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Level of psychological and general wellbeing among nurses who worked in COVID-19 wards of selected tertiary care hospital, Puducherry district

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Abstract

Background: The current Covid-19 pandemic is caused by a corona virus named SARS-CoV-2. Nurses play a crucial role in health care and are often the unseen heroes in health care facilities and emergency responses. During outbreaks of new infectious diseases such as Covid-19, uncertainty, anxiety and panic spread as the overall situation changes quickly, particularly while the disease is not yet under control.

Objectives: To assess the level of psychological and general wellbeing among nurses who worked in COVID-19 wards and to associate the level of Depression, anxiety, stress and general wellbeing of nurses with the selected demographic variables.

Methodology: Quantitative Non- Experimental cross-sectional design was used to assess the level of psychological and general wellbeing among nurses who worked in COVID wards. The study was conducted in Pondicherry Institute of Medical Sciences Hospital, Puducherry in the month of June and July 2022. 80 staff nurses were selected using convenient sampling technique. Modified Depression, Anxiety and Stress scale- 21 was used to assess the psychological wellbeing; Self structured questionnaire was used to assess the general wellbeing among nurses who worked in COVID wards.

Results: With regards to depression majority of them 39(48.8%) had mild depression. Regarding to anxiety Majority of them 38 (47.5%) had mild anxiety. Regarding to stress, majority of them 44 (55%) had mild stress and regarding to general wellbeing majority of them 64 (80%) had moderate general wellbeing. There was a significant association between level of depression, anxiety, stress and general wellbeing.

Conclusion: The study findings revealed that majority of the staff nurses had mild depression, mild anxiety, mild stress and moderate general wellbeing. Therefore, the study concluded that there is a need for intervention regarding improvement of mental health and wellbeing among staff nurses.

Keywords: COVID-19, staff nurses, COVID-19 wards, psychological wellbeing, general wellbeing

1. Introduction

The current Covid-19 pandemic is caused by a corona virus named SARS-CoV-2 [1]. Nurses play a crucial role in health care and are often the unseen heroes in health care facilities and emergency responses. They are the ones who first detect health emergencies and work on the front lines of disease prevention and the delivery of primary health care, including promotion, prevention, treatment, and rehabilitation. In many countries, nurses makeup half of all health professionals both at the frontline and managerial levels and have a vital role in how health actions are organized and applied [2]. During outbreaks of new infectious diseases such as Covid-19, uncertainty, anxiety and panic spread as the overall situation changes quickly, particularly while the disease is not yet under control [3].

At the Global level, an institution-based cross-sectional study was conducted on the psychological impact of Covid-19 outbreak on nurses working in the Northwest of Amhara Regional State Referral Hospital, Northwest Ethiopia among 302 nurses using a structured questionnaire. The result showed that the prevalence of anxiety, depression, and stress among nurses was 69.6%, 55.3% and 20.5% respectively [4].

At the National level, A cross sectional observational study was conducted on the assessment of depression, anxiety and stress experienced by health care and allied workers involved in the SARS CoV2 pandemic at All India Institute of Medical Sciences, Patna. The data was collected from 254 healthcare workers and allied healthcare workers involved in COVID 19 management using the DASS-21 scale. The result showed that the prevalence of severe depression was 8.3% and extremely severe depression among study participants was found to be 3.1%. Severe and extremely severe anxiety was found to be 9.4 and 13.8 percent. The prevalence of severe and extremely severe stress was 2.4 and 2.4 percent ^[5].

At the Regional level, A phenomenological study on nursing officers' perception towards the management of covid-19 patients among 5 nursing officers working in Covid-19 wards in Puducherry. The author revealed that lack of time, amenities and perceived work environment demands were viewed as the barrier to the nurse's work performance and almost one-third of the healthcare workers suffered from insomnia symptoms during the COVID-19 work shift ^[6].

2. Methods and Materials

2.1 Research Design: Cross-sectional design was used

2.2 Setting: This study was conducted at Covid wards, Pondicherry Institute of Medical Sciences, Puducherry.

2.3 Population: In this study the population includes the nurses who worked in COVID wards of selected tertiary care hospital, Puducherry.

2.4 Sample and Sampling Technique: In this study the sample consists of Nurses who worked in COVID wards. Convenient sampling technique was used. With standard deviation 4.5 for stress, with 1 as precision level and 95% confidence interval the sample size obtained was 80. Samples were selected based on the inclusion and exclusion criteria.

2.5 Data Collection tools and Techniques

Section I: It consists of 12 demographic variables such as Age, gender, marital status, Number of children, level of education, Year of experience, Duration of work in COVID wards, type of family, residence, Vaccination against COVID-19, doses completed and any illness.

Section II: Modified Depression, Anxiety Stress Scale (DASS) to assess psychological wellbeing among nurses who worked in COVID- 19 wards. There are 21 items to assess the depression, anxiety and stress among nurses which were measured on a 3 point likert scale such as 1- did not apply to me at all, 2- applied to me to some degree or some of the time and 3- applied to me very much or most of the time. The values of the 21 items were then totaled ranging from 7 to 21 (7 to 10- Normal, 11 to 14-Mild, 15 to 28-Moderate and 9 to 21- Severe)

Scoring for overall psychological wellbeing: It consists of 21 items comprising the overall score of DASS scale.

Minimum score is 21 and maximum score is 63. The values of the 21 items were then totaled ranging from 21- 63 (21 to 35- Good psychological wellbeing, 36 to 50- Moderate psychological wellbeing and 51 to 63- Poor psychological wellbeing)

Section III: Structures questionnaire to assess the general wellbeing among nurses who worked in COVID wards. It consists of 10 items to assess the general wellbeing. Each question has 2 options such as yes or no. The values of the 21 items were then totaled ranging from 0 to 10 (0 to 3- Poor general wellbeing, 4 to 7- Moderate general wellbeing and 8 to 10- Good general wellbeing)

2.6 Reliability and Validity of the tool

Test-retest method was used and the correlation for the test-retest method was found by using Karl Pearson correlation coefficient formula and the r value was found to be 0.96 for both the tool respectively. Content validity was obtained from five experts. Content validity index for Modified Depression, Anxiety Stress Scale was 0.96 and for structured questionnaire was 0.92 respectively.

2.7 Data Collection procedure

The study was conducted after obtaining permission from the concerned authorities. The data was collected during the month of June 2022 at Pondicherry Institute of medical Sciences, Pondicherry. The data was collected by gathering the participants in the demonstration room of each ward. 20-30 minutes were given for the samples to read and fill the questionnaire.

2.8 Ethical Consideration

The researcher had undertaken formal permission from the concerned authorities. Ethical clearance was obtained from Institute Ethics Committee (IEC No: RC/2021/63) Pondicherry Institute of Medical Sciences. All participants were explained in the language comprehensible to them, the details of the study and level of risk/ benefit associated with it. Written consent was obtained from the participants. Privacy and confidentiality were strictly maintained.

3. Results

Majority of nurses 30 (37.5%) belongs to the age group of more than 24 to 27 yrs. Majority of them 66 (82.5%) were females. Married and unmarried study participants shared equal percentage 40(50%). Majority of them 61 (76.3%) had no children. Majority of them 76 (95.0%) were graduated. Equal number of participants 31 (38.8%) had clinical experience of more than 3 months to 3 years and more than 3 years to 6 years. Majority of them 44 (55.0%) had more than five to eight months of work experience in COVID wards. Majority of them 65 (81.3%) belongs to nuclear family. Majority of them 68 (85%) resides in urban area. All of them were vaccinated against COVID. Majority of them 76 (95%) had completed II dose of COVID vaccination. Majority of them 75 (93.8%) does not have any other illness.

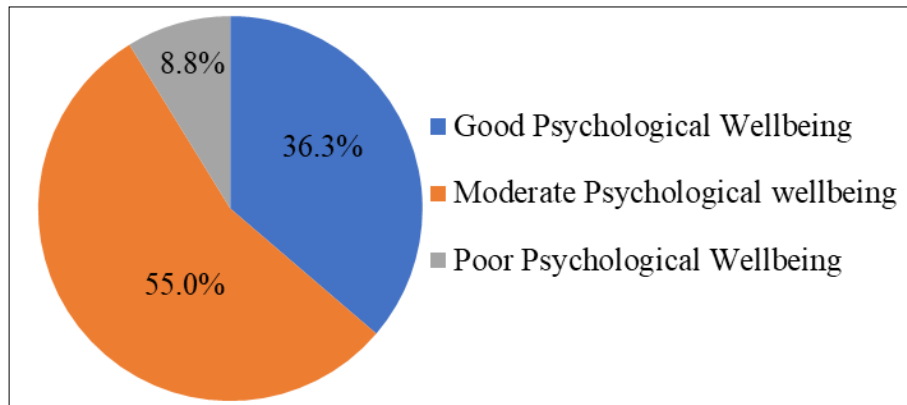


Fig 1: Distribution of level of overall Psychological wellbeing of nurses who worked in COVID wards n=80

Figure 1 shows the psychological wellbeing among nurses who worked in COVID wards. Regarding the overall psychological wellbeing 29 (36.3%) of them had good

psychological wellbeing, 44 (55.0%) of them had moderate psychological wellbeing and 7 (8.8%) of them had poor psychological wellbeing

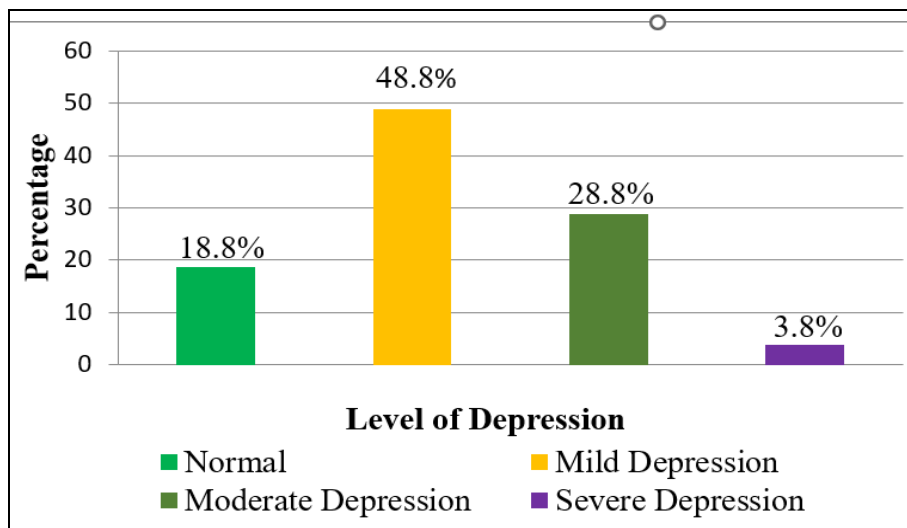


Fig 2: Distribution of level of Depression among nurses who worked in COVID wards n=80

Figure 2 shows the level of depression among nurses who worked in COVID wards. It indicates that 15(18.8%) of them were under normal category, 39(48.8%) of the nurses

had mild depression, 23 (28.8%) of them had moderate depression and 3 (3.8%) of them had severe depression.

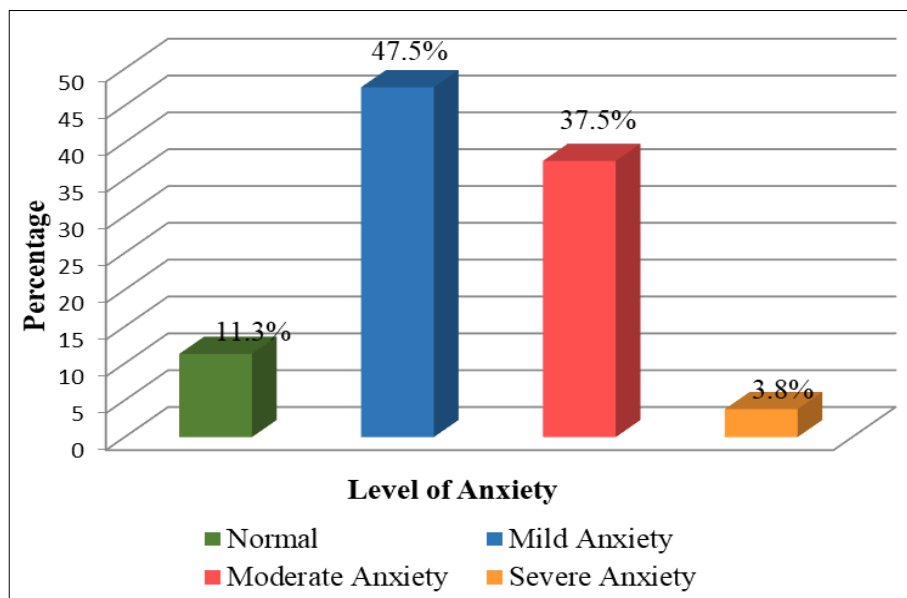


Fig 3: Distribution of level of Anxiety among nurses who worked in COVID wards n=80

Figure 3 shows the level of anxiety among nurses who worked in COVID wards. The figure indicates that 9(11.3%) of them were under normal category, 38 (47.5%)

of them had mild anxiety, 30 (37.5%) of them had moderate anxiety and 3(3.8%) of them had severe anxiety.

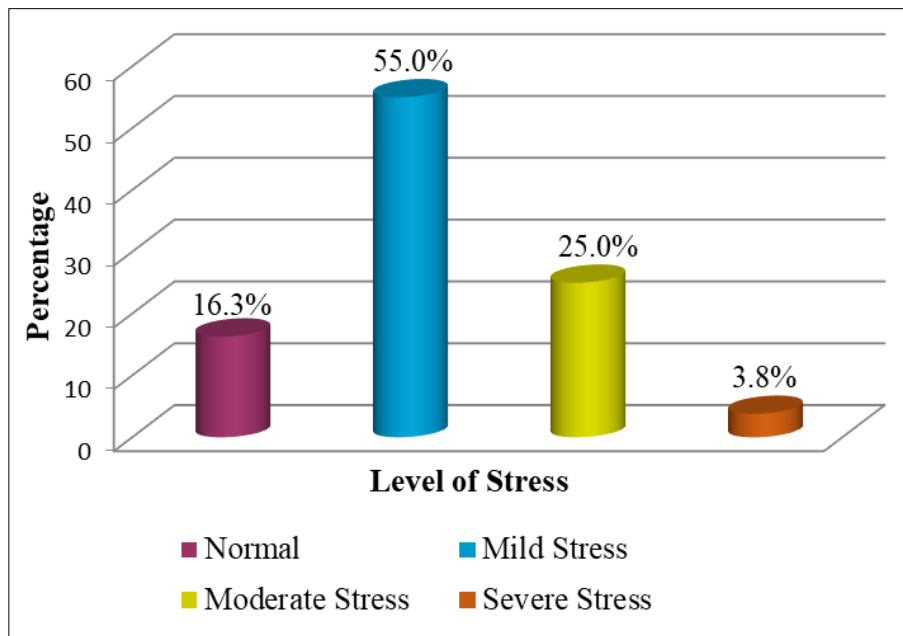


Fig 4: Distribution of level of Stress among nurses who worked in COVID wards n=80

Figure 4 shows the level of stress among nurses who worked in COVID wards. The figure indicates that 13(16.3%) of them were under normal category, 44 (55%)

of them had mild stress, 20(25%) of them had moderate stress and 3(3.8%) of them had severe stress

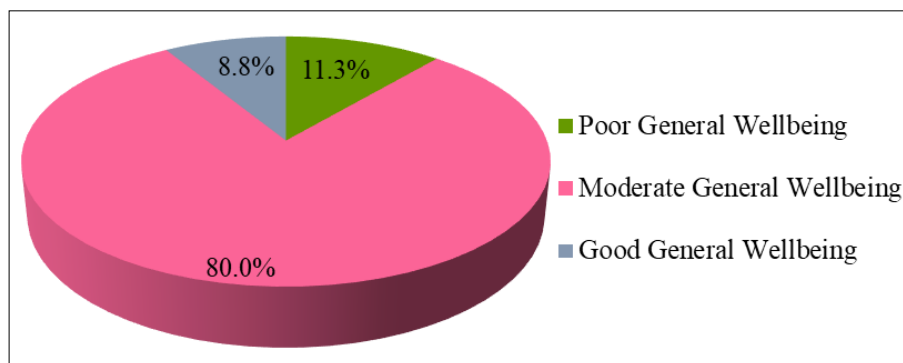


Fig 5: Distribution of level of General wellbeing among nurses who worked in COVID wards n= 80

Figure 5 shows the general wellbeing among nurses who worked in COVID wards. Regarding the overall general wellbeing 9 (11.3%) of them had poor level of general wellbeing, 64 (80%) of them had moderate level of general wellbeing and 7 (8.8%) of them had good level of general wellbeing.

There was a significant association between level of depression with clinical experience ($p=0.009$), work experience in COVID wards ($p=0.043$), type of family ($p=0.002$), residence ($p=0.004$) and any other illness ($p=0.003$). There was a significant association between level of anxiety with the demographic variables such as clinical experience ($p=0.007$) and type of family ($p=0.016$). There was a significant association between level of stress with age ($p=0.040$). There was a significant association between level of general wellbeing with education ($p=0.001$). Fisher’s exact test was used to find out the association between these variables and level of depression, anxiety, stress and general wellbeing.

4. Conclusion

The study result showed that majority of the staff nurses had moderate psychological wellbeing, mild depression, mild anxiety, mild stress and moderate general wellbeing. The study was done at the later period of COVID, so the participants comes under the category of mild depression, anxiety and stress. Therefore, the study concluded that there is a need for intervention regarding improvement of mental health and wellbeing among staff nurses.

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6. Author's Contribution

Not available

7. Conflict of Interest

Not available

8. Financial Support

Not available

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