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**MENTAL HEALTH
AND WORK: THE
EXHAUSTIVE
ROUTINE OF HEALTH
PROFESSIONALS
FACING COVID-19 IN
THE MUNICIPALITY
OF PORTO VELHO -
RONDÔNIA**

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Abstract: The pandemic caused by COVID-19 has brought an extra challenge to the mental health of health workers. In addition to the worrying and alarming number of deaths from the virus, there is overcrowding in hospitals, bringing a health crisis, and demanding a lot from professionals in the area, which ends up compromising the mental health of these individuals who are on the front line of the fight against COVID-19. We aim to systematize knowledge about the impacts on mental health and psychological interventions in the face of the covid-19 pandemic and expand these discussions by contextualizing them in the municipal context. Such research was carried out with the nursing professionals of the Hospital de Base Ary Pinheiro, in the city of Porto Velho - RO.

Keywords: COVID-19; mental health; Health professionals.

INTRODUCTION

As we experience a global pandemic caused by an unknown and life-threatening virus, we are exposed to a series of challenges, which bring with them anguish and fear. Social distancing is necessary, in order to reduce the rate of contagion of the coronavirus, which can often leave us oblivious to external reality. Television newspapers show us numbers and data, but we are unable to see the hospital routine of those on the front lines of the fight against the virus. Health professionals who work in these hospitals are involved in an extremely complex daily struggle, which demands a lot not only physically, but also psychologically.

In the daily chaos of this context, there is often no time and no way to externalize all the mental fatigue, anguish and fear of dealing with a high number of deaths and infected by COVID-19. It is true that health professionals who work on the front line to face the pandemic have a scenario conducive

to psychic suffering because they are more vulnerable to emotional issues. The stress of the experience in this period of crisis is felt by them due to the moment of great mobilization, work overload of the intensive routine, the risk of infection, and deaths.

This way, the COVID-19 epidemic brings an extra challenge to the mental health of health professionals. Research on the notion of workload and other factors can help us to think about a wide range of possible impacts of work on the mental health of health workers. Thus, we can get closer to possible forms of intervention. Thus, in the face of such a situation, we aim to report the experience of a survey on the mental health of employees at Hospital de Base Dr. Ary Pinheiro to the hospital routine in the face of the new virus pandemic scenario.

THE HEALTH OF PROFESSIONALS IN THE HOSPITAL CONTEXT

The issue of the pandemic caused by the coronavirus in 2019-2020 must be considered from multiple factors, we will analyze the connection between health promotion and work in the context of treatment, monitoring and social policies in the fight against COVID-19. Analyzing the profile of the global contamination of the disease, it is possible to conclude that the issue of work and its relationships is a fundamental factor for understanding the social and mental influences of the pandemic and humanity (JACKSON FILHO et al, 2020). Still in this debate, the group studied here, health professionals, find themselves even more vulnerable because they are the “front line” in their work and the last ones to be considered for broad health policies.

What can be observed is that the issue of care for the health worker is the individualistic consideration of these processes, not

being developed broad public policies, but individual care protocols, while reports from professionals and representative institutions of the class present precarious conditions. work, inadequate hygiene, strenuous working hours, little or no training, insufficient or non-existent equipment for the specific care of patients with COVID-19 (JACKSON FILHO et al, 2020).

Making the same move (general for health) we can say that some phenomena imply greater danger for these professionals: it has high transmissibility, there is no vaccine or proven drug therapy, tests are not enough (especially in Brazil), clinical conditions with prolonged duration, lack of applicability and public targeting of social isolation measures, leading to low rates of this action that proved to be effective in several countries (JACKSON FILHO et al, 2020), adding to this context it is possible to measure an initial scenario for body health and mental health of health professionals.

The possible alternative would be to consider the narratives of health professionals to create collective actions for action against COVID-19 and other neglected, pandemic or recurrent diseases, an effect that this work aims to help. This perspective is reinforced by the analysis of other researchers (BARRETO et al, 2020) when, regarding the repercussions of the pandemic and isolation, he states that public policies will be necessary to minimize the economic, social and mental impacts of isolation measures, on other workers and the action of health agents themselves.

Still on the issue of mental health, it is possible to conclude that the consequences (social and individual) of this pandemic tend to be even greater than the number of deaths, when health systems collapse (a fact that occurred in several cities in the country, being the emblematic example of the north, the city of Manaus) the same occurs with health

professionals who, due to the characteristics of their work (FARO et al, 2020; JACKSON FILHO et al, 2020) are added to the impact on mental health caused by social isolation, we have as a research hypothesis that the non-observation of isolation and the disdain of public authorities regarding the severity of the disease is a fact that amplifies the wear and tear of the mental health of the health worker.

Faro and other authors (2020) point out other scenarios: the decrease in the period of isolation must be marked by widespread practice, with rates above 75%, values never reached in Brazil (Index of Social Isolation in Brazil, 2020): being the highest percentage number of 62.2% on March 22, 2020 and on September 9, 2020 we do not have states with isolation above 38% (in Rondônia, 36.6%) and extensive information, official and unofficial about the what has been done in relation to the pandemic and professionals as ways to reduce the impacts on the mental health of the general population and health agents (FARO et al, 2020).

Still in the analysis by Faro and other authors (2020), we have a classification of the impacts and actions for mental health in three phases: the pre-crisis, where information is passed on to the general population about the actions and extent of the disease/pandemic, part where the planning to receive such social danger is carried out, the intra-crisis is the moment when the crisis is established with all the resulting phenomena, being the phase where mental health is most impaired (isolation, deaths, work, danger) and the This context must be reinforced with consolidated actions for the collective mental health of all, especially those on the front line, since the post-crisis is the period of social reconstruction where elements experienced during the pandemic will intensify or cease to exist as we know in the "old normal".

The true impact on mental health will

only be effectively recognized after the end of the pandemic, which does not mean that the correct action is not to act in the face of deaths and other structural violence amplified in the pandemic. The authors read here reinforce the idea that the look at the intra and post pandemic must consider the different scientific perspectives on mental health in its various cuts, being the mental health of health workers in Porto Velho, Rondônia, Amazon Brazilian.

The document “Mental Health and Psychosocial Care in the COVID-19 pandemic, recommendation for managers” (FIOCRUZ, 2020) highlights the importance of such reflection-action: considering that the subject health worker has the mental issue more vulnerable due to work experiences lived for a long time. an increase in anxiety, depression, loss of sleep quality, increased use of licit and illicit drugs, fear of becoming infected, dying or transmitting to their families (FIOCRUZ, 2020) it becomes necessary to take care of psychosocial well-being to the same extent as Physical health. For this, it is necessary to protect the team from these phenomena as far as possible.

It is recommended to managers (FIOCRUZ, 2020) that, in order to take care of their team, they do as little as possible: increase workers’ trust in managers, training on PPE and updates on the disease with good quality information, alternating workers between high and low activities tension, defined shifts and regular rest, recognizing each effort made and mutual encouragement of professionals, mapping and publicizing every form of action that supports the preservation/improvement of the team’s mental health.

Our analyzes point out that collective actions (from the political and managerial spheres) are necessary for the maintenance and improvement of the mental health of health agents, as well as other issues that deal

directly with the process of professionalization and recognition of these professions not only during the pandemic, but after the same.

RESEARCH APPLIED TO PROFESSIONALS

The methodology adopted is qualitative, the tools for the case study were collected from questionnaires. Qualitative research aims to seek the understanding of the problem or object of study, starting from detailed assumptions about the meanings, thus creating conditions that allow the deep reach of the phenomena. Paulilo (1999), clearly exposes the qualitative research:

“[...] it works with values, beliefs, habits, attitudes, representations, opinions and is suited to deepening the complexity of particular and specific facts and processes for individuals and groups. The qualitative approach is used, therefore, to understand phenomena characterized by a high degree of internal complexity” (PAULILO, 1999, P.135).

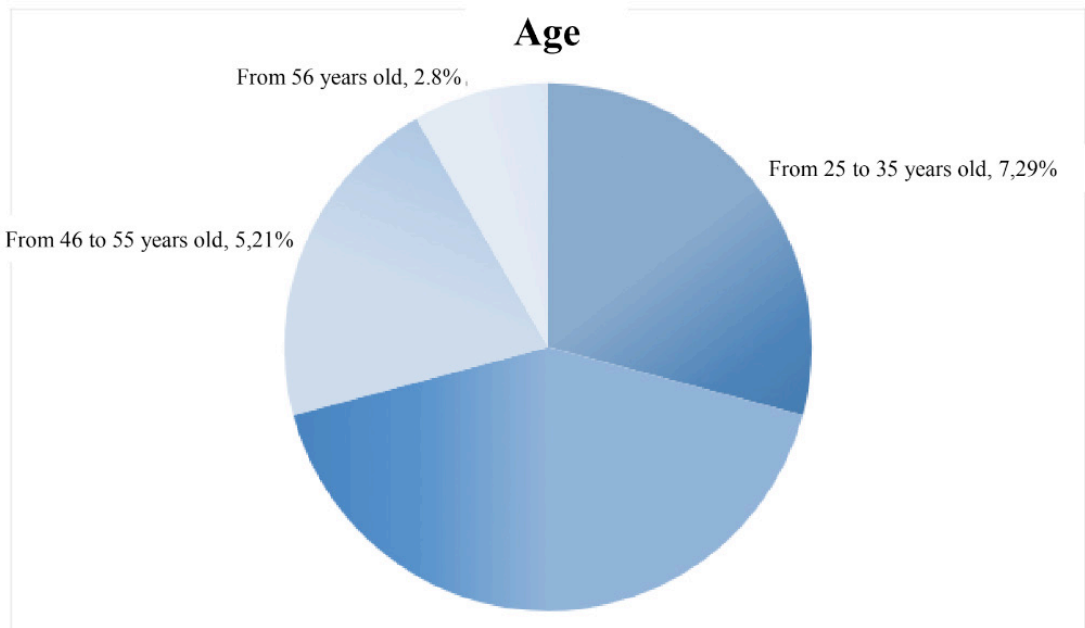
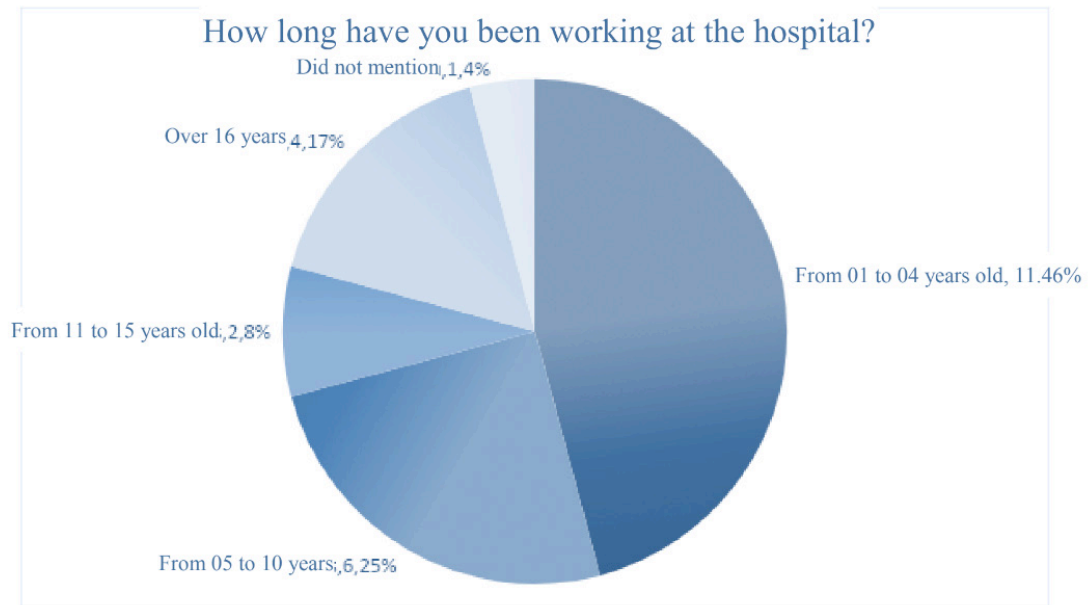
The selected unit is the Hospital de Base Dr. Ary Pinheiro, who has served since 1983, is the largest hospital component of the Health Care Network in the State of Rondônia. Today the hospital serves patients from different municipalities in the state, other states such as Amazonas and Acre, in addition to adjacent countries, Bolivia. Located in the state capital, it is a reference for the five thematic health care networks, comprising the Stork Network, the Urgent and Emergency Care Network, the Psychosocial Care Network, the Care Network for People with Disabilities and the Health Care Network. of People with Chronic Illnesses.

Were involved 24 nursing professionals of both sexes who made this work available at Hospital de Base Dr. Ary Pinheiro. A semi-structured interview was carried out, where the interviewer has pre-defined questions, maintaining freedom and flexibility to

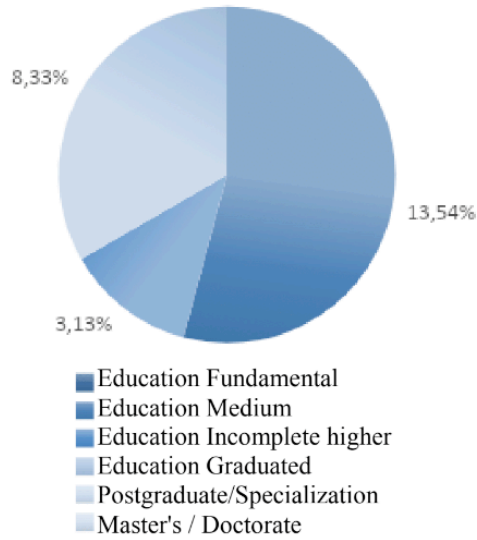
explore issues that will be addressed during the interview. Followed by the application of the depression, anxiety and stress test, through the DASS-21 questionnaire. The function of the test is to assess the severity of the aforementioned symptoms. This way,

the evaluation, in addition to measuring the severity of symptoms, allows monitoring and measuring the patient's responses in favor of psychological treatment. Therefore, the DASS-21 test allows measuring,

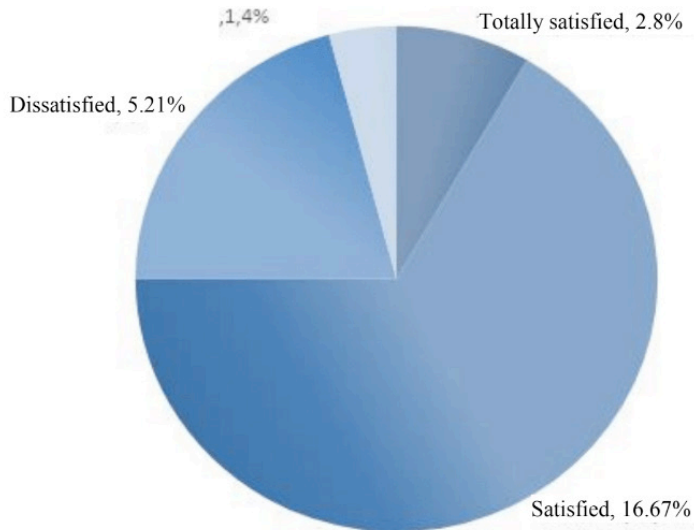
DATA OBTAINED



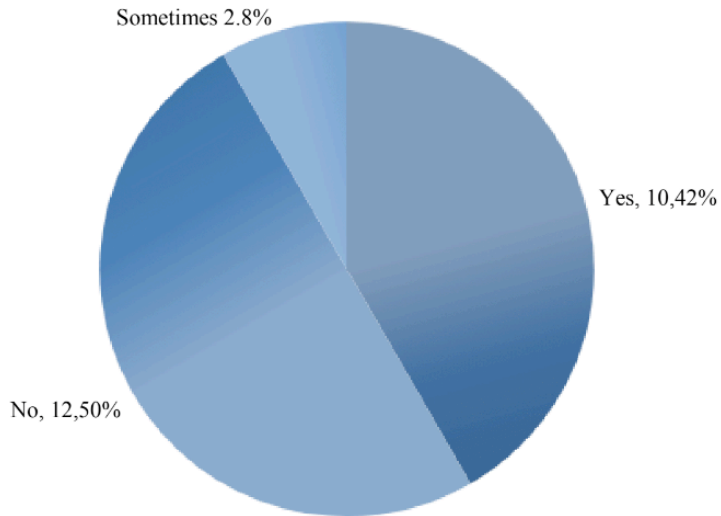
Schooling



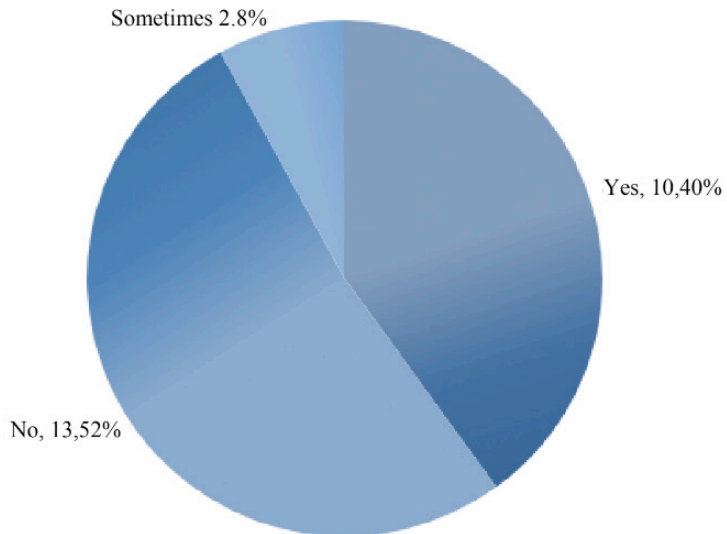
How satisfied are you with work?



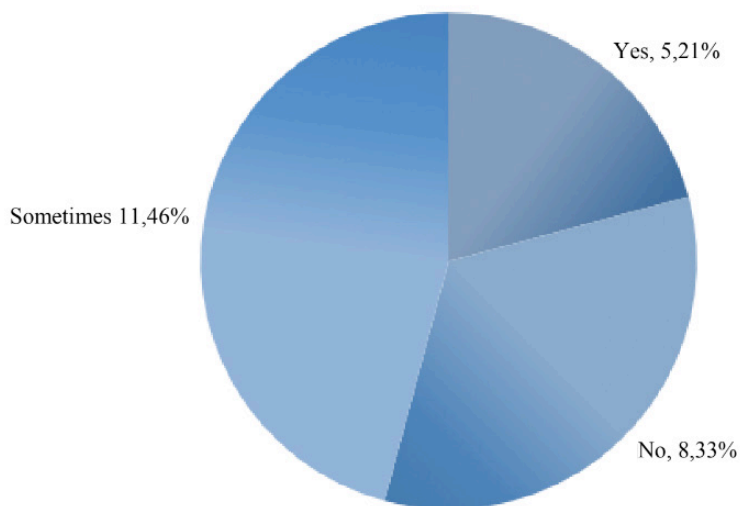
During the Covid-19 Pandemic it is possible to keep calm while working



During the pandemic, he had full access to personal protective equipment (PPE) to prevent contamination by Covid-19.

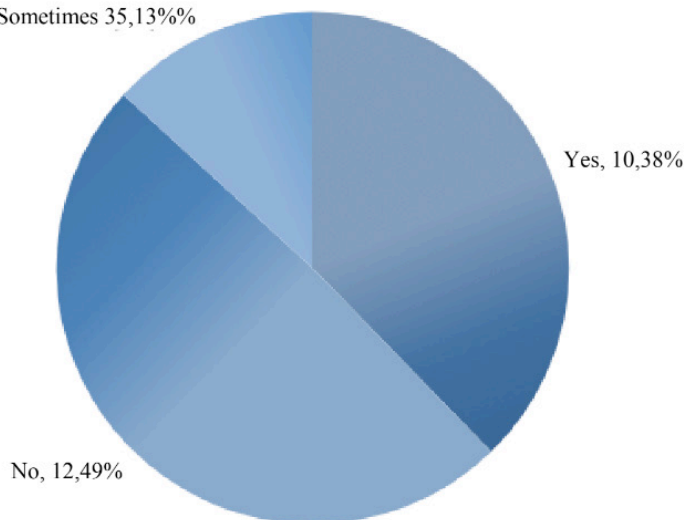


Do you feel prepared to deal with the pandemic and patients in this period?



During the pandemic, was training offered to improve the treatment, prevention and care in the contamination of covid-19?

Sometimes 35,13%%



As it was shown in the data, the struggle of health professionals at Hospital de Base Dr. Ary Pinheiro de Porto Velho against covid-19 has challenges that go beyond the virus itself. On a daily basis in hospitals, lack of preparation, insecurity, and lack of access to the necessary materials are a reality. Such facts put at risk the physical health of employees, who end up subject to contamination by the virus and absence from work. However, their mental health can also be compromised.

Dissatisfaction with the job, the difficulty in keeping calm, and the feeling of lack of preparation to exercise the profession in the pandemic context are in significant numbers, which brings concern when we think about the psychic health of these employees, often leading to exhaustion and, consequently, illness. The impairment of the mental health of these individuals has consequences in their performance as health professionals and in their personal lives. In the current chaotic hospital routine, when dealing with so many adversities, anxious and depressive symptoms can surface, further aggravating a condition that is already complex.

According to the data collected from the questionnaire, most employees said that during the pandemic it is difficult to be satisfied during the service, and most professionals reported that they are not always able to deal with patients who arrive at the hospital, depending a lot on the state in which they present themselves. The data also report that employees, for not being very prepared to deal with the number of cases, presented a high level of anxiety, anguish and fear, thus compromising their psychological health, in order to present depressive and anxious symptoms.

Such factors made these professionals lose even more, every day, the motivation and energy to deal with the different cases. Many also show nervousness and insecurity

with themselves and with the service being provided. In addition, according to the questionnaire, most of the employees who are going through this moment of a pandemic are showing a high emotional and psychological imbalance, and many are unable to provide adequate treatment. This can make these professionals sick psychologically and emotionally, and thus, getting worn out to perform their work.

A LOOK BEYOND RESEARCH

The research brought significant data to the project, physical exhaustion was already expected by the pandemic context we are experiencing, however, the employees were not only tired, but also in psychological distress. Often, health workers welcome people in suffering, but now it is necessary for citizens to take care of them too, through self-care and responsibility when leaving home. This way, professionals are less overloaded and exposed to less probability of contagion in the work environment.

In addition, employees showed fear of being contaminated and contaminating their families, the training offered by the government in cases like these was not effective, as answered by the servers themselves, there was no support. It is worrying, workers who are on the front lines, feel fear, have no support, work with a lack of personal equipment and have such intense symptoms of depression and anxiety.

They are not superheroes, despite the fact that they seem to be in the situation in which they work. They are aware of the compromise of their capabilities, however, they are ethically committed to carrying out their functions. It was observed that the removal of colleagues produces an accumulation of tasks for those who stay, which has a great impact on the health of the servers.

Thinking about these problems, the

intervention work was to produce materials that help them in self-care and to perceive warning signs that the body can present, in addition, the material presents therapeutic complements, information of places that can seek psychological help and encouragement for deconstruction. of preconception with mental health.

FINAL CONSIDERATIONS

Clearly, the nursing team at Hospital Ary Pinheiro works daily in a continuous and integrated work in the prevention, promotion, protection and health treatment of the population, collaborating with other health professionals for the quality of this

assistance. Daily, pressures at work, such as conflict of interests and overload, the technical responsibility that the profession requires, the relentless search for quality in care, among many other demands, can contribute to the emotional imbalance of nursing professionals.

Through the research, it was observed that in the face of the COVID-19 pandemic, it can further impact the mental health of these professionals, as it leads to the challenge of facing the unknown. The results show important aspects of the nursing work process in the face of the aforementioned pandemic and factors that favor the emergence of emotional, physical and mental changes.

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