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Impactos da pandemia covid-19 na saúde mental e motivação dos profissionais de enfermagem: revisão integrativa

Impacts of the covid-19 pandemic on the mental health and motivation of nursing professionals: an integrative review

Impactos da pandemia covid-19 na saúde mental e motivação dos profissionais de enfermagem: revisão integrativa

Residentes de salud familiar en atención al paciente en la pandemia: informe de experiencia

RESUMO

OBJETIVO: identificar na literatura os impactos da pandemia covid-19 na saúde mental e motivação dos profissionais de enfermagem. Método: revisão integrativa realizada na plataforma BVS por artigos publicados em periódicos nacionais e internacionais, utilizando-se as bases de dados LILACS, MEDLINE e BDENF com os descritores COVID-19; Saúde Mental; Motivação; Pandemia. Foram analisados artigos em português e inglês publicados no período de dezembro de 2019 a julho de 2021. Resultados: A busca pela literatura ocorreu pelo cruzamento dos descritores: "covid-19" and "saúde mental" and "motivação" and "pandemia" sendo encontrados 71 artigos. Através dos critérios de inclusão e exclusão a amostra total foi composta por 10 publicações. Conclusão: Os resultados dessa pesquisa apontam para o cuidado à saúde mental dos profissionais de Enfermagem durante atuação no combate à pandemia. Os estudos selecionados trazem como fator motivacional a recuperação dos pacientes internados, autossatisfação profissional e emocional e a "sensação de dever cumprido".
DESCRITORES: COVID-19; Saúde Mental; Motivação; Pandemia

ABSTRACT

Objective: to identify in the literature the impacts of the covid-19 pandemic on the mental health and motivation of nursing professionals. Method: integrative review carried out on the VHL platform for articles published in national and international journals, using the LILACS, MEDLINE and BDENF databases with the descriptors COVID-19; Mental health; Motivation; Pandemic. Articles in Portuguese and English published from December 2019 to July 2021 were analyzed. Results: The literature search occurred by crossing the descriptors: "covid-19" and "mental health" and "motivation" and "pandemic" being found 71 articles. Through the inclusion and exclusion criteria, the total sample consisted of 10 publications. Conclusion: The results of this research point to the mental health care of nursing professionals while working to combat the pandemic. The selected studies bring as a motivational factor the recovery of hospitalized patients, professional and emotional self-satisfaction and the "sense of accomplishment".
DESCRIPTORS: COVID-19; Mental health; Motivation; Pandemic.

RESUMEN

Objetivo: identificar en la literatura los impactos de la pandemia covid-19 en la salud mental y la motivación de los profesionales de enfermería. Método: revisión integradora realizada en la plataforma BVS para artículos publicados en revistas nacionales e internacionales, utilizando las bases de datos LILACS, MEDLINE y BDENF con los descriptores COVID-19; Salud mental; Motivación; Pandemia. Se analizaron artículos en portugués e inglés publicados desde diciembre de 2019 a julio de 2021. Resultados: La búsqueda bibliográfica se realizó cruzando los descriptores: "covid-19" y "salud mental" y "motivación" y "pandemia" encontrándose 71 artículos. Mediante los criterios de inclusión y exclusión, la muestra total estuvo constituida por 10 publicaciones. Conclusión: Los resultados de esta investigación apuntan al cuidado de la salud mental de los profesionales de enfermería mientras se trabaja para combatir la pandemia. Los estudios seleccionados traen como factor motivacional la recuperación de los pacientes hospitalizados, la autosatisfacción profesional y emocional y el "sentido de realización".
DESCRIPTORES: COVID-19; Salud mental; Motivación; Pandemia.

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INTRODUCTION

At the end of December 2019, humanity experienced the effects of a pandemic. A new type of pneumonia has been identified – Coronavirus Disease 2019 (COVID-19). [1-5]

According to a report by the World Health Organization (WHO), until May 19th, 2021, 163.869.893 confirmed cases and 3.398.302 deaths from the new coronavirus were reported in the world. [6]

In relation to Brazil, until May 18th, 2021, 15.732.836 confirmed cases and 439.050 deaths were reported due to the new Coronavirus. [7]

Several countries adopted contingency measures in order to reduce the spread of the virus, one of which was social isolation. [6]

However, for health care teams, especially nursing professionals, the recommendation to remain in social isolation does not apply. [8]

In a study carried out in China, it is estimated that around 3,300 health professionals were infected and 22 ended up dying as a result of contamination by the virus, among these doctors and nurses. [9]

In the Brazilian reality, until May 19th, 2021, 55.685 confirmed cases and 780 deaths of nursing professionals were reported due to the new coronavirus. [10]

Nursing is considered core in the structure of health professions. In Brazil, the Nursing category totals about 2 million professionals working in the most different organizational structures of the health system. [11]

The new coronavirus pandemic brings greater attention to health workers in relation to the mental health of these professionals. Factors such as: work overload, anxiety and depression, fear of infecting family members and loss of sleep quality are characterized as psychopathological symptoms of post-traumatic stress. [12]

It is necessary to develop research aimed at reducing the psychological suffering of these health professionals who act/act to fight the new coronavirus pandemic.

In this context, the care provided to the nursing professional becomes essential, so that they can work motivated and provide care to patients infected by the new coronavirus.

Motivation is a fundamental characteristic of nursing professionals so that they can provide quality patient care and achieve professional self-satisfaction. [8]

Thus, the aim of this study is to identify the impacts of the covid-19 pandemic on the mental health and motivation of nursing professionals.

METHOD

This is an integrative review (IR) study that includes the analysis of various primary research on a given subject, in order to define broader conclusions about a specific phenomenon, based on Cooper's assumptions, who systematizes in five steps for IR, which are: formulation of the problem; data collect; data evaluation; analysis and interpretation of data and presentation of results. [13]

To carry out this integrative review, articles in Portuguese, English and Spanish published from December 2019 to July 2021 were analyzed. Data collection performed on the VHL platform for articles published in national and international journals, using the LILACS databases , MEDLINE and BDENF with the descriptors COVID-19; Mental health; Motivation; Pandemic.

The study had as inclusion criteria national and international articles in nursing and other areas. Original articles from qualitative and quantitative research that addressed the research topic were selected; full articles that contain abstracts indexed in the databases.

As exclusion criteria, articles that required payment of fees, duplicate studies and technical reports were excluded.

The investigation was carried out by crossing Health Sciences Descriptors (DECS) with the Boolean operator "and": covid-19 and mental health and motivation and pandemic. The following flowchart shows the detailed search (Figure 1).
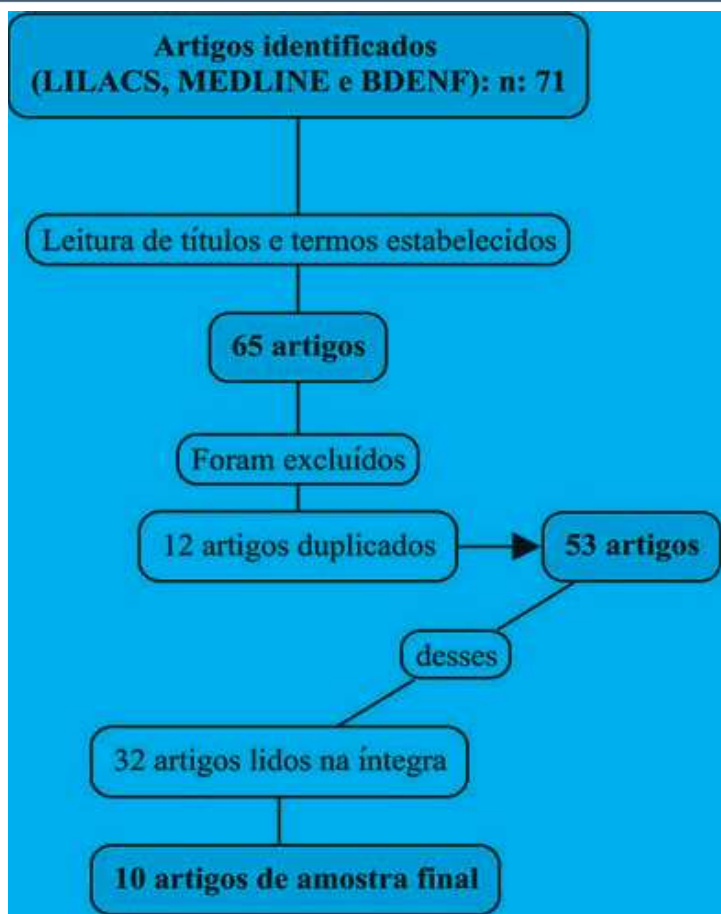
For data evaluation, initially, 65 articles were included by reading established titles and terms. Of these, 12 articles were excluded because they were duplicates. After reading the titles and abstracts, 32 articles were selected to be read in full. With the critical reading of the texts, 10 were selected to be used in this integrative review.

In order to register the data collected from the articles, a Form for Study Evaluation (Appendix A) was created, completed after reading the articles, thus enabling the analysis of the information found.

For analysis and interpretation of the results, in order to synthesize and compare the data recorded in the instruments, a general synoptic table was created to record the elements that answer the guiding question (Appendix B).

To validate the research, a search for articles in the databases was performed by two individual researchers using the same strategy of crossing descriptors.

Figura 1 - Fluxograma da busca detalhada do estudo, Porto Alegre, RS, Brasil, 2021

Fonte: Própria autora (2021)

RESULTS

10 articles were included in this review n=71 (Chart 1):

DISCUSSION

With the emergence of the new virus - Coronavirus Disease 2019 (COVID-19)-, caused by the Severe Acute Respiratory Syndrome Coronavirus 224 virus that devastated the planet Earth, several measures were adopted for the virus's contingency, one of which was social isolation, in addition to restructuring of health services to care for infected patients. 25

It is worth noting that the Nursing category is considered essential and core in health services, therefore, with the pandemic and the year of "Nursing Now" – the year of Nursing, problems related to the mental health of these professionals gained prominence and attention. 22

In this context, the nursing professional working on the front line in the fight against the pandemic showed an increase in workload, fear of infecting family members, anxiety, in addition to experiencing high levels of occupational stress, that is, reinforcing the need for spaces that provide care of this professional and active listening to their demands, in addition to psychological follow-up. 16

The Nursing category, in addition to being considered core in the structure of professions in the health area, has the largest number of workers, there are about 28 million nursing professionals in the world 6 and about 2 million professionals in Brazil.11

It knows that Nursing attributions range from health promotion to disease prevention, in addition to initial patient care, active listening and support to patients and their families. 18, 26

In this context, for a nursing professional to provide quality care to patients and their families, they must be satisfied and motivated in relation to their work. The motivation of the nursing professional takes into account some factors, such as: achievement, responsibility, professional recognition, professional advancement,

Table 1 – Description of selected articles in LILACS, MEDLINE and BDENF databases as a study sample, Porto Alegre, RS, Brazil, 2021					
ARTICLE NO.	**TITLE**	**AUTHORS**	**METHOD**	**PUBLICATION YEAR**	**DATA BASE**
01	Interventions to restrict social mobility during the COVID-19 pandemic and its psychosocial repercussions in Brazil	Ribeiro et al.14	Reflection type qualitative	2020	LILACS, BDENF

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02	Mental workload in nursing staff: An integrative review	Vargas-Cruz et al.15	Qualitative of Integrative Review type	2020	LILACS, BDENF
03	Emotional suffering of nurses in the hospital context in the face of the CO-VID-19 pandemic	Pereira et al.16	Qualitative type of narrative literature review	2020	BDENF
04	Nursing work in the COVID-19 pandemic and repercussions for the mental health of workers	Souza et al.17	Qualitative-type reflective theoretical study	2021	LILACS, BDENF
05	Nursing team in the context of public health: motivation and satisfaction	Reis et al.18	Quantitative of the Descriptive type	2019	BDENF
06	Anxiety among front-line health-care workers supporting patients with CO-VID-19: A global survey	Cag et al.19	Reflection type qualitative	2021	MEDLINE
07	Effect of Emotional Intelligence and Psychosocial Risks on Burnout, Job Satisfaction, and Nurses' Health during the COVID-19 Pandemic	Soto-Rubio et al.20	Qualitativo do tipo transversal	2020	MEDLINE
08	Prevalence of stress, depression, anxiety and sleep disturbance among nurses during the COVID-19 pandemic: A systematic review and meta-analysis	Al Maqbali et al.21	Quantitativo do tipo metanálise	2021	MEDLINE
09	Nurse Reports of Stressful Situations during the COVID-19 Pandemic: Qualitative Analysis of Survey Responses	Arnetz et al.22	Qualitativo do tipo exploratório	2020	MEDLINE
10	Demographic predictors of resilience among nurses during the COVID-19 pandemic	Afshari et al.23	Quantitativo do tipo analítico	2020	MEDLINE

Fonte: Autor, 2021.

working conditions, salaries, benefits, etc. 18 This set that leads to job satisfaction, but for that, it is necessary that the nursing professional can be aware of their emotional health. 23

It is known that job satisfaction promotes better professional performance, in addition to providing better organizational results, promoting professional and emotional self-satisfaction. 18

Regarding the pandemic in the new coronavirus, despite the constant changes

in the health management protocols of patients with a suspected and/or confirmed diagnosis of infection by the new coronavirus, spaces that offer mental health care, specialized professional care and monitoring of this professional are considered important factors in the mental health care of these professionals who work to fight the pandemic. 17

CONCLUSION

Currently, with the new coronavirus pandemic, the world has experienced several changes in the habits of the population in general, in addition to highlighting care for our physical and emotional health. 15

The pandemic focused on the mental health of nursing professionals, highlighting factors that trigger mental suffering, such as: stress, anxiety and depression. 12

In this context, it is necessary to debate the subject, in addition to giving a voice to nursing professionals, so that they can bring their experiences and experiences related to the pandemic and mental health theme. It is, therefore, essential to the care of nursing professionals, spaces that provide dialogue, acceptance of demands, psychological assistance to the psychological effects of the pandemic.

Motivation was evidenced in patient care with covid-19 at a time when the nursing care team feels valued, welcomed in their demands and has the "sense of accomplishment", giving themselves fully in the recovery of their patients in a pandemic that has devastated several regions of the world, culminating in thousands of deaths due to this disease called COVID-19.

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