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RELIGIOSITY AND SPIRITUALITY IN TIMES OF COVID-19: AN INTEGRATIVE LITERATURE REVIEW

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Abstract: Introduction: In order to contain the spread of COVID-19, government agencies are disseminating behavioral protocols to prevent this pandemic disease. This is affecting the world's population psychologically, so they have turned to their spirituality and religiosity for strength to face the new reality of uncertainty. Objective: To carry out an integrative literature review in order to understand the importance of religiosity and spirituality in times of COVID-19 and its implications for prevention and health care. Material and Methods: A search for references was carried out in the databases Periódicos CAPES, Pubmed and Google Scholar in July 2024. The search identified twenty-four articles that met the established criteria. Results: Of the articles selected, 75% talked about religion and health, and 25% talked about spirituality and health. Conclusion: Therefore, it was possible to conclude that from the present study, religiosity and spirituality is an effective way to adhere to hygiene and social distancing measures in the process of coping with the COVID-19 pandemic, since in addition to the scientific medium it uses mass media to educate against the pandemic disease, spirituality reaches the individual's innermost being, making them face it in a positive way, strengthening their mental health and their immune system.

Keywords: Spirituality, Coronavirus infection, Nursing care, COVID-19, Religiosity.

INTRODUCTION

Spirituality can be defined as a belief system that focuses on intangible elements, which conveys vitality and meaning to life events. Such beliefs can mobilize extremely positive energies and initiatives. Therefore, their implications for health have been scientifically studied and documented. Furthermore, there is a relationship between spiritual involvement and various aspects of mental health (SAUD *et al.*, 2019).

We can understand that spirituality comes from within the human being, and does not necessarily depends on the religious experiences and religiosities they practice. And so we can see that there is a diversity of beliefs related to COVID-19 (TAVARES, 2020).

In this sense, nursing is the art of people living together and caring for others. It is a dynamic profession, subject to transformations that is continually incorporating reflections on new themes, problems and actions (LIMA, 2017).

In this way, health professionals, specifically nurses, by developing their spirituality on behalf of the community, will be able to reduce the afflictions and panic inherent in this moment and which interfere with understanding (TAVARES, 2020).

We can say that its ethical principle is to continually maintain or restore the dignity of the body in all of life's environments. Dealing with this is an extremely delicate matter, which requires a lot of talent, imagination and effort (LIMA, 2017).

To this end, nursing, as a science, proceeds in practice according to an interactive model, living with the unfinished, with multifinality, with differences, with ambiguity, uncertainty and death (LIMA, 2017).

Thus, nursing acts are events that require meticulous preparation, consisting of talent, knowledge, effort, competence and imagination (LIMA, 2017).

In this sense, nursing was faced with the new coronavirus named SARS-CoV-2, which produces the disease classified as COVID-19, which occurred at the end of 2019, where 27 cases of pneumonia of unknown etiology were identified in the city of Wuhan. Hubei Province, China, a metropolis of more than 11 million inhabitants (BRASIL, 2020; LEMOS, 2020).

Namely, the cases were described as bilateral pneumonia preceded by flu syndrome. It was noteworthy that most of these initial cases were apparently related to the Huanan market (LEMOS, 2020).

This has made human spirituality and religiosity more evident, with the possibility of being a nursing tool to combat the devastating effects on mental health in the population that suffers from the negative effects (LEMOS, 2020).

Thus, due to the need to get closer to scientific production and to highlight the relevance of this topic, providing subsidies for understanding the phenomenon studied, the review presented here will aim to highlight the importance of spirituality in nursing in the face of the new coronavirus.

MATERIAL AND METHODS

This is an integrative literature review study and its six main stages will be followed: The identification of the theme and selection of the hypothesis or guiding question; The establishment of criteria for inclusion and exclusion of studies; The categorization of studies; The evaluation of the studies included in the review; The interpretation of the results and the synthesis/presentation of knowledge (MENDES; SILVEIRA; GALVÃO, 2008).

To identify the research question, we used the PICO strategy (SANTOS; PIMENTA; NOBRE, 2007), which is a tool that keeps the focus on the research and is used to formulate the question, in which “P” (population or problem) Nursing; “I” (intervention) Spirituality; “C” (comparison) Coronavirus infection and “O” (expected outcome) Coping.

Thus, to answer the review question: “What is the contribution of Spirituality to the nursing team’s coping with coronavirus infection?”, a survey of the literature was carried out in July 2023, in the databases CAPES Periodicals, Pubmed, Google Scholar and the VHL.

The descriptors used were: “Spirituality” AND “Coronavirus Infection” AND “Nursing Care” AND “COVID19” AND “Religiosity” and, in English, “Spirituality” AND “Coronavirus Infections” AND “Nursing Care” AND “COVID19” AND “Religiosity”, contained in the Health Science Descriptors (DeCs) and the Boolean operator AND. The databases were CAPES, Pubmed, Google Scholar and VHL.

Thus, 24 articles were selected and included according to the eligibility criteria shown in Figure 1. The inclusion criteria were: articles in English and Portuguese, in the last five years, involving Religiosity and Spirituality in times of COVID-19 and its implications for infection prevention and health care: a literature review.

For the analysis and subsequent synthesis of the articles that met the inclusion criteria, a table was created summarizing the content of the articles and containing the following variables: year of publication, title, author, journal, objectives, results and level of evidence. For the critical evaluation of the selected productions (level of evidence), the evidence classification system was used, which can be classified as: N1. Systematic review/meta-analysis; N2. Randomized clinical trial; N3. Non-randomized controlled trials; N4. Cohort or case-control studies; N5. Meta-synthesis of qualitative information or descriptive studies; N6. Single quantitative studies or descriptive studies and N7. Expert opinion (MELNYK; FINEOUT-OVERHOLT, 2011).

The study preserved the ethical aspect and all the authors of the articles analyzed were properly referenced and their content presented in a trustworthy manner, in accordance with Copyright Law No. 9.610/98 (BRASIL, 1998).

RESULTS

Based on the data collection, the strategy outlined and the application of the inclusion and exclusion criteria, the research consisted of a final sample of 12 articles.

Figure 1 shows the flowchart that depicts the process of collecting scientific articles, according to the PRISMA guidelines (LIBERATI, et al. 2009), showing the number of papers excluded at each stage and the reasons for their exclusion.

In order to summarize the results, the information from the twelve selected articles available is shown in Table 1.

After reading the articles in terms of their content, the recurrence of certain themes was evident and they were described according to the proximity of their content.

DISCUSSION

The Novel Coronavirus (COVID-19) that emerged in Wuhan, China, in December 2019 and spread rapidly in China, exporting to the whole world, changing every day social life, practices, habits and government policies in all spheres of life (ZHU, *et al.*, 2019).

In this sense, the aim is to highlight the spirituality, religiosity, social capital and psychological well-being of the general public and health professionals during a pandemic, especially during COVID-19 (ZHU, *et al.*, 2019).

With this, Boff distinguishes spirituality from religion. For him, religion “elaborates theoretical buildings, rites and symbols and, on the other hand, without religion the palpable process of spirituality would not be possible” (BOFF, 2019).

We can understand that spirituality comes from within the human being, and does not necessarily depends on religious experiences and religiosities. And so we can see that there is a diversity of beliefs around COVID-19 (TAVARES, 2019).

In this scenario, by developing their spirituality on behalf of the community, health professionals can spirituality in favor of the community, can reduce the afflictions and panic inherent in this moment, which interfere with the understanding of the measures and adherence to established care (TAVARES, 2020).

It is understood that in nursing, spirituality has been a theme since the pioneer Florence Nightingale volunteered with other nurses in 1854 in the Crimean War in Turkey to care for wounded soldiers. She left the illustrious teaching that nursing is a profession that should seek to look at the human being holistically in their state of mental, social and spiritual health by seeking to understand them beyond the physical aspect they present (CORTEZ, 1989).

As a result, other theories have been developed that underpin scientific knowledge and care for individuals in nursing, contributing to nurses’ professional practice. One of these creations is the Theory of Basic Human Needs by Wanda de Aguiar Horta, a nurse, philosopher and PhD in nursing from the University of São Paulo. Wanda’s theory highlights the spiritual dimension as something basic and fundamental to the human being, and as such should be preserved and cared for by nurses (SILVA, 2021).

In addition, spirituality tends to increase the professional’s attention to and appreciation of the person, and consequently increases humanized care where they absorb every sense of solidarity, cooperation and their professional oath (TAVARES, 2020).

Namely, that the effects of COVID-19 have had a major impact on people and frontline health workers. On their activities, routines, livelihoods, mental health and well-being (SUTER, 2019).

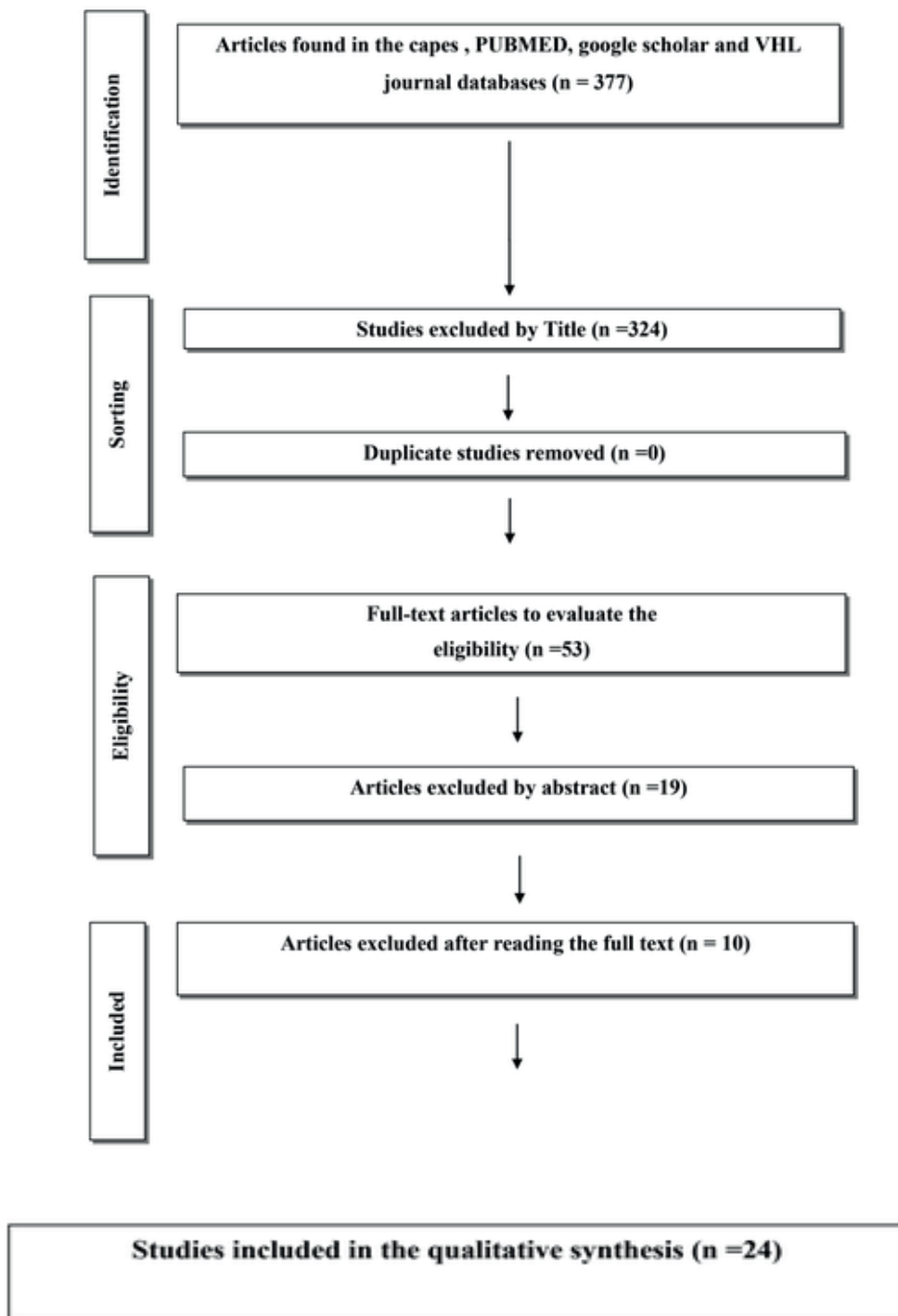


Figure 1: Flowchart of the search strategy and selection of articles in the databases. Rio de Janeiro, RJ, Brazil, 2024

Source: The author,

N	Date	Title	Authors	Journal	Objectives	Results
1	2020	Dimensions of care from the perspective of spirituality during the novel coronavirus (COVID-19) pandemic	Cássia Quelho Tavares.	Journal Health NPEPS	Justifying spirituality as a way of giving new meaning to the processes of illness, rehabilitation, re-socialization, death and mourning. This concept in the face of the COVID-19 disease scenario.	Spirituality integrates various dimensions of health care. Understanding suffering and strengthening humanity for the new challenges of the century, which is nothing more than COVID-19.
2	2020	Biopsychosocial and Spiritual Implications of Patients with COVID-19 Dying in Isolation	Thushara Galbadage, Brent M. Peterson, David C. Wang, Jeffrey S. Wang, Richard S. Gunasekera.	Digital Commons @ Biola	Discuss and outline an integrative approach to the importance of the biopsychosocial spiritual model in end-of-life care and its implications for dying patients with COVID-19	Expanding shared decision-making opportunities and involving family members in patient care decisions will address their concerns and help formulate a clear post-COVID-19 spirituality.
3	2020	Holy Death in the Time of Coronavirus: Santa Muerte, the Salubrious Saint	Kate Kingsbury, Andrew Chesnut.	International Journal of Latin American Religions	Emphasize the importance of looking at religion as a confrontation to COVID-19, in Mexican beliefs.	Evidencing the importance of religion as a coping mechanism in times of pandemic, the healing powers of Santa Muerte (in Mexican culture) have found great new demand in the Mexican religious market in the midst of COVID-19.
4	2020	Protection masks with religious motifs: COVID-19 produces new religious materiality	Patrícia Rodrigues de Souza.	International Journal of Latin American Religions	Demonstrating the mask as a material intrinsic to religion, because people need materiality to make the unreal real.	Masks adorned with religious motifs make faith real through something attached to the body, reinforcing religious identity. And faith linked to giving, the feeling of being together and sharing aesthetic aspects was more relevant.
5	2020	Religion as a Health Promoter During the 2019/2020 COVID Outbreak: View from Detroit	Stephen M. Modell, Sharon L. R. Kardia	Journal of Religion and Health	Examine the epidemiology of the novel coronavirus, translation of professional practice into raising awareness of risk factors for chronic diseases prevalent in Detroit	The overall incidence of infection depends on its incidence among the population subgroups of the facility, which depends on its diagnosis at the test site. Access to medical care is linked to the steps being carried out in the work environment. and domestic environment.

N	Date	Title	Authors	Journal	Objectives	Results
6	2020	Religion Influences Community Adherence to COVID-19 Guidelines in Uganda	Isaac Echoru, Kenneth Iceland Kasozi, be Michael Usman, Fred Ssempijja, Emmanuel Tiyo Ayikobua, Regan Mujinya, Patricia Decanar Ajambo, Kevin Matama, Ann Monima Lemuel, John Ayuba Tabakwot, Joshua Ojodale Aruwa, Eric Simidi Kego, Okeniran Olatayo Segun, Azeez Adeoye, Victor Bassey Archibong, Viola Nankya, Suzann Edoho Henry, Comfort Onongha, Susan Christina Welburn.	Research Square	To analyze the knowledge, attitudes and practices for COVID-19 among market vendors, religious involved with the local faith, more specifically in South-Western Uganda.	It was analyzed that the involvement of religious leaders to encourage their followers to comply with COVID-19 protocols would facilitate the response to it in Africa, thus making it more effective by addressing the main areas of non-compliance that undermine control.
7	2020	Religious Communities and Corona in the Middle East	Ekkardt Sonntag, Philipp Öhlmann.	Research Program on Religious Communities and Sustainable development	Discuss how the coronavirus pandemic affects religious communities, leaders and organizations in the Middle East, and what the implications are for those who work with them in development cooperation and humanitarian aid.	Religious actors in the region have played a vital role in tackling the coronavirus-related increase in poverty, security, stress on health and education systems, and they can also contribute to minimal containment of the pandemic's impact on gender equality, social cohesion, peace and development.
8	2020	Role Of Religion During Covid-19	A. Sasi Kumar and Dr. R. Indira	International Journal of Innovative Research and Advanced Studies (IJIRAS) Volume 7 Issue 8, August 2020	Examining the impact of COVID-19 on religion and the role of religion during this pandemic.	The role of religion during Covid-19 will never be forgotten, as it serves as a tool to share resources with the neediest and most vulnerable in society.
Continued						

N	Date	Title	Authors	Journal	Objectives	Results
9	2020	The covid-19 Crisis and Religious Freedom	Burkhard J. Berkmann	Journal of law, religion and state	Provide an overview of measures against the COVID-19 disease in Germany.	In short, in Germany, the state and the church coordinated their measures to protect the population against the covid-19 pandemic. The church's measures were not merely passive reactions, because they partly exceeded state regulations in duration and content. However, neither were they entirely independent, as religious gatherings were also prohibited by state regulations.
10	2020	Ways of Protecting Religious Older Adults from the Consequences of COVID-19	Harold G. Koenig, M.D.	Am J of Geriatric Psychiatry	An analysis of faith as a resource to promote health and well-being for many elderly priests, as an instrument for medicine to create hope for the future.	Promoting the mental health of elderly priests through faith has proven to be effective, since the advice to maintain healthy habits, together with spiritual support from health professionals, has made them more confident in the face of the COVID-19 pandemic crisis. And, in this way, increasing immunity, developing physical and emotional resistance.
11	2020	Seeking social support through Religion, Psychological wellbeing and Social capital: A Global Survey on Coronavirus situational stress and coping strategies	Muhammad Saud, Asia Ashfaq, Ansar Abbas, Qaisar Khalid Mahmood	Research Square	Providing socialization and awareness about social distancing, religious coping strategies and how to live a healthy lifestyle.	People belonging to different religious groups have different coping strategies, from denying the effect of this virus to healing practices. The results revealed that there was a statistically significant and positive relationship between praying to God and the current situation being the result of God's will.
12	2020	Spiritual care - 'A deeper immunity' - A response to Covid-19 pandemic	Nicolette V. Roman, Thuli G. Mthembu, Mujeeb Hoosen.	African Journal of Primary Health Care & Family Medicine	To provide an understanding of the need to offer spiritual care as a means of coping with the pandemic and establishing well-being for families, patients and healthcare professionals during the COVID-19 pandemic.	Studies have reported that health professionals who provide spiritual care to their patients contribute significantly to improving their patients' general well-being.
Continued						

N	Date	Title	Authors	Journal	Objectives	Results
13	2020	Religiosity/Spirituality as a Resource for Coping with COVID-19	Fabio Scorsolini Comin, Lucas Rossato, Vivian Fukumasu da Cunha, Marta Regina Gonçalves Correia Zanini, Sandra Cristina Pillon	Revista de Enfermagem do Centro-Oeste Mineiro	To problematize how religiosity/spirituality can be used as a resource in dealing with the COVID-19 pandemic.	Among the main applications of this dimension in the context of health care, Religiosity/Spirituality stands out as a resource for understanding the effects of the pandemic on everyday life; as a coping resource and source of support for sick people, caregivers and family members; as support in situations of social isolation and quarantine; as a resource for health professionals directly involved in combating the pandemic; as a resource for understanding situations of mourning.
14	2020	Spirituality and Religiosity in the Context of Integrity of Care: Reflections on Integral Care in Health and Nursing	Juliana de Lima Brandão, Antonio Marcos Tosoli Gomes, Diego Bonfante Mota, Priscila Cristina da Silva Thiengo, Mariana Luiza de Oliveira Fleury, Rachel verdan Dib, Charle Souza Santos, Renê dos Santos Spezani	Research, Society and Development	Reflect on the dimensions of spirituality and religiosity in comprehensive care with a view to understanding comprehensive nursing care.	It can be seen that the approach to spirituality and religiosity finds fertile ground in the field of health, where the aim is to achieve integrality as the guiding principle of the SUS and, at the same time, to promote comprehensive care.
15	2020	Thoughts of umbandistas in the city of Rio de Janeiro on the COVID-19 pandemic: interfaces between religion, health and society	Renê dos Santos Spezani, Antonio Marcos Tosoli Gmes, Juliana de Lima Brandão, Livia Fajin de Melo dos Santos, Carla Cristina Gonçalves	Research, Society and Development	To analyze the thoughts of umbandistas in the city of Rio de Janeiro about the COVID-19 pandemic and their influence on coping with the disease.	The results show that the participants have religious beliefs to understand and explain the COVID-19 pandemic and its interaction with the earth, human beings, the stages of evolution of man and the world he inhabits, as well as aspects relating to the personification of evil in this context.
16	2020	Spirituality and the COVID-19 Pandemic: a bibliographical study	Geisa Sant'Ana, Cristina Duarte Silva, Maria Beatriz Aguiar Vasconcelos	Com. Science Health	Reflect on how the spiritual approach inserted in health care helps to cope with difficult situations such as the COVID-19 pandemic.	Spirituality helps in understanding suffering and in constructing meaning to life. Spiritual skills should be recognized as "essential" for health professionals, especially when working in disasters and pandemics, relieving stress and psychological suffering.

N	Date	Title	Authors	Journal	Objectives	Results
17	2020	Spirituality and Nursing Care in Times of Pandemic	Diogo Jacinto Barbosa, Marcia Pereira Gomes, Antônio Marcos Gomes Tosoli, Fabiana Barbosa Assumpção de Souza	Nursing in Focus	Reflect on spirituality as a support for nursing professionals in times of pandemic during the care provided to clients.	Spirituality has proven to be one of the main resources for professionals and society to understand suffering and strengthen humanity for new challenges such as the current pandemic. Valuing the patient's spiritual dimension can contribute to their recovery, better understanding and acceptance of their current condition, contributing to a better balance and quality of life, preserving their dignity during the period of hospitalization.
18	2021	The Importance of Spiritual Welcome in Times of COVID-19	Jília Grazielle Santos Nunes, Monise Nunes Bezerra, Elis Milena F. do C. Ramos	Scientific Journal of the Faculty of Education and Environment - FAEMA	To highlight the powerlessness of spiritual and/or religious care to support family members who have lost a loved one to COVID-19.	It was noted that the pandemic is a devastating event, causing great psychological suffering, both for family members and affected patients, as well as for society in general.
19	2021	Spirituality and Religiosity as Coping Strategies for the Elderly in Social Distancing Due to the COVID-19 Pandemic	Thelma Miryam de Souza Mathiazzen, Evany Bettine de Almeida, Thais Bento Lima da Silva	Kairós-Gerontology Magazine	To identify the possible relationship between spirituality and religiosity as a coping strategy for elderly people facing social distancing due to the COVID-19 pandemic.	The spirituality and religiosity of the elderly can be encouraged, as long as their beliefs and individualities are respected, helping to minimize possible adverse effects on their mental health, resulting from social distancing and compromising their well-being.
20	2021	Hope and healing: the transcendence of spirituality and religiosity in the recovery of severe cases of SARS-CoV-2	Fabricia da Silva Nunes, Ester Coelho de Lima, Elza Katharinny Menezes de Sousa Neta, João Andrade Belfort, Gabriel dos Anjos Valuar, Maria Sofia Vieira da Silva Guimarães, Suelane Coelho de Lima, Solange de Castro Nava, Vanessa Macedo Reis, Paloma Silva Pereira, Érika Ferreira Tourinho	Research, Society and Development	To find in spirituality and religiosity a joint factor for the recovery of patients with severe cases of Sars-Cov-2.	The study was carried out with five nurses who worked in the COVID-19 Intensive Care Unit ward of a referral hospital in a city in the interior of the state of Maranhão and thus made it possible to observe that spiritual and religious power can help deal with serious cases, especially in terms of mental health.

N	Date	Title	Authors	Journal	Objectives	Results
21	2022	The perception of spirituality and religiosity among nurses working in a teaching hospital	Rosyane Costa de Arruda Campos, Raquel Aparecida de Oliveira	Journal of Medical Sciences	To relate the aspects of religiosity in the practice of nurses.	The nurses said they recognized the influence of religiosity/spirituality on the health-disease process in a positive way and said they had already questioned patients on the subject, although they felt uncomfortable. Lack of time, fear of imposing their point of view and the fact that they don't feel prepared are reported as difficulties in approaching religiosity and spirituality in professional practice.
22	2023	Multiple Facets of Spirituality and Religiosity in the COVID-19 Pandemic in Brazil	José Aparecido da Silva, Rosemary Conceição dos Santos, Luis Antonio Monteiro Campos, Raphaela Schiassi Hernandes	APRENDER - Notebook of Philosophy and Psychology of Education	To show that religiosity and spirituality have positive effects on indicators of happiness, subjective well-being, perception of pain and different indices of mental health.	The religiosity and spirituality dimension has multiple facets, although it is still neglected in public health teaching and research, especially in mental health.
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23	2023	Religiosity/spirituality among the Brazilian population in the face of the COVID-19 pandemic and the correlation with quality of life	Waldecy Lopes Junior, Eliza Mara das Chagas Paiva, Ana Beatriz dos Anjos Cardoso Isabelle Cristine Pinto Costa, Eric batista Ferreira, Vânia Regina Bressan, Elaine Garcia Rezende	UNIPAR Health Science Archive	To investigate the presence of religiosity/spirituality among the Brazilian population in the face of the COVID-19 pandemic, correlating it with quality of life.	The data analyzed shows emphatically how participants who belong to a religion have a better relationship in the domains of psychological health, independence, environment and spirituality/religion/ personal belief compared to those who say they don't belong to a religion. However, there was no statistically significant difference for the physical health and social relationships domains.
24	2023	Health professionals: spirituality and the meaning of life during the COVID-19 pandemic	Luisa Fontes Rodrigues de Souza Sena, Thálita Cavalcanti Menezes da Silva	Research, Society and Development	Analyze how the meaning of life and spirituality support health professionals and their practices during the pandemic.	Health professionals demonstrated spirituality and the meaning of life as coping strategies to deal with the stressful situations of the pandemic.

Table 1: Scientific production and methodological design of the articles included in the review. Rio de Janeiro -RJ, Brazil, 2023

Source: The author, 2024.

And yet, health professionals continue to risk their lives to save people who have the disease, promoting compassionate care. Victims tend to present with severe suffering that affects different aspects, including physical, emotional, mental, social and spiritual components (ROMAN, *et al.*, 2020).

Not only that, but it means that health professionals need to create a supportive environment that could promote interdependence through a transformative approach to spiritual and religious care (MTHEMBU, 2017).

That is, that all patients and their families can be treated with dignity and given a voice to express their concerns, regardless of gender, religion, culture, race, sexual orientation and disability (WONG, 2004).

In this way, most religious communities now offer live streaming of services that promote solidarity with each other and sermons that provide guidance and hope (KOENIG, 2012).

In this sense, many people who are quarantined at home, have a lot of time for these activities that can strengthen spiritual health, to improve mental health, ability to withstand the anxiety of these times, and improve physical health and resistance to infection, as many studies have shown (KOENIG, 2012).

It can be mentioned that since 1980 the nursing diagnosis “spiritual distress” presented by the North American Nursing Diagnosis Association (NANDA), reports the response to disorders that are related to the patient’s spirituality. In the NANDA book (2018-2020), it is possible to find diagnoses such as “spiritual distress” to bring proposals for care and nursing assessment focused on the individual’s spiritual dimension (SANTOS & GUIMARÃES, 2022).

That said, religiosity is a factor that is involved in health management even in today’s modern world where science is considered to have replaced the belief system to a certain extent (CORMAN, *et al.*, 2020).

With this, religious practice and beliefs have consistently been a source of health care and treatment. And so researchers have found that spirituality and religiosity are directly associated with better health outcomes (IRONSON, 2018).

In contrast, people belonging to different religious groups have various erroneous coping strategies and deny the effect of this virus on their healing practices (SPITERI, *et al.*, 2020).

In addition, religious extremists, religious understanding is one of the reasons to hinder the fight against the new coronavirus, since for these people, the will of God is being assumed, fearing this virus is a deviation from faith in God (SPITERI, *et al.*, 2020).

One example is the religious misinformation that is happening in India. Where public figures and government agencies have been circulating on social networks and electronic media providing ways of healing through cow urine, it has no scientific basis (PERERA, *et al.*, 2020).

As a result, we are in a biological and psychological war to deal with the current situation. It is estimated that the devastation brought by this pandemic is more than the atomic explosion in Japan (KUMAR & INDIRA, 2020).

That said, in this public health emergency, it is up to the multidisciplinary team to become sensitive to human spirituality and religiosity, a since religion continues to influence and defend the needs of vulnerable populations (KUMAR & INDIRA, 2020).

With this, we can see that spiritual healing is also one of the methods in complementary and alternative medicines. According to Bor-net, spirituality also provides healing of the mind in times of pandemic crisis (BORNET, *et al.*, 2019).

Thus, we can see that the government must engage with religious leaders to promote community education, thus promoting adherence to public policy guidelines for COVID-19 (ECHORU, *et al.*, 2020).

In conclusion, religion serves as a source of hope, which is much needed emotionally. On the other hand, religion offers practical services that reinforce health and well-being. In other words, spirituality and religiosity go hand in hand with public health (KIEFFER, *et al.*, 2005).

FINAL CONSIDERATIONS

The aim of this study was to review articles on religiosity and spirituality in times of COVID-19, highlighting the importance of nurses in the face of the pandemic, in terms of the emotional and mental aspects of the population.

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- Not only that, but by strengthening ties so that trust can be established in treating the victims and also educating them about the Ministry of Health's protocols for dealing with the pandemic.
- As well as respecting the culture, spirituality, religiosity and faith of the population affected by COVID-19. Obtaining adherence to treatment and making the individual a possible precursor of coping measures within their social network.
- In this sense, nurses need to be trained to deal with the different Brazilian cultures and religious beliefs, deepening the holistic view of the population in times of the COVID-19 pandemic.
- As a result, the nurse-patient bond is strengthened with better adherence to treatment, not only in Primary Health Care, which is the basis of care, but also in high complexity, achieving a good evolution of the disease.

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