

INCREASED PREVALENCE OF POST-TRAUMATIC STRESS SYNDROME AMONG HEALTHCARE WORKERS DURING THE CORONAVIRUS EPIDEMIC

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OBJECTIVES

The coronavirus pandemic has placed a huge physical and psychological burden on health workers. Prolonged exposure to stress has been shown to increase the risk of developing post-traumatic stress disorder (PTSD). Our study aims to objectify the negative psychological and physical effects suffered, their extent and severity, among nurses working in Covid-19 wards.

METHODS

A descriptive, quantitative, cross-sectional study was conducted between June 2022 and August 2022 at the University of Pécs Clinical Centre - Regional Coronavirus Care Centre. Non-random, purposive expert sampling was used to select nurses who had been involved in covid care for at least 6 months. We excluded professionals involved in covid care for less than 6 months. Data were collected online using two standard questionnaires, the Impact of Event Scale - Revised and the Expanded Nursing Stress Scale, and sociodemographic data were collected on gender, age, weight, BMI, job title, years of education, years of work, type of residence, marital status, number of children, underlying medical conditions, smoking, alcohol consumption. Data were processed in SPSSv2.5, descriptive statistics, correlation, χ^2 test, ANOVA and t-test were calculated ($p < 0.05$).

RESULTS

On the "IES-R" scale, at least 10% of the respondents were classified as severely exposed to PTSD ($p < 0.05$). Nurses over 40 years of age had higher mean scores on the "ENSS" scale than those under 40 years of age ($p < 0.05$). We measured significantly higher scores on the "ENSS" scale in the category "death and dying" ($p < 0.05$).

CONCLUSIONS

We consider it important to detect the negative effects of stress early to intervene at the appropriate level in vulnerable groups, either by involving a psychologist or by teaching emotional coping. APNs can and should play a prominent role in preventing and assessing the onset of PTSD and then providing support.

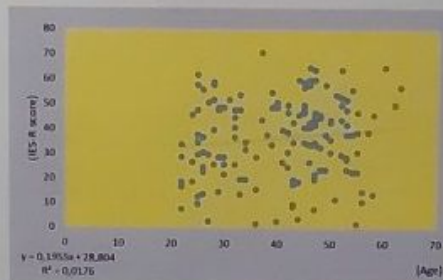


Figure 1.
Relation between scores of IES-R score and age (N=154)



Figure 2.
Relation between scores of IES-R score and night shift one month (N=154)

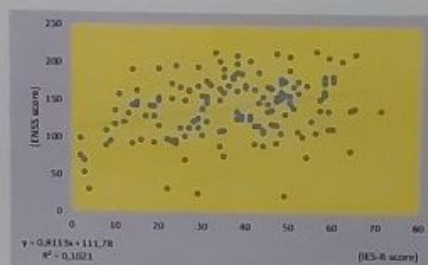


Figure 3.
Relation between scores of IES-R score and ENSS score (N=154)

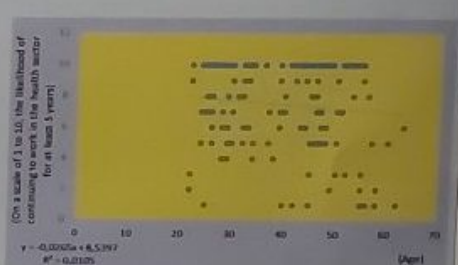


Figure 4.
Relation between age and staying in a health career (N=154)

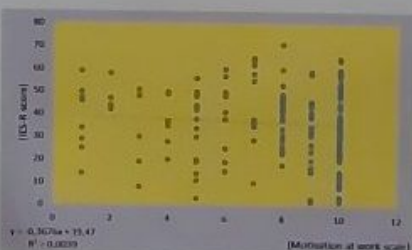


Figure 5.
Relation between scores of IES-R score and Motivation at work scale (N=154)

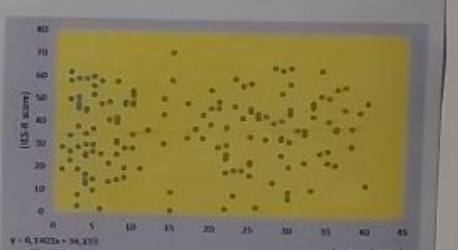


Figure 6.
Relation between scores of IES-R score and years of works (N=154)

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