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Middle Eastern Nurses' views/experiences of work and well-being with the support measures during past disease outbreaks and COVID-19: A qualitative systematic review

Sara Ahmed Marair, Nigel Slater
University of Nottingham, UK

Background: The potential psychological health impact of pandemics on nurses has been increasingly widely recognized, as have recommendations to establish support measures for nurses' well-being. Despite the availability of support measures, a significant number of nurses still experienced burnout and mental distress during Covid-19. Few efforts have been made in the wider literature to understand how nurses experience well-being support or how they perceive it affects their well-being during pandemics. In the Middle East, understanding and exploring well-being support measures during pandemics from nurses' perspectives has not received significant attention.

Objective: To investigate nurses' perspectives and experiences of well-being support measures during prior pandemics and the Covid-19 pandemic in the Middle East.

Methods: A systematic qualitative review was conducted utilizing the Joanna Briggs Institute (JBI) approach as a framework. Searches were conducted via databases, including CINAHL, MEDLINE, NUsearch Library of Nottingham University, and Google Scholar. Moreover, a manual search through reference lists for relevant studies were carried out.

Data extraction and synthesis: Eleven studies were included in the review. The findings from the included qualitative studies were extracted using the JBI-QARI data extraction tool for qualitative research. The results were synthesized using a meta-aggregation in line with the JBI approach.

Results: 111 findings were extracted from the included studies and were categorized into 14 groups, followed by four synthesized findings. These were: (1) Nurses experienced challenges during MERS, yet different strategies were implemented by leaders and nurses to manage these challenges; (2) Unmet well-being support measures existed during Covid-19; (3) Additional aspects compounded negatively on nurses' well-being; and (4) Nurses showed maturity during Covid-19.

Conclusion: In comparison to prior health emergencies, well-being support measures during Covid-19 were not sufficiently adopted. Nurse policymakers and managers should consider these support measures to correspond with nurses' needs and explore the contextual factors that affect their implementation.

Biography

Sara Ahmed Marair is a registered nurse who graduated as a certified nurse in 2017 with second-degree honours from Riyadh Al-Elm university in Saudi Arabia with a GPA of 4.50 out of 5. She worked as a bedside nurse and charge nurse in the Intensive Care Unit (ICU) and as a head nurse in ICU during the Covid-19 pandemic in Saudi Arabia. Her experience during the Covid-19 pandemic has created a passion for improving nurses' health and well-being and influenced her to proceed with a postgraduate degree to link her experience with evidence. During the Covid-19 pandemic she creates motivational activities and videos to support nurses' well-being in king Saud medical city in Saudi Arabia. She was filmed on the Saudi Ministry of Health TV and social media to participate and share her experience as an ICU nurse working during the Covid-19 pandemic to raise public awareness about nurses' experience. Currently, she is postgraduate student in Nottingham University studying MSc advanced nursing. Further, she is aiming to proceed for PhD.

smarair85@gmail.com