

# Nursing professionals' stress and anxiety in the pandemic COVID 19



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**B**razil remains in eighth position in relation to the confirmed cases of COVID-19 in this pandemic as well as in relation to deaths. Health services have been demanded with the increase in the number of cases, which significantly increases the workload of health professionals. In this regard, nursing professionals stand out as the professional category most present in health units, remaining at the forefront in prevention, promotion and recovery. Such situations can trigger stress and anxiety in dealing with the unknown pathology, in the lack of available resources in the care provided, in the extensive workload, in low pay, in unfavorable working conditions and in the face of moral dilemmas. Representative authorities are also responsible for na-

tional, regional and local levels, as well as for the class to become familiar with and propose measures that promote the physical, psychological and emotional health of the nursing professionals involved in the front line. It is important to emphasize that knowing how to listen, understand, protect, train, welcome and guarantee conditions of access to adequate food and hydration can soften and make the work environment pleasant and less hostile in the face of the pandemic. However, expressions of gratitude to the nursing and health professionals contribute to keeping them motivated and satisfied, acting on the front lines in this pandemic, ensuring quality and safety assistance for the team, patients and family members involved. It is worth remembering that

feelings of empathy and compassion help to overcome fears and anxieties involved when nursing professionals are in direct contact with the disease and mechanisms of action that are not yet fully known. Thus, nursing is not just an art, but, in addition, we are science and being protagonists in this pandemic it is real and indisputable that we have support from representative classes and choose for our Nursing, true and that fight for our class, and it is essential politicization so that we can have a voice and true representation. ■

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