



THE PSYCHOLOGICAL WELLBEING OF MEDICAL STAFF IN THE COVID-19 PANDEMIC: A SYSTEMATIC REVIEW

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Abstract

The COVID-19 is a wide infection in the whole planet, inflicting condition issues for several people. The medical workers are in addition below extended mental pressure. The study is reviewing all analyses administered on the psychological state standing of the medical worker to bring policymakers and managers' attention. Systematically we searched PubMed databases such as research calculating the psychological symptoms and signs or morbidnesses related with COVID-19 amongst symptomatic sufferers and amongst none symptomatic agencies those divided into psychological sufferers, medical employees and non-medical employees. In this study, eleven articles were found to be eligible for this review out of one hundred reviewed articles. The scores of articles quality was acceptable. Among workers of the health care sector with high infection rates, it has been reported that nurses, front line health workers and female staff developing severe psychological symptoms such as depression, stress and hysteria compared with other health care employees. Most of the studies evaluate the direct medical consequences. Therefore, there is an urgent need to improve the treatment of indirect medical consequences that effect mental health such as mental state care designing, preventing measures and improved treatments during the pandemic.

Key words: COVID-19, SARS-CoV-2, Psychiatry, Mental health disorders and Mental health.

1. Introduction

A new infection species, named SARS-CoV2, started in Wuhan, China, has a junction rectifier to rapid unfold irruption of viral respiratory infection. World health organization has announced COVID-19 is a global medical top alert of international concern (CDC,2020). By Gregorian calendar month 26th, 2020, regarding 2,800,000 confirmed cases Associate in Nursinging virtually 200,000 mortalities due to SARS-CoV-2 are recorded (WHO, 2020). The pandemic creates an accelerated need for new jobs (Holshue *et al.*, 2020). Related to skills with other air-borne viruses, the vital need for medical protection tools to decrease infection rate. As world health organization recommendation to the use of face masks and

other protective measures for a medical worker who treat corona virus-infected patients (Lin *et al.*, 2020).

2. Data extraction and study selection

Previous studies evaluating the different details of medical workers mental wellbeing because of the SARS-CoV-2 outbreak were evaluated in this study. The course quest, monitoring the appellation, and briefs were done. Recognizing all related articles, whole articles were examined to assure the aimed data. Then, the details of the collected materials were investigated.

3. Results

Patients with COVID-19

Almost a pair of articles (Bo *et al.*, 2020; Zhang *et al.*, 2020a) mentioned the psychological manifestation in corona infected

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humans. Primarily revealing that symptoms founded among 96.2 % out of 714 stable admitted patients. the reverse study clarified that the percentage of misery (29.2 %) was measured ($p = 0.016$) with the 57 patients who recently survived the pandemic in comparison to quarantined people (9.8 %), but no different in agitation level was found ($P = 0.154$).

Patients with psychological illness before and during the pandemic

One study showed that during the pandemic period, 37.5 % of the patients that having feeding diseases reported worsening of the disease symptoms. While 56.2 % reported having stress symptoms (Fernandez-Aranda *et al.*, 2020). However, the severity of symptoms was elevated in 20.9 % of patients that had previous psychiatric diseases (Zhou *et al.*, 2020).

Psychological symptoms/mental distress among medical workers

Anxiety and depression were elevated between the workers of the health care sector and administrative staff (Lu *et al.*, 2020b, Zhang *et al.*, 2020b) and people with ordinary jobs (Chen *et al.*, 2020, Mo *et al.*, 2020) when the pandemic occurred (Xu *et al.*, 2020). Furthermore, sleep disturbance was occurred in the health care sector workers compared to normal people (Xiao *et al.*, 2020a). Moreover, no difference was observed in post-traumatic stress syndrome (Sun *et al.*, 2020). Moreover, the vicarious traumatization scale scores were slightly increased ($P < 0.001$) compared to the public (Li *et al.*, 2020a).

4. Discussion

This study collected and recognized the proofs of wellbeing related issues of COVID-19 on the medical worker. Our results suggest medical workers are vulnerable to many mental and biological conditions as a consequence of the COVID-19 pandemic (WHO,2020). For those with positive corona infection, respiratory symptoms are mostly like many of covid infected patients higher rated of infection were noticed on the medical worker who had; long time medical calls, a medical worker who works

on emergency department and respiratory disease-related medical places, medical workers who do not follow protective protocols, family members related covid infected, prolonged protective measure using caused skin problems, nasal area as the most common site. Battling COVID-19 medical worker in risk of mental problems manifested as increase levels of misery, distress, agitation, anger, phobia, panic attacks, sleep disturbance, and PTSD within the medical worker (Liu *et al.*, 2020) Gender and job titled related variation where notice as women and nurse having a higher level of stress and mental issues mostly because of close contact with the covid patients as their job required further study on long impact needed.

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