



## Challenges met by Healthcare Professionals (Nurses) at the time of Covid-19 Pandemic

### Introduction:

The fast-growing Covid-19 pandemic has a great health problem to people in worldwide and has a major challenge for nurses and other health care professionals as well as nursing students. Here, few major challenges are listed that the health care workers (HCW) especially Nurses are faced and facing many problems in their day-to-day life.

### Major Challenges are facing by the nurses:

**Increased risk of infection among nurses:** The reports from across the world shows that the healthcare workers were affected by Covid-19 outbreak in the early period. [1] It was particularly nurses who took care of Covid-19 unit are getting infected or dying due to Covid-19 most of the hospitals and isolation centres were overloaded by Covid cases which leads to nurses are susceptible to infection. But now this situation is changed in few hospitals because of awareness of Covid outbreaks.

### Lack of awareness of Covid-19 among Healthcare

**Workers:** As this disease has spread suddenly the nurses were not aware about this type of disease will go worst. But now nurses are prepared in somewhat extent for future Covid out breaks. Now, a day's most of the hospitals also prepared with adequate ICU and emergency rooms. Few countries like Hong Kong, Taiwan, Singapore are already learned the lessons well from SARS and H1N1 out breaks. The health care workers in those countries already aware about these pandemic outbreaks. [2]

### Shortage of experienced nurses in Covid-19 unites:

In most of the hospitals the nurse's patient ratio need to be well

maintained as it highly affects the healthcare delivery system. Professional training includes the hazards of disease, and its routes, routes of transmission, personal protection, prevention and control measures will extend the knowledge and skill of nurses and nursing students, who might be brought to the pandemic to support their colleagues when there are sufficient trained nurses can have more advocate with patient and their relatives about patient care. [3]

### Shortage of personal protection equipment:

There is a shortage of PPE in most hospitals and health centers in India including face mask, gowns and respirators. Local product of face mask and other kits are reported to be of low quality which is not protective against infection. [3]

### Long working hours:

Shortage of staff pattern results in long working hours and sometimes double shift also some nurses care needs to do. [3]

### Inadequate quarantine facilities:

In earlier period of this outbreaks the nurses are quarantined between 14 – 15 days after they completed one rotation of duty. But, later as the cases increases the rules of quarantine period was reduced to 2 to 3 days which is happened particularly the Urban Centre of Delhi and Mumbai. The rules of testing the health workers also changed which leads to increased incidence of infection among nurses. [4]

### Mental Violence:

It will lead to inefficient care nurses facing mental violence can be in the form of threats, verbal abuse, hostility and possible source of violence includes patient, visitors and co-workers. [3, 5]

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### Lack of teamwork:

One of the highly sought-after tools in the field of human resource management in team work. Since there is lack of team work in Covid-19 management working as a team will get and share innovative ideas to tackle this Covid-19 pandemic.

### Importance of nursing administration:

The nursing service and administration is very important and essential in the COVID-19 care unit. In Saudi Arabia, the MOH has collaborated with the private sector and planned to sector wise and nursing administration to strengthen in all the levels. [6]

### Conclusion:

Nurses are playing important role in the battle against COVID unit. Nurses are facing challenges while working in COVID care units as mentioned like risk of infection, more working hours, lack of awareness and etc. These challenges immediately need to meet which will be improving efficient nursing care in COVID-19 pandemic. More training programs and researchers are needed to the healthcare workers (Staff Nurses) to prepare them for future pandemics.

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