveness meditation approach may be effective in reduction of the strain and anxiety of the nursing students.⁵⁵

Professional supports:

The professional support strategies included getting professional counseling and talking to a teacher or counselor and the humorous strategy. Whereas self blame was the common unhealthy coping method.⁵⁶

Student - centered learning environments:

Student - targeted gaining knowledge of is presently attracting a extremely good deal of studies interest internationally, pushed via way of means of the developing worries of educators of perfect coaching and gaining

knowledge of methods. . A being concerned and supportive gaining knowledge of surroundings of college transforms scholar courting right into a collaborative partnership that promotes expert socialization and empowerment among their groups.

Student - centered learning (SCL) is currently attracting a great deal of research attention internationally, driven by the growing concerns of educators of ideal teaching and learning methods.⁵⁷ In the extra traditional "instructor - targeted gaining knowledge of" surroundings, the instructor is the middle of the gaining knowledge of revel in and takes the "active" position of coaching, even as the scholars anticipate a extra "passive" or receptive position. A caring and supportive learning environment of faculty transforms student relationship into a collaborative partnership that promotes professional socialization and empowerment between their groups.

Future directions for managing stress:

Nursing faculty are positioned to create caring and supportive learning environments that facilitate students using a web - based program holds tremendous promise for providing nurses with the tools they need to address nursing related stress.⁵⁸

Peer and staff mentorships and modeling:

In designing nursing peer mentorship programs, ethical approval, sample characteristics, and impetus for the program were recurring themes. The support of senior nursing students within the role of mentors, starting junior nursing students is guided in patient care assignments among the clinical setting. All programs included workshops and activities to build the mentor-mentee relationship. This relationship fosters confidence as students communicate freely and raise queries without worrying of reprisals from nursing instructors. Peer support and private mentoring is effective methods to scale back student anxiety in clinical settings.^{59, 60}

Caring learning environments:

Caring learning surroundings relies on real dialog, engagement, and reflection. Further, the event of formal and informal support systems with school, staff, and peers optimizes educational and social connections and provides essential resources to proactively address stress and absolutely impact retention and satisfaction

Faculty role and behavior:

Faculty behavior moves into one that embraces teaching moments and “teaches” instead of critically “evaluates” student performance within the clinical setting. This positive learning atmosphere may result in increased learning and a cooperative relationship for all concerned. The Faculty has identified openness, transparency and fairness as a pillar of student encouragement and reassurance.⁶¹

Reflective learning model:

The emphasis of meditation is on expressing one's own experience and interpretation in order to fully appreciate the recovery effects and explore approaches. Promoting an ancillary learning surroundings will pronto become incorporated into the tutorial expertise at intervals the room and clinical settings by implementing reflection. The analytical research model allows the subject to critically assess the method by focusing on their observations and behavior.⁶²

Social support and professional networks:

Social guide can offer blessings aside from pressure control. Some research suggest that social guide drastically explains process satisfaction.^{63, 64} Social support in conjunction with header methods and identification of temperament designs will cause effective management of stressors. There is some evidence that social support can develop working skills in patient-caregiver relationships and social support can impact managerial learning. Co - worker support is significant for professional efficacy and self efficacy.^{65, 66}

Empowering students:

Empowerment is an aggregate of organizational empowerment and mental empowerment. Psychological empowerment is intrapersonal, interactional, and behavioural.⁶⁷The additives of intrapersonal empowerment are the confidence: the people understand themselves assured in their competencies and duties they perform. One method that indicates promise for lowering the pressure for nursing college students is heedfulness primarily based totally mainly strain reduction. Chariness desires the

character to take care of their acutely conscious know - how with a detached, objective, and open angle. In closing a long time nursing researchers paid interest to the idea of empowerment to beautify nursing outcomes, in particular in nursing education. As a result, the character profits perception into the man or woman and frequency in their mind and emotions beside the energy to split the notion from the feeling or behavior, and a lot of balanced spirit ensuing in dwindled strain.^{68, 69, 70, 71}

2. Discussion

The global is transferring quicker with a regular float of information. There is little downtime coupled with technology, that could result in emotions of being crushed at times. Stress has been seen as an element that affects increasingly the individuals of the present society. Principally affects individuals that fall, daily, within the marketplace of the foremost varied areas. It is nicely understood that the opportunity exists among role - associated implications and stress - encumbered work, so each people and groups should take possession to promulgate fitness and wellbeing.

The level of stress or depression varied between the stages of education. An interesting finding in the study was that the level of stress decreased as the students progressed in their years of study.⁷² It can be considered that this sort of stress is in an exceedingly general way, characterized by the merchandise of the link between the person and therefore the environment where it's the symptoms of be singled out as sources of non - ethical behavior on the a part of these professionals. Self - care and what meaning for every man or woman should emerge as vitally important. Necessary conversations approximately the outcomes of labor with inside the fitness - care enterprise are wanted and simply now turning into extra predominant. The factors similar as BMI and the gender show statistical association with stress. Factors similar as the education position of the parents, father's occupation, place of hearthstone, type of hearthstone, the number of siblings and with whom the scholars lived didn't show any statistically significant association with stress.

3. Conclusions

With the present review article, it was concluded that the term stress, has swallow quite with the passing of time, and that is a phenomenon developer of malaise, between the individuals who present. All people have already experienced situations of stress; however, it is up to each one of them, namely manage them. A fairly high proportion of croakers experience stress and anxiety during the COVID-19 outbreak in India. The findings indicate that Nurses and those in special COVID-19 units report the topmost anxiety. There a need to establish mechanisms to reduce the pitfalls of stress and anxiety among croakers. Mental health managing interventions through comforting should be grounded on COVID-19 protocol guidelines. Interventions should also emphasize croakers' capability to work safely and efficiently in furnishing care to the cases. Similar interventions include triage for symptoms and or exposure to COVID-19 by clinical staff members before

seeing a croaker, icing the force of particular defensive outfit, and employing particular defensive protocols. The predominant factors associated with stress in nursing providers were sex of participant, living in uncomfortable environment, excess duty hours, and unreasonable behaviors of relatives and fear of university examination. Therefore, to avoid the stress, the health education should be given on each case and the route cause should be treated.

Footnotes:

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