

Perspectives of nursing professionals and health teams in combating and coping with the pandemic by the new coronavirus-COVID-19



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The struggle of nursing professionals to fight the new coronavirus has been recurrent since its discovery. The alert made by the World Health Organization (WHO) about the discovery of a new coronavirus with pandemic potential originating in China in the city of Wuhan, in January 2020, was declared an international Public Health emergency. In search of answers, research on several fronts has intensified in combating the effects of the new coronavirus on the human organism, in particular, people most exposed to lethality.

Health professionals, especially those in nursing because they work in two or more health services, provide direct assistance to patients, families and the community, are exposed to COVID-19 on a daily basis. However, following the care and protocols implemented to prevent contagion by the new coronavirus. The fear of contamination and of spreading to family members is part of the reality of many nursing professionals due to the return to their homes after the workday. In order to mitigate the impact on the mental health of frontline professionals, research projects, extension and actions carried out by health entities have been deve-

loped since the appearance of COVID-19 cases. There was a need for mental health support from these to take care of sick people in health services, minimizing psychological effects, saving lives. These with names, families, stories and not just statistical numbers.

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Nurses aligned with science warned about the lack of information or disseminated in an erroneous way, generating insecurities and confusion in society in general, such as in situations where Brazilians used drugs without effects to fight the new coronavirus

and put their their own lives at risk, also the disregard of preventive care such as hand washing properly, the use of the mask constantly when leaving home and social isolation, possibly increased the incidence of cases of the new coronavirus and the collapse of health services in Brazil. In the midst of this, nursing professionals "heroes", many working with a shortage of materials, individual human resources equipment to share the strenuous workday to meet the demand for Severe Acute Respiratory Syndrome (SARS). Job offers increased, many were due to mental illness, infection by the new coronavirus infection among those on the front lines.

Care, decision-making and the elaboration of institutional protocols are nurses' duties, increasing the work and responsibilities of those who remain on the front line. In the expectation of a vaccine to reduce the effects of the new coronavirus and work more safely, less fears and anxieties, diagnoses present in most nursing professionals. The challenges faced by nurses and teams are daily in the health services, but they are professionals who do their duty, strive to ensure humanized care even with the difficulties faced. ■