

TMSS Medical College Journal (TMCJ)

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Original Article

Stress among the Nurses working in COVID-19 isolated wards of a tertiary level Hospital, Bogura, Bangladesh

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Abstract

Background: During the COVID-19 pandemic there is a huge possibility to affect significantly the mental or psychological health with physical health of the healthcare workers especially the nurses who stand in the frontline. The aim of this was to synthesize and analyze existing evidence on the prevalence of the level of stress and coping strategies among the nurses working in COVID-19 isolated wards during the outbreak of Corona Virus in Bangladesh. **Materials and Methods:** A community based cross-sectional type of descriptive study has been conducted to assess the level of psychological distress among the nurses who are working in COVID-19 wards at TMSS Medical College and Rafatullah Community Hospital (TMC & RCH), Bogura, a tertiary level hospital in Bangladesh. The study was carried out from August 2020 to October 2020. The total number of respondents was 125 among the total 300 nurses working in these hospitals. A total number of 50 nurses who met the inclusion criteria were recruited into this study in order to overcome the non-responding subjects. The instrument developed by the researcher was divided into 2 sections including (i) Demographic Questionnaire (ii) Questionnaire on stress among the nurses working in COVID-19 wards. **Results:** Among the 125 respondents 87.2 % were between 20-25 years old and majority (77.6%) of them was female and (68.0%) were unmarried. Most (96.8%) of the respondents have Diploma in Nursing Science and Midwifery, and only 4 (3.2%) have B.Sc. in Nursing. The study found that almost all (99.2%) of the nurses feeling stress in working the COVID-19 isolated wards for various reasons that causes several symptoms among the nurses like- Sleep disturbance (36.3%), Tension (40.6%), Irritable (4.3%), less appetite (15.5%) and others (3.2%) beside their physical health problem (84% of the respondents). A set of factors were examined to find the main reasons. They (89.6% among the respondents) feel worried about their family becoming infected by COVID-19. Most of the respondents (97.6%) address the statement that they are experienced with stressful events frequently because of inadequate staff at their workplace especially in COVID-19 wards. The study also found some coping strategies that are already practiced by the nurse's like- social distancing, team work, family support etc. Through this study a descriptive data has come out which may be useful for the analysis. Besides, this study will also provide descriptive data which may be useful for the nurses to make them aware of adopting healthy lifestyles and can manage and prevent complications. **Conclusions:** Finally, the study suggests that there is need to be established a careful monitoring program during the pandemic situation in all the workplaces and hospitals including TMSS Medical College and Rafatullah Community Hospital to provide mental and psychological support to the nurses working in the COVID-19 isolated wards.

Keywords: Nurses, Stress, COVID-19, TMC & RCH.

Introduction

People all over the world irrespective of from a developed, developing or under-developed country, currently are facing a terrible crisis because of a deadly viral disease named COVID-19. Bangladesh is also

not an exception. It started at the end of 2019 and first appeared in China, particularly in Wuhan City in Hubei province.¹ Due to the global spread, COVID-19 was declared as a pandemic in March-2020. WHO has

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