

The impact on healthcare professionals in the COVID-19 pandemic

El impacto en los profesionales sanitarios en la pandemia de COVID-19

O impacto nos profissionais de saúde na pandemia COVID-19

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Introduction: A year into the pandemic, emotional exhaustion and a lack of preparation to deal with COVID-19 are the reality for healthcare professionals who are constantly on the front lines of the fight against the coronavirus. A study found that 80% of workers feel negatively impacted in terms of their mental health due to the pandemic, and only 19% sought help to deal with the problem¹. Regarding the effects of the COVID-19 pandemic on healthcare professionals working on the front lines, the literature shows that professionals need to be better prepared to deal with the disease, as there is denialism, fear, and anxiety about exposing the virus to their families. There is a need for health education to deal with misinformation regarding COVID-19². The lack of training in health institutions also brings stress that interferes with the quality of life of health workers, and the lack of personal protective equipment (PPE) is concomitant with the scope of vaccinating society.

Objective: Identify the impact of the COVID-19 pandemic on healthcare professionals.

Methodology: Regarding the method, it was bibliographic research. Regarding the literature, a bibliographic survey corresponding to the period between 2016 and 2021 was carried out in the following sources: SciELO, BVS, and material published in scientific journals and electronic networks. For the search, the keywords used were: "Nurse", "COVID-19 Pandemic", "Health-Related Quality of Life", "Public Health" and "Occupational Health".

Results and Discussion: The relationship between psychological demands and control over work directly influences the health of healthcare workers, generating stress and increasing the risk of occupational diseases due to the various functions and demands of the profession. In this context, workplace gymnastics offers benefits for both companies and workers, preventing occupational diseases, reducing absences and absenteeism, minimizing stress and work accidents, and promoting interaction between colleagues by providing regular breaks, improving posture, and relieving pain, thus contributing to a more collaborative environment, positively impacting productivity and organizational well-being^{1,2}.

Conclusion: In this study, the impact on the quality of life of nurses and health professionals' health workers during the COVID-19 pandemic was identified, as well as the need for comprehensive health care in promoting and protecting health and preventing harm for these professionals linked to actions by health managers.



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