

## Role & Recognition of Nurses In Covid-19 Pandemic Situation

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### ABSTRACT

COVID-19 is a disease which is highly contagious & it occurs through human-to-human transmission through droplet and contact. Currently, there is treatment or vaccine available for COVID-19. But instead of vaccine we have to do management of Covid-19 through isolation and supportive care. In this pandemic nurses have a pivotal role to play in Covid-19 management. During this pandemic nurses must decide it's also depends on the nurses how much they are able to provide high-quality care to peoples & also taking care of themselves from covid-19 and their family members & loved ones. In order to maintain professional integrity on the basis of their moral grounds they can make a choice & it may be times when a registered nurse must make a choice. As a front-line healthcare worker, nurses play a major role as stakeholders & members in developing and also implementing the policies planned regarding standards of care needs in the time of COVID-19 pandemic

### Keywords:

COVID-19, Pandemic, Nurses

### 1.Introduction

Corona virus is the most recently discovered virus that causes COVID-19 and it is an infectious disease. The outbreak of this infectious disease began in Wuhan, China, in December 2019 this & before the outbreak of Covid-19 this new virus and disease was unknown. Now COVID-19 is a declared as pandemic disease & it affecting many countries globally.<sup>1</sup>

The efforts which are used in prevention of Covid-19 Nursing plays the main active role in the prevention of any type of infectious disease. Globally regardless of the socio-economic development, during this pandemic nursing profession is considered as the dedicated top first line profession that plays a main role in the disease prevention and also take care of patients with any disease, including the COVID-19 pandemic.

Nurses have a major part in achieving the goals of healthcare by being the most active part in the process of health care delivery method. Nurses are doing their duty not only providing highly specific technical care to the patient, but nurses are also coordinate the work as a team of other health care professionals to that is important to meet the need & patient safety goals.<sup>2</sup>

During this worldwide response towards the pandemic nurses in COVID-19 are working very hard to provide care to the people who are sick. World Health Organization (WHO), the American Nurses Association (ANA) and other healthcare organizations said that the role of the nurses in a pandemic starts even before a disease to cause its widespread.<sup>1</sup>

The nursing response towards the crisis of coronavirus (COVID -19) has gone way beyond the purpose of 2020 as the International Year of the Nurses and Midwives. The duty that is done by

nurses in the pandemic crisis of Covid-19 is itself a demonstration of the a powerful & practical potential that nurses have within themselves to tackle big health care challenges & they also achieve the theme of nurse's day this year.<sup>3</sup>

## **2.Role & Recognition Of Nurses In Covid-19 Pandemic**

A Vital role played by the nurses in the health crisis of pandemic COVID-19. They are caring the patients in the hospitals, social care center and also primary care center. For the nurses' involvement and dedication in this pandemic the people are very thankful for their dedication for work. Although the gratitude given by the public for nurses bring more satisfaction to the nurses regarding their work and also value towards the nursing profession & their existence. To develop and establish them on a permanent basis in nursing practice derogating measures to be used that would extend the scope of nursing activities during crisis that need to be considered. Once the crisis is over it would be inappropriate to withdraw recognized skills of the nurses acquired at the time of crisis.<sup>4</sup>

## **3.Role of Nurse in COVID-19**

Nurses are the major team member in preventing and responding towards any pandemic, including the COVID-19. That is why in every country nursing being considered the most important healthcare profession in the entire health care sector. Take an example of United States, in the US number of nurses are approximately 4 million, while today 20 million nurses worldwide. Nurses are the most significant health care provider and the front-line healthcare professional, those who are stand near to the patients when they faces a complex disease that need hospitalization and even intensive critical care (ICU), as the COVID-19 pandemic.<sup>5</sup>

## **4.Role of nurses in Preventing COVID-19**

Nurses are doing major work by public education especially regarding how to prevent infectious diseases, how to reduce the spread of contamination & spread of misinformation about the disease outbreak. To assist the sick people and also provide their concerns regarding the needs of patient during this pandemic situation is the main role of the nurses during this novel coronavirus situation. However, the pandemic nurses are expected to preparation and management of this pandemic & to do more important & vital role.<sup>6</sup>

## **5.Role of nurse in providing Psychological support to Patients During COVID-19**

During the different phases of disease condition (covid-19) nurses are providing reassuring to the patient. Patients are usually feeling fear due to different & fluctuating symptoms of COVID -19, so in that condition they require constant support & reassurance. Other than that, the COVID-19 patients have emotional trauma as well as psychological due to the disease process, nurses can able to experience the trauma of patient. The patient with COVID-19 has many reasons for panic& fear, especially they face that situation when they are isolated or kept separated from their loved ones. Hence, at that time nurse plays their role by calming the patient, providing psychological support & helps them to reduce their anxiety.<sup>6</sup>

## **6.Role of Nurse in Evidence based research during COVID-19**

Training of staff nurses is important regarding the protocols for the management of the Covid-19. Nurses could also be involved in developing preparedness drills for pandemic situation to know how to handle the situation. Experienced Nurses and also survived during this pandemic want to express their experience that they have from past on relevant to disaster communication methods. Nurse those who are working as frontline health care workers can do the research that may be benefited as evidence based research & may useful for the patients. The front-line nurses need to develop and implement disaster management plans to prepare the nurses for any future disasters and also more researches are needed for re-prioritizing specific capacity-building training.<sup>6</sup>

## **7.Nurses Role in Intensive care unit (ICU) COVID-19**

In normal situation, ICU nurses usually provide care for two patients (2:1) at a time, but for providing care to patients with COVID-19, one ICU nurse (1:1) is assigned for care per patients. After that if the number of patients increased, the ratio of nurse done a shift to 2:1. In March, 2020, during this pandemic in many countries the number of COVID-19 patient has increased & then they gone for a patient & nurse ratio of more than 2:1. In that situation it is difficult to handle when the patient's condition is critical. At that time the nurse give full attention to patient in the ICU room & overloaded with work. On the other hand the shortage of staff/nurses in critical units and workload, so to encounter and cope up with the stressful situations nurses became more professionally assertive and work as teams in the unit and take critical decisions during this situation.<sup>6</sup>

## **8.Backbone to health services worldwide**

During providing high-quality care to the patient at a time of pandemic and nurses have demonstrated how they can able to improve productivity with high quality nursing care. Nurses are facing challenges with this pandemic. During this pandemic time we need to salute the nurses who are working without any expectations they are saving the lives of the people and improving their health outcomes during this pandemic situation.

COVID-19 pandemic situation has made a place for the nurses in the people's minds and also getting the attention of the media. People also gave their gratitude towards their work. Nurses are doing work continually day and night and their dedication towards their work is also appreciated by society or people. Everyone is not able to understand what is happening in a health care sector and this pandemic COVID-19 has highlighted the contribution & importance of the nurses for health care prevention & promotion.<sup>3</sup>

## **9.Nurse Educator and Researcher**

During this pandemic Nurse Educators also worked days, nights and weekends to provide in-depth training & education to frontline staff nurses in the hospital on how to care for COVID-19 positive patients also how to take care of self and others by properly donning and doffing of personal protective equipment (PPE). Nurse researchers have helped patients & staff to maintain their devotion to clinical trials protocols during the time of pandemic. Nurses are doing research studies on patients care during COVID 19 situation to promote the quality of care.<sup>7</sup>

### **10.Manager:**

Nurses are playing an important role in the management of healthcare crisis because they have a major role between the patient and the other health care member during this pandemic situation of COVID-19. Nurses are staying with their patients during their duty shift, by assessment of the patient and analysis they are able to identify the changes in the health of patients suffering with Corona virus, that help them to identify either patient is getting worse or getting better. Nurses are also finding out the human response towards the medical problem during this pandemic. Nurses can communicate their assessment findings to doctors or health care staff, they are able to identify if patient is needed any respiratory therapy, they are able to assess the patient's health status towards treatments, and they are able to provide health education to the patients. Nurses are able to managing all aspects health issues of patients during this pandemic situation.<sup>8</sup>

### **11.Nurses are frontline fighters against COVID-19:**

Nurses are frontline workers in all healthcare settings. Nurses spend a their time with patients for assessing, observing, helping doctors create a care plan, and implementing the care plan in terms of administering medicines and treatment during this pandemic situation. Educating and counseling patients to adhere to treatment related to COVID 19, and promote health is another important part of their job by giving health education. Needless to say, they are the backbone of the health system. There is no doubt that the fight against COVID-19 would be impossible without the contribution of nurses.<sup>9</sup>

Yuan Wu, et.al conducted a comparison study among Oncology physicians and nurses who are working as the Frontline workers and Usual Wards during the COVID-19 Epidemic in Wuhan, China. The main aim of this study was to compare the frequency of burnout between physicians and nurses on the frontline wards and those working in usual wards .To support the frontline, 173 oncology-specialized physicians and nurses were dispatched from Hubei Cancer Hospital (HCH) a specialized tertiary hospital with 2000 beds in Wuhan. Study was concluded that both health care workers on the Frontline worker and in their usual work setting during this COVID-19 crisis will be important to consider.<sup>10</sup>

**Valuing Nursing:** During this pandemic of COVID-19 nurses recognition as the “ role of nurse in education, reassurance and chronic disease management”, the duty that done by the nurses as primary health nurse during pandemics times” and “that they actually do have skills for management and do their part”.<sup>11</sup>

### **Nursing roles in Strengthening home care**

The Government of French has conferred that a broadening of competences and recognition the role of home care nurses. The first telecare procedure related to the management of the patients with COVID-19 by home nurses during the period of the state of health emergency made possible by the health context. During the period of the epidemic, a patient who is diagnosed with COVID-19 took benefit on their prescription from telecare. French Health Insurance fully covered the Telecare. A nurse collected all general/ complete information regarding health about the patient and also analyses the doctor prescription before provided any care or prescription to the patient on who are diagnosed with COVID-19. At the time of first contact with patient the nurse firstly confirm that the patient have the fulfilling criteria for eligibility of inclusion in the telecare system or not to plan care.<sup>4</sup>

## **12.Role in Telehealth communication**

Communication is very important for all health care needs communication & it is also very important when the patients have some disease & to be isolated from their family. During the isolation period of patient telehealth communications very valuable way for supporting the patient, to meet their physical and psychosocial needs irrespective of their location, their religion, caste etc. To share information about symptoms of depression, anxiety, and PTSD during COVID-19 we can use simple communication to convey the message like e-mail and text messaging should be used more frequently, to educate them regarding relaxation skills that help to deal with minor symptoms of covid-19, and to encourage the people access to online self-help programs. For people who are diagnosed with COVID-19, telehealth communication can be used to monitor the symptoms of covid-19 and also help to provide support when needed during this pandemic.<sup>12</sup>

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### **Availability of data and materials**

Not applicable.

### **Declarations**

### **Ethics approval and consent to participate**

There's no need for ethical approval for this review since no patient data will be collected.

### **Competing interests**

There are no potential conflicts of interest.

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