



**THE LEVEL OF ANXIETY AND BURNOUT AMONG STAFF NURSES
WHO WERE WORKING IN COVID-19 CARE SETTING HOSPITALS OF
GUJARAT**

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ABSTRACT

This study aimed to assess the mental well-being among nurses who are working in Covid-19 care setting hospitals of Gujarat. The design used in this study is cross sectional research design. The study was conducted for the staff nurses who were working in Covid-19 care setting hospitals of Gujarat in, India. 635 sample size was selected. In this study Snowball Sampling Technique was used. Here conducted a web-based questionnaire survey for anxiety and burnout due to working in Covid-19 care hospitals of Gujarat. Participants received link to participate in the study via social media platform. Researcher obtained informed consent from participants before participation. Only by reading the consent and accepting to participate, participants could proceed to answer the questionnaire. We included all individuals age from 18 to above 35 year or older, working in any health care facility and currently living in Gujarat. A total of 635 responses from registered staff nurses who were worked in covid-19 care setting hospitals. We collected 635 responses from staff nurses during the study period. This Present study shows that 60.9% staff nurses who are working in Covid-19 care setting have no anxiety or we can say that they can cope up with the anxiety which is produced due to working in

hospitals of Covid-19 care settings of Gujarat. In contrast, 39.1% staff nurses have anxiety due to working in Covid-19 care setting hospitals needs counseling. and 48.2% staff nurses who are working in Covid- 19 care setting have no sign of burnout or we can say that they can cope up with the situation which is produced due to working in hospitals of Covid-19 care settings of Gujarat. In contrast, 22.8% risk of burnout and 2.0%, 4.9% staff nurses have sever risk of burnout and very sever risk of burnout respectively due to working in Covid-19 care setting hospitals. The results show that less number of staff nurses have anxiety dueto working in covid-19 care setting hospitals and they can manage work in the covid- 19 care hospital. This result may play important role to measure the level of anxiety and burnout in prioritize the intervention. In this survey staff nurses have positive responses towards covid- 19 they can fight against this pandemic.

Keywords: anxiety, burnout, staff nurse, Covid-19, hospitals

INTRODUCTION

The coronavirus disease 2019 (COVID-19) pandemic has caused major sanitary crisis all over the world. Half of the world has been placed in quarantine. In INDIA, this large- scale health crisis urgently triggered the restructuring and reorganization of health service delivery to support emergency services, medical intensive care units and continuing care units. Health professionals had used all their resources to provide emergency service in a general climate of uncertainty. Concerns about the mental health, psychological adjustment, and recovery of health care workers treating and caring for patients with COVID-19 are now arising [1].

The 2019 coronavirus epidemic affected not only physical health but also individuals' psychological health and resilience. In a highly interconnected and globalized world, the impacts of the pandemic on a social and economic level have become evident since the out break [2]. The pandemic could have

severe effects on the mental health of the general population and specially of staff nurses working in covid- 19 hospitals. They are in high risk of exposure. Experts point out that both people who already suffered from psychiatric problems, and others who have never experienced symptoms, could be at risk [3].

COVID-19 is transmitted primarily by respiratory droplets and close contact, and health care workers are at high risk of exposure [11]. Several studies have also reported that medical staff also experience depression and anxiety because of the COVID-19 outbreak [4]. Because of increasing patient volumes, medical professionals who are not specialized in infectious disease gathered to support the FL and may experience even greater pressure when facing infected patients [5]. Burnout is considered as a serious problem among medical professionals. Currently, no studies have compared the burnout frequency of

non-infectious disease specialist health care workers at the front line (FL) of the outbreak vs. their colleagues practicing in their usual wards (UWs) [6-9] We describe results from the EMPOWER study (Employee Well-Being during Epidemic Response), which measures mental health and well-being among staff nurses, including those with clinical exposure to patients with coronavirus disease (COVID-19).

The goals of the study is to measure the prevalence of anxiety, depression, work exhaustion, burnout, and decreased mental well-being among staff at selected hospitals by online survey through asking questions during the SARS-CoV-2 pandemic and to identify other modifiable workplace and personal risk factors associated with mental health and well-being. A similar thought exists about the effect of COVID-19 epidemic, some studies were carried out in the past three months to assess the psychological impact of this disease on staff nurses. But there is a lack of systemic appraisal and critique on the existing studies [7-13]. The present study is aimed to assess the level of anxiety and burnout among staff nurses who are working in covid-19 care setting hospitals of Gujarat and find out the association with their selected demographic variable.

METHODOLOGY

In this study, the samples selected for the data collection were those fulfilled the

criteria laid down for the selection of the samples were available during the period of data collection through online platform.

They were selected by Exponential Non-Probability sampling technique. Inclusion criteria are nurses who were completed their professional course like A.N.M, G.N.M, B.Sc. Nursing, M.Sc. Nursing and working in Covid-19 care setting hospitals of Gujarat between the age from 18 to 35 years. Exclusion criteria is staff nurses who are not directly exposed to Covid-19 care hospitals and who are not intentionally to do. The data collection tools included using demographic information questionnaire, Corona Anxiety Scale and Burnout Scale. The demographic information questionnaire included information about age, education qualification, type of family, gender, marital status, job role, work experience, working over time during covid-19, working sector. This data are related to staff nurses working in covid-19 care setting selected hospitals in Gujarat. Corona virus anxiety scale (CAS) will be used to assess the anxiety level of staff nurses who are working in covid-19 care setting. Each item of the CAS is rated on a 5-point scale, from 0 (not at all) to 4 (nearly every day), based on experiences over the past two weeks. This scaling format is consistent with DSM- 5's cross-cutting symptom measure. A CAS total score ≥ 9 indicates probable dysfunctional corona virus-related anxiety. Elevated scores on a

particular item or a high total scale score (≥ 9) may indicate problematic for the individual that might warrant further assessment and/or treatment. Clinical judgment should guide the interpretation of the CAS results.

The Burnout scale was used to assess the level of burnout among nurses due to their job in Covid-19 care setting hospitals. The researcher prepared a tool which consists of 15 questions. Each question has five options like not at all, rarely, sometimes, often, very often. Staff nurses have to select the answer any one of them. Answer should be based on what they think. The maximum score of tool is 75.

Data analysis performed using frequency and percentage distribution to describe the socio-demographic data. Mean, mean percentage and standard deviation were used to describe the level of anxiety and burnout among staff nurses who were working in Covid-19 care setting hospitals of Gujarat. Chi-square was used to find out the association between level of anxiety and burnout with selected demographic variables, Paired t-test was used to assess the level of anxiety and burnout among staff nurses due to working in Covid-19 care setting hospitals of Gujarat.

RESULTS

Frequency and Percentage Distribution of Staff Nurses Based on Their Demographic Variables

Result shows that among the participants 513(80.8%) were in age group of 18- 24 years, 90(14.2%) were in age group of 25-30 years and 32 (5 %) were in age group of 31-35 years. Among participants 5(0.8%) are A.N.M nurses, 64(10.1%) are G.N.M nurses, 528(83.1%) are B.Sc. or Pbbsc nurses and 38(6%) are M.Sc. nurses. Among the participants 296(46.6%) are from joint family and 339(53.4%) are from nuclear family. Among participants 151(23.8%) are male nurses who are working in Covid-19 care setting and 484 (76.2%) are female nurses. Among the participants 597(94.0%) were single, 38(6 %) were married. Among the participants 510(80.3%) are ward nurses working in the Covid-19 care setting, 106(16.7%) are ICU nurses and 19(3 %) are OT nurses. Among participants 590(92.9%) have 0-3 years' experience as a staff nurse, 29(4.6%) having 3-6 years of job experience and 8(1.3%) having 6-9 years and 8(1.3%) more than 9 years by profession respectively. Among participants 538(84.1%) are working overtime during covid-19 and 97(15.9%) are working in government sector. Among participants 143(22.5%) are working in government sector and 492(77.5%) working in private sector as a staff nurse.

This Present study shows that 60.9% staff nurses who are working in Covid-19 care setting have no anxiety or we can say that they can cope up with the anxiety which is

produced due to working in hospitals of Covid-19 care settings of Gujarat. In contrast, 39.1% staff nurses have anxiety due to working in Covid-19 care setting hospitals.

Table 1: Frequencies and Percentage Distribution of Staff Nurses According To Their Level of anxiety Due To Working In Covid-19 Care Setting

ANXIETY LEVEL	SCORE	FREQUENCY	PERCENTAGE
No Anxiety	>=9	387	60.9%
High Anxiety	More than 9	248	39.1%

Table 2: Frequency and Percentage Distribution of Staff Nurses According to Their Level of Burnout Due To Working In Covid-19 Care Setting

LEARNING NEEDS	SCORE	FREQUENCY	PERCENTAGE
No sign of burnout	15-18	306	48.2%
Little sign of burnout	19-32	145	22.8%
Risk of burnout	33-49	140	22.0%
Sever risk of burnout	50-59	31	4.9%
Very sever risk of burnout	60-75	13	2.0%
Total		635	100%

This Present study shows that 48.2% staff nurses who are working in Covid-19 care setting have no sign of burnout or we can say that they can cope up with the situation which is produced due to working in hospitals of Covid-19 care settings of Gujarat. In contrast, 22.8% risk of burnout and 2.0%, 4.9% staff nurses have sever risk of burnout and very sever risk of burnout respectively dueto working in Covid-19 care setting hospitals.

Association Of Anxiety Among Staff Nurses Due To Covid-19 With Selected Demographic Variables Due To Working In Covid-19 Care Setting Hospitals Of Gujarat.: Result depict that there was significant association between level of anxiety among staff nurses who were working in covid-19 care setting hospitals with their selected socio-demographic variables, hence research hypothesis H01 is

accepted. In staff nurses who were working in covid-19 care setting hospitals among the demographic variables age, education qualification, marital status, job role, work experience and working sector come significant.

Association Of Burnout Among Staff Nurses With Selected Demographic Variables Due To working In Covid-19 Care Setting Hospitals Of Gujarat: The above table depict that there was significant association between level of burnout among staff nurses who were working in covid-19 care setting hospitals with their selected socio-demographic variables, hence research hypothesis H02 is accepted. In staff nurses who were working in covid-19 care setting hospitals among the demographic variables age, education qualification, Type of family, marital status, job role, work experience and working

sector come significant

DISCUSSION

The statement of the problem was “Mental well-being among the staff nurses working in covid-19 care setting of selected hospitals of Gujarat: survey response.” In this study, it highlights that 60.9 %(387) staff nurses who were working in Covid -19 care setting hospitals had no anxiety or we can say that they can cope up with the anxiety due to working in covid-19 care setting hospitals of Gujarat. It also highlights that 248(39.1%) staff nurses had high anxiety who were working in covid-19 care setting hospitals of Gujarat. In this study, it highlights that 48.2% staff nurses who are working in Covid-19 care setting have no sign of burnout or we can say that they can cope up with the situation which is produced due to working in hospitals of Covid-19 care settings of Gujarat. In contrast, 22.8% risk of burnout and 2.0%, 4.9% staff nurses have sever risk of burnout and very sever risk of burnout respectively due to working in Covid- 19 care setting hospitals. The finding of the study revealed that majority of staff nurses 80.8% (n=513) were belongs to 18 - 24 years of age. The finding of the study revealed that Among staff nurses, about 83.1% (n=528) were BSc and pbbsc nurses. The finding of the study revealed that Among staff nurses 53.4%(n=339) were from nuclear family. The finding of the study revealed that Among staff nurses

76.2%(n=484) were female nurses. The finding of the study revealed that Among staff nurses 94.0%(n=597) were unmarried. The finding of the study revealed that Among staff nurses 80.3%(n=510) worked in ward during corona pandemic. The finding of the study revealed that Among staff nurses 90.9%(n=590) had 0-3 years of work experience as a staff nurse. The finding of the study revealed that Among staff nurses 77.5%(n=492) worked in private sector.

CONCLUSION

The study was conducted to assess the level of anxiety and burnout among staff nurses who were working in Covid-19 care setting hospitals of Gujarat. The result may play important role to assess the level of anxiety and burnout among staff nurses. This result may help the hospitals how to deals with the staff nurses in this kind of pandemic situation.

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