

3rd Global Experts Meet on **Health Care and Nursing**

November 25, 2021

Anxiety Among Registered Nurses During the COVID 19 Pandemic in Tertiary Hospitals in UAE

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Introduction:

Work is known to be as a mean of providing an income; however, it is not only that work is also a mean of socializing and building identity. Consequently, an individual's mental health cannot be separated from their professional activity. The work of healthcare professionals can be described as human-being- centred, thus any negative psychological impact can be detrimental to the work outcome, such as having a decrease in productivity, an increase in the work error rate etc., (Williams, 2011)

As of the 12th of December 2019, the first case of a new virus having a relationship with the corona viruses; human severe acute respiratory syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The newly discovered virus is popularly termed as the COVID 19 virus. After some time with getting familiar with the virus it was realized that it causes mild to moderate symptoms in healthy individuals that demands no special medical intervention, however, in individuals that already have problems such as diabetics, cancer patients, suffer from cardiovascular diseases etc. may have more severe symptoms that may demand special medical care/hospitalization. The virus has spread like wildfire throughout 150 countries which burdened the healthcare systems tremendously

Methodology:

A cross-sectional study was conducted using a socio-demographic questionnaire along with questions related to anxiety where 122 healthcare professionals participated. The participants were selected using a Random sampling through internet approval study. were transcribed and analyzed following a qualitative content analysis approach. Written text was then coded, and themes were extracted from the data. Ethical considerations: The study was conducted with Nurses in UAE with free informed consent and was approved by Ethics Committee of swiss Business school.

Results:

It was revealed that out of the 122 participants, 43.4% (N=53) had a low level of anxiety, followed by a 34.4% (N=42) showed to be neutral. Individuals with a high level of anxiety made up 16.4% (N=20) of the participants, leaving a 4.1% (N=5) and 1.6% (N=2) for the participants with extremely high and extremely low levels of anxiety respectively.

Conclusion:

It is observed, that even though all the participants belong to different genders, age groups, working cities, working places etc. However, the main finding/impression is that these background/demographic factors have no direct influence on the score of anxiety. Another interesting finding is that as an average it is clear that the studied sample of participants perceive that they have a low to neutral level of anxiety, and almost 1/5 from the sample has sever signs of anxiety which make it big problem for them and we have to face it with multiple solutions.

Biography

Saed Al Nobani still as student in his PhD at the age of 37 years from University of Minnesota in USA, he has Master degree of Healthcare Management from Swiss Business School, and his Bachelor degree in Nursing from Jordan university 2006. he is senior clinical Education Specialist, life support instructor from AHA in Cleveland Clinic Abu Dhabi before that he was the Manager of Education & life support in Enaya Hospital/ Enaya medical group in KSA- Dammam, he is certified as Healthcare consultant from American institution of healthcare Management as Patient safety officer from American institution of healthcare Management, also as CPHQ Certified from NAHQ, He has published more than 3 papers in Jordan, KSA about quality, patient safety & waste management.

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