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

Pei-Ju Chang¹,²*, 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

摘要


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