



10.3966/199457952021091505012

Causes of and Solutions to Pressure Sustained by Nursing Staff in a Negative-Pressure Isolation Ward for Caring COVID-19 Patients

Pei-Ju Chang^{1,2*}, Juan Wu³, Miao-Wen Li³

¹Negative Pressure Isolation Ward, Changhua Hospital, Ministry of Health and Welfare, ²Institute of Nursing, Hongguang University of Science and Technology, ³Nursing Department, Changhua Hospital, Ministry of Health and Welfare

Abstract

The emergence of COVID-19, an uncontained, highly infectious disease that resulted in a global pandemic, has increased psychological pressure on nursing staff caring for patients with COVID-19. This study collected relevant information from unit caregivers through observations, care processes and conversations from January 23 to June 23, 2020 to analyze the causes of stress and propose solutions to reduce such stress. The analysis results indicated that the following factors induced stress: fear of the unknown and the variability of disease, concern about insufficient experience of protection, concern about a long exposure time leading to an increased risk of infection, unease about possible transmission to family members, a sense of helplessness that cannot be immediately supported when patients are unwell, and stigmatization. These stressors can be mitigated through the adoption of the following protocols: provision and discussion of disease updates, organization of infection control education and training, centralized care, provision of complete protective equipment and measures, implementation of an activation support mechanism, and provision of correct information to relevant personnel. Through sharing this information, we can appreciate the pressures faced by nursing staff and provide response measures that can be used as a reference for clinical nursing practices.

Keywords: negative pressure isolation ward, nursing staff, COVID-19, pressure, response

負壓隔離病房護理人員照護COVID-19病人之壓力探討與因應措施

張佩茹^{1,2*}、吳娟³、李妙紋³

¹衛生福利部彰化醫院負壓隔離病房、²弘光科技大學護理研究所、³衛生福利部彰化醫院護理科

通訊作者：張佩茹

電子信箱：amada7725@gmail.com

所屬單位：衛生福利部彰化醫院

聯絡地址：彰化縣埔心鄉舊館村中正路二段80號

摘要

COVID-19是新興傳染病，其高傳染力所出現的失控反應，造成全球大流行，加重了護理人員照護COVID-19病人的心理壓力。本專案透過觀察、實際照護及會談收集相關資料，期間為2020年1月23日至6月23日止，對象為單位之護理人員，分析其壓力：1.害怕疾病的未知及多變性。2.擔心自身防護經驗不足。3.擔心接觸時間長致增加感染風險。4.擔心傳染給家人。5.在照護遇到困難時，無法立即支援之無助感。6.被汙名化。針對上述原因進行改善措施：1.提供與討論疾病最新訊息。2.舉辦感染管制教育訓練。3.採集中式護理。4.提供完善之防護裝備及措施。5.啟動支援機制。6.對相關人員提供正確資訊。透過此分享，了解護理人員所面臨之壓力及因應措施，可作為臨床護理實務之參考。

關鍵詞：負壓隔離病房、護理人員、COVID-19、壓力、因應