

Covid-19 and the role of nursing in Maintenance of Mental Health

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Abstract— This research presents itself as a bibliographic review about Covid-19 and the role of nursing in maintaining mental health. Aiming to analyse the mode of nursing assistance for maintaining the mental health of individuals in the midst of a global pandemic, emphasizing what the United Nations Organization (UNO) determines in its guiding guide for mental health care of several groups, since in the midst of the pandemic situation we are in, it is of paramount importance to prevent mental health problems, including anxiety and depression.

Keywords— Covid-19, Nursing, Mental health.

I. INTRODUCTION

According to the Ministry of Health (2020), COVID-19 is caused by the new coronavirus and is an asymptomatic and / or symptomatic infectious disease with respiratory infections. It can vary from a simple cold to a picture of severe acute respiratory syndrome.

Currently, in all areas, comments are made about the new Coronavirus, its symptoms, transmission mechanisms, possible diagnoses, tests and prevention. It would not be premature to say that we are experiencing a situation of public health calamity worldwide, since the disease has spread in gigantic proportions, changing everyone's habits and customs as mechanisms to prevent the physical and psychological health of individuals (BBC News, 2020).

However, in the midst of this pandemic it is of paramount importance to highlight mental health, since, in the midst of all this change in habits, routines, social isolation and especially, the feelings of panic, fear and concern that plague the world population, taking care of mental health is crucial for humanity to overcome this very complex phase in which it is living (UN News, 2020).

It is worth mentioning that an epidemic of this magnitude has as a consequence psychosocial disturbances that can overcome the affected population's ability to cope. Therefore, it is to be expected that the entire population will suffer anguish and tension. Thus, it is necessary to have a co-responsible construction between the individuals included in this process, that is, management, health authorities and the population (Silva et al., 2020).

In addition, strategies to experience this situation in the most flexible and healthy way possible should be established so that people can have a routine, a moment of self-knowledge and reflection, pauses when watching news that can cause insecurity, anguish and discomfort, the practice of work, relaxation and leisure activities, and the search for strengthening bonds with people that provide greater collective well-being, even if at a distance (Silva et al., 2020).

In this regard, it is worth mentioning that the most diverse sectors of society are working hard to overcome this pandemic with the least possible consequences.

Among these very important segments, health professionals, who are tirelessly working so that all those in need are served in the best possible way. These professionals constitute a risk group for Covid-19 due to the fact that they are vulnerable when they need to be exposed directly to infected patients, thus receiving a high viral load (millions of virus particles). In addition, they are subjected to exuberant stress when attending to these patients, many of whom are in a serious situation, in working conditions, sometimes inadequate (Teixeira et al., 2020).

Experiencing this totally unusual experience, in a totally atypical world, where there is no definition of status or specifications, it is worth highlighting the role of nursing professionals, as the most important in health care, since they do all care management, from people, materials, that is, they promote care in full for the people in need, taking care of these individuals in their physical, mental and social aspects. In this period in which we live in profound insecurities and uncertainties in all aspects of life, these professionals war against an invisible agent that threatens human life and holds everyone hostage. However, these professionals remain steadfast in the daily struggle for life. (Polakiewicz, 2020).

In addition, preliminary studies have shown the need to increase the number of mental and social health caregivers in order to meet the needs of community members, especially those who have greater risk factors with the possibility of developing some mental disorder. Such evidence suggests how important counseling and psychotherapy are, and in this period of necessary distance, specifically in the online service modality. (Duarte et al, 2020).

Based on these reflections, this research aims to analyze the systematization of nursing care to maintain the mental health of individuals in the midst of the COVID-19 pandemic.

II. METHOD

This is a study of bibliographic review with a qualitative approach, which for Volpato (2000), bibliographic

research "is the search and collection of theoretical information on a given subject". Already Marconi and Lakatos (1996), clarify that, the qualitative approach is a research that has as premise, to analyze and interpret deeper aspects, describing the complexity of human behavior and still providing more detailed analyzes about the investigations, attitudes and trends of behavior.

This investigation was based on works by experts in the area covered and articles made available on reference sites for academic articles, such as; Virtual Health Library (VHL); Scientific Electronic Library Online (SCIELO), since, this is a virtual electronic library that covers a selected collection of Brazilian scientific journals, the bulletin of the BOCA magazine, which is an initiative of the Federal University of Roraima, where it has the purpose of publish essays, review articles, theoretical and empirical articles, reviews and videos related to public policy issues, the UN website, which made available in its collection a "booklet" so that groups of different professionals could obtain a base to work on the issue of mental health with your audience, among others.

Inclusion criteria were: complete articles, in Portuguese and English indexed in the last 5 years, based on the descriptors "mental health" and "covid-19". And as a form of exclusion were articles with different themes to the covid-19 and maintenance of mental health.

III. RESULTS AND DISCUSSION

As the Covid-19 pandemic is something recent, it became necessary to delimit the authors and articles that corroborate it according to the subject of this research. The boundaries will be presented through the following topics.

According to the data collected during the analysis of the theoretical framework, two main topics emerged: COVID-19 and the implications for mental health; Nursing in the struggle to advance psychosocial problems in the midst of a pandemic. However, there are publications of scientific studies that corroborate with the present theme, and these characteristics can be observed, in which the predominance are studies in Portuguese and English, such as Bibliographic reviews in original articles and indexed in the SCIELO, BIREME, MEDLINE, BVS databases , between the years 2015 to 2020.

The analysis of the literature found made it possible to elaborate two categories based on relevant points, namely: Category 1- COVID-19 and the implications for mental health; Category 2 - Nursing in the struggle to advance psychosocial problems in the midst of a pandemic.

84 complete articles were found in Portuguese and

English, from a previous reading, only 21 remained according to the criteria previously established according to the theme.

3.1 Covid-19 and the implications for mental health

In December 2019, an entirely new virus called Coronaviridae appeared in the city of Wuhan in China, where it would later shake several nations, as well as the daily lives of everyone on a global scale. Since its discovery, many scientists from the most diverse countries have been in a single struggle, trying to find measures that can be used directly for the treatment of COVID-19.

In April, COVID-19 reached a major global impact in its spread, the disease was considered to be the most alarming viral respiratory syndrome since H1N1 influenza in 1918 (Ferguson et al., 2020). It is estimated that in the Spanish flu pandemic, "as the H1N1 pandemic became known", around 20 to 50 million people died worldwide at that time.

The symptoms of COVID-19, resemble those of a common flu, however, the respiratory crisis is the predominant symptom in this disease and, therein lies the danger, because due to the respiratory crisis the individual can reach death very quickly .

In January 2020, the World Health Organization (WHO) determined an international public health emergency, due to the alarming spread of COVID-19 an outbreak of this new disease was caused. Because of this, many protective measures have been taken, among which is social isolation. Fear of the unknown and the progress of the disease is present in a large part of the population, thus causing several psychosocial problems, among which the high level of stress and anxiety stood out.

Thus, the mental health of individuals around the world is also being discussed by the UN Health Agency's Department of Mental Health and Substance Use, where it has developed recommendations for the protection of mental health in the midst of the Coronavirus pandemic. About this:

"The sudden and almost constant flow of news about an outbreak can make anyone worried. Work with facts; not with rumors and misinformation". (World Health Organization, 2020)

The website and platforms of local health authorities can help to separate facts and speculations.

Call neighbors or community members who may need extra assistance.

Working justly as a community can help create solidarity in the approach to COVID-19. (UN, 2020)

In Brazil, the Ministry of Health, through the Fiocruz Foundation, made material available for managers to face psychosocial problems in the midst of a pandemic. Considering the phases of the epidemic, strategies were created organized in “before”, “during” and “after” the epidemic to help understand the demands and strategies for intervention. Based on the premises that:

An epidemic, such as COVID-19, implies a psychosocial disorder that can overcome the affected population's ability to cope. It can even be considered that the total population of the country suffers a psychosocial impact at different levels of intensity and severity. Although most psychosocial problems are considered normal reactions and symptoms for an abnormal situation, an increase in the incidence of psychological disorders (between one third and half of the population) is estimated according to the magnitude of the event, the degree of vulnerability psychosocial, time and quality of psychosocial actions in the first phase of the response to the epidemic. (BRAZIL, 2020)

It is worth mentioning that the material to aid mental health in the midst of the pandemic made available by the UN for the most diverse groups, as well as the chart made by the Fiocruz Foundation are on their respective websites.

3.2 Nursing in the struggle to advance psychosocial problems in the midst of a pandemic.

It is of utmost importance to emphasize that the nursing professional has a fundamental role in the prevention, recovery, promotion, and rehabilitation of health, based on ethical and legal precepts. That way, The guiding principle of Nursing is the responsibility to show solidarity with people, groups, families and communities, aiming at mutual cooperation between individuals in the conservation and maintenance of health. (MIRANDA, 1999)

Based on this assumption, it is relevant to highlight that, the paths already taken to achieve this principle of Nursing were and continue to be traced, over boulders, since, a lot of effort is required to live with the unfinished, with the ambiguities, with the differences, with the uncertainties and mainly with the multifinality. We have seen this more and more through the attitudes taken by nursing professionals in the midst of the COVID-19 pandemic. About this,

Health professionals working on the front lines, such as nurses and doctors, will be those who will predominantly listen to complaints and offer psychological support to people who seek health services or who are hospitalized

In this way, these professionals are exercising a

multipurpose. In the midst of so much struggle to combat this epidemic, nursing, in addition to worrying about the physical health of patients and other individuals who need assistance, has gradually contributed to the mental health of all those in need. Because,

Assistance work with individuals cannot be a one-way action, in which they only receive ready instructions on how they should act to solve or alleviate their problems. Nursing discovers that the individual is not a passive recipient of professional care, but an agent, subject to his own process of living. (MACEDO and MONTEIRO, 2004)

Thus, in the midst of so many difficulties that we are facing due to the pandemic, the emotional shock was more than obvious, thus causing psychosocial problems, such as anxiety and depression. However, nurses are standing out in the midst of this fight, because in this difficult period these professionals represent the possibility of expanding our humanity and our own world with their examples of appeal to humanism.

IV. CONCLUSION

When reevaluating the practice of Nursing in the midst of the pandemic of COVID-19, it should be carried out within a reflective, creative and mainly humanistic perspective, as it is the central category of this profession in the midst of conflicts that we are taking care of, encompassing dynamism, mutability and innovation as a process.

Thus, during the disease process, the multifunctional nurse became necessary, since they corroborate significantly for the maintenance of health, both physical and mental, as they have drastically changed the perception of the patient to be human and citizen. It is worth mentioning that these attitudes are relevant ways of helping to preserve mental health, as it prevents and assists the risks of individuals develop anxiety attacks, due to the fear and insecurity that surround us due to this pandemic.

Thus, with positive attitudes of many nurses through humanization in times of perplexity and anguish during the act of acting in the health-disease process, it will be possible to transform at this moment of growing conflicts. This is undoubtedly one of the great challenges that these professionals are subject to, however, this is undoubtedly nursing.

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