



The Study of Challenges Faced by Nurses During Covid-19 in Lucknow City (State Capital of Uttar Pradesh).

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Abstract-Covid-19 pandemic has jolted many countries including India. It has created the worst situation for whole country. Not only the healthcare practitioner but also the common man and the country's economy is facing lot of challenges to overcome this situation.

This study mainly deals with the challenges faced by nurses of Lucknow. This study aimed to determine the challenges faced by nurses and also what measures were taken to overcome those challenges. The study is based on secondary data. Through this study have concluded that there was three common challenges faced by nurses.

Keywords:- Covid-19, corona virus, nurses challenges, Lucknow preparedness to overcome corona virus.

INTRODUCTION

We are in the clutches of a global disaster, the corona virus disease 2019 (COVID-19) pandemic, which has posed a major challenge to the health-care systems across the world. We are at war with an invisible enemy that has endangered the health and life of people beyond imagination and has brought a lot of fear, stress, and uncertainty. These unforeseen circumstances have made nurses think, introspect, and make prompt decisions as health-care professionals. As nurses, are committed to serve the society, and the biggest challenge they face today is to cure and care for the people affected with COVID-19.

Corona virus disease (COVID-19) is an infectious disease caused by a newly discovered corona virus.

Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment.

Situation in Lucknow

In Lucknow alone, about 150 medical staff members have been infected since the pandemic started. About 100 such instances were reported at King George's Medical University (KGMU), the first hospital to start a Covid-19 facility for patients in Uttar Pradesh. Four faculty members,

25 resident doctors, nurses and other staff were among the 100 who got infected. (UPDATED ON AUG 21, 2020)

The news comes at a time when the second wave of the corona virus is rearing its ugly head again in India. Maharashtra is leading the pan-India numbers with over 31,000 cases detected on Wednesday. Delhi also recorded more than 1,000 cases for the second day in a row

Current situation in lucknow

Lucknow- For the first time this year, the number of Covid-19 cases in a single day crossed 200mark in the city on Tuesday, with 232 people testing positive in the last 24hrs.

It was also the biggest single day spike in 90days after Dec 23 when 252 cases were recorded in 24hrs.

The gravity of the situation could be gauged from the fact that one third (36%) of the total cases in the state reported on Tuesday from Lucknow.

More private hospitals resuming Covid treatment in Lucknow

- Private hospitals are resuming the treatment of covid patients in the state capital in line with government directives due to a rise in corona virus infection cases.
- The Era Medical College became the latest to join the list on Thursday with the admission of about a dozen covid patient covid wards are also active at the **Mayo, Chandan** and **Vidya Atharv** Hospitals in the city. While **Charak** Hospital will start the Covid facility from April 10, **Prasad Hospital, Integral, Vivekananda Polyclinic** and **TS Mishra** Hospital will do so from April 1.
- This was decided in a meeting that the district administration held with the private hospitals on Thursday to review the facilities at these hospitals. The hospitals were also asked to motivate the treated Covid patients to donate plasma.
- About a week ago, the Era Medical College administration was asked to keep the infrastructure and the staff ready in accordance with the protocol of a level-3 (L-3) Covid hospital.
- The medical college had admitted Covid patients on a total of 420 beds in 2020. When the number of corona virus cases went down, it was allowed to run non- Covid facilities in a full-fledged manner. But the college was told that if required, they would have to run

Covid services again. Entry has been kept separate from the non-Covid facilities on the campus.

- “We had treated over 3,000 Covid patients till now and we are prepared once again,” said Dr MMA Faridi, principal of the college.
- He said, “Covid is not new for us. We have trained doctors and other staff and we aim to treat all patients coming here.”
- “Private hospitals have played a key role in the management of Covid patients and with the cases rising, private sector hospitals are ready to cooperate,” said Dr PK Gupta, former president of the Indian Medical Association (IMA), Lucknow. (PUBLISHED ON MAR 25, 2021)

Objective of the study

- To study the challenges faced by nurses
- To determine the measures taken by nurses to combating covid.

LITERATURE REVIEW

HOW IT SPREADS

The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces.

You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

COVID-19 as a Dangerous Pandemic In December of 2019, reports emerged about pneumonia clusters, of unknown cause, at the health facilities in Wuhan, China. These cases were linked to a wet animal wholesale market in the region and, after extensive epidemiologic investigation, led to the identification of a novel coronavirus (COVID19). COVID-19 is among a family of viruses — called coronaviruses — that can affect both humans and animals, where the infections of this coronavirus are respiratory in nature and can range from the common cold with mild symptoms to more severe infections, such as Severe Acute Respiratory Syndrome (SARS) and Middle East

Respiratory Syndrome (MERS) (World Health Organization (Zhu et al., 2020; WHO, 2020a). The newly identified COVID-19 infection typically presents as fever, tiredness, fatigue and a dry cough. However, more severe symptoms such as dyspnea, diarrhoea, pneumonia and others have been reported. As of March 9, 2020, cases of COVID19 have been reported in countries across the world, and thus the WHO declared the pandemic alarm. Since then, and till the time of the submission of this paper, the estimated number of reported cases has surpassed 2.0 million with almost 125,000 deaths (WHO, 2020a), (Choi et al., 2020).

Role of Nursing During Pandemics as COVID-19

Nursing Roles, Responses & Challenges in Pandemics Florence Nightingale is one of the earliest nurses and the pioneers who dealt with epidemics through the principles of hygiene and sanitation. Nightingale showed the relation

between infection control and hand washing (World Economic Forum, 2020). The lessons of Florence Nightingale's nursing practice during the Crimean War are still being applied today during the COVID-19 pandemic — essential hand washing, maintaining standards of cleanliness, learning from the data, and more. (Bonnie et al., 2020). The World Health Organization, Department of Pandemic and Epidemic Diseases (WHO-PED) develops strategies, initiatives, and mechanisms to address emerging and re-emerging epidemic diseases to reduce the impact on affected populations and limit international spread. Part of the policies and protocols are focused on the role of the healthcare team led by the nurses on how to deal with diseased patients.

Since this a novel virus epidemic, all COVID-19 protocols are expected to be deployed mainly by the nurses and the community health workers. At the same time, nursing leaders must formulate more practical solutions (Corless et al., 2018). Nursing is the main active partners in any primary and secondary infectious disease prevention efforts. In every country, regardless of their socio-economic development, nursing is considered to be the top first line dedicated profession in the prevention from diseases and alleviation of suffering during and after a treatment of any disease, including the COVID-19. (WHO, 2020a).

To enhance nurses 'overall productivity effectiveness' (OPE) to pandemics, we need to work on raising their capacity to respond to the demand pressure that usually comes with fierce pandemics with minimal errors or malpractice. This means the nurses' psychological stress needs

to be managed while enhancing their preparedness to different types of outbreaks scenarios and raise their 'resilience capacity'.

In recognition of nurses contributions, the year 2020 was designated by the **World Health Organization as the "International Year of the Nurse and the Midwife."** Nurses, being one of the strongest pillars of the health-care delivery system, are always ready to face challenges as frontline warriors. However, amidst the COVID-19 pandemic, health-care delivery has been severely impacted.

Main challenges faced by nurses during covid are-

- Unawareness
- Communication gap
- Educational Training

1. **Unawareness of corona disease-** As this disease has spread suddenly so nurses were not familiar with this type of disease and also they were not aware that the situation will go worst that is why they faced problem in providing immediate treatment and also they were not aware about the preventive kits and tools that what should be used while they will be treating patients and also they were not understanding ho educate patients and their family regarding the same.

➤ **But now Nursing Preparedness Drills for Future Corona virus** Outbreaks most hospitals who have done well are those who anticipated a big wave of coronavirus patients and prepared for the possibility of being overwhelming with the number of infected patients flowing to the emergency rooms and intensive care units. This nursing preparedness was clear in Hong Kong, Taiwan, Korea, Singapore; as they learned the lessons well from SARS and H1N1 outbreaks.

Contreras (2020). Li et al. (2020) illustrated the importance of drilling on how to reduce the risk of exposure of COVID-19 to nurses as they usually stay in wards longer and provide direct nursing practice to patients. Therefore, Li et al. (2020) see that there should be ongoing training of infectious diseases, even during the pandemic. When a new infectious disease, such as COVID19 emerges, professional training regarding the hazard of the disease, route of transmission, prevention and control measures, and personal protection, as well as a psychological intervention should be provided in time. The staff

shortage caused by COVID-19 infecting nurses in many hospitals could have been avoided if well training in dealing with such infectious disease. In the same time, the anxiety and the staff re-distribution to areas they are not trained in should have been included in the drills, to avoid experiencing such situation with real high risks as happened since the pandemic started. Nurses fears and safety concerns when they have to serve high infected patients while that is out of N-95 masks could have also been included as part of the training. (Baumgaertner and Karlamangla, 2020).

2. Communication gap-

- **Challengee-** During an emergency as COVID-19 cases surge, there is a high probability for miscommunications and actions. The communication difficulties increase when the nurses are incritical areas, putting heavy PPEs, working for monitoring more than one patient. COVID-19, understanding the human limitations and setting a communication plan that allows for variability in humans and human performance is very important. WHO (2008).
- **Initiative taken to fill the communication gap-** Communication during the pandemic is a set of processes with particular routine courses of prescribed actions that work together to achieve a particular result. For a complicated novel and contagious disease like COVID-19, the nurses need to the breakdown of information shared, captures and synthesised. The processes can be designed with instructions that meet the limitations of human memory, so decreasing the rate of errors and lapses. Improving the communication model as part of the human factor is considered to be a prospective activity rather than a retrospective activity. The role of nurses here is to develop the knowledge pertinent to create design modification suitable to the COVID-19 demand. We need to anticipate human cognition and to design systems that prevent the likely error with a complicated patient disease.

3. Educational Training-

- **Challenge-**In the beginning nurses had a lack of knowledge and skills as they needed to adapt to the new work environment and job responsibilities, and complete the role change

in time. Due to the limited experience in treating infectious diseases, most of them faced challenges in organizational skills and treatment capacity. Because of the psychological fragility of COVID-19 patients, special psychological nursing measures were needed. Nurses should help patients overcome the fear and anxiety caused by infectious diseases, which put pressure on nurses concerning psychological nursing skills.

- **Initiative taken to overcome educational challenge-** It is essential to empower nurses with the right education and skills in handling crisis so that they can confidently deal with challenges. Thanks to digitalization, we could impart and continuously reinforce the knowledge about COVID-19

care and prevention to nurses, both through direct training and webinars. The global outbreak, active participation of the nursing in clinical care, education and information sharing, and implementation of public health policy is highly trusted and expected. Therefore, clinical nurses are supposed to have time for updated learning and education on specific risks in relevance to their area of practice (e.g., hospital wards, ICUs, paediatrics, maternal-infant health, nursing homes, schools, etc.).

- This education should extend to nursing students, who might be brought during the pandemic to support their colleagues. (Choi et al., 2020). To ensure effective nursing education during the pandemics, healthcare facilities employing nurses must ensure consistent availability of resources (ANA, 2020), (Choi K. et al., 2020). It is these small shortages, here and there, and lots of pressure, are what made many nurses get either infected or lost their lives; despite being trained on such crisis.

Conclusion-

These were the most common challenges faced by most of the nurses of different states and countries.

The challenges for nurses are not over yet, as the second wave of corona virus has entered in India and after Maharashtra, Lucknow is on top of list where the cases are increasing. Battle with COVID-19 is still going on and it has presented nurses with learning opportunities, as they are struggling to enhance their skill, knowledge and preventive measures what they can use to overcome this adverse situation.

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