The Workload of Emergency Nurses during the COVID-19 Pandemic: A Narrative Review

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ABSTRACT

The Backgrounds: The workload of emergency nurses during the COVID-19 pandemic includes mental and physical stress. They must always be ready to deal with patients who come with uncertain symptoms. The workload of emergency nurses is important to study to minimize the negative impact of excessive workload. The impacts include fatigue, stress, and anxiety.

The Objectives: This study aimed to determine the workload of emergency nurses during the COVID-19 pandemic based on the available literature.

The Methods: This study used the Narrative review method. The databases used to search articles were PubMed and Clinicalkey for Nursing. Articles were selected based on their suitability with the keywords "Workload" OR "Workloads" AND "Emergency Nurse" OR "Emergency room" AND "COVID-19" OR "SARS-CoV-19" and the inclusion and exclusion criteria that had been determined. The search results obtained 6 articles.

The Results: The results of this study showed that the workload of emergency nurses during the COVID-19 pandemic was in the moderate category with results of 68.36 ± 15.86 obtained from 2 articles, and obtained a range of 20-43 from 1 article. There were the same findings from the 3 articles; fear of being infected with a virus, high pressure, and new challenges during the pandemic. These could be the main factors that affected the work of nurses.

The Conclusions: The findings of the workload of emergency nurses during the COVID-19 pandemic are obtained from valid scientific evidence. Therefore, this study can be used as a reference in research.

Keywords: *Workload, COVID-19 pandemic, IGD/ER/Emergency nurses*

ABSTRAK

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Beban Kerja Perawat Gawat Darurat Dimasa Pandemi COVID-19:
Narrative Review

Latar belakang: Beban kerja perawat gawat darurat dimasa pandemi COVID-19 meliputi tekanan mental maupun tekanan fisik, perawat gawat darurat harus selalu siap berhadapan dengan pasien yang datang dengan gejala tidak pasti. Beban kerja perawat gawat darurat penting diteliti untuk meminimalisir dampak negatif dari beban kerja yang berlebih. Dampak beban kerja perawat gawat darurat dimasa pandemi COVID-19 meliputi kelelahan, stress dan kecemasan.

Tujuan: Penelitian ini bertujuan untuk beban kerja pada perawat gawat darurat (emergency) dimasa pandemi COVID-19 berdasarkan literatur yang tersedia.

Metode: Penelitian menggunakan metode Narrative review. Database yang digunakan untuk pencarian artikel adalah PubMed, dan ClinicalKey for Nursing Artikel diseleksi berdasarkan kesesuaian dengan kata kunci "Workload" OR "Workloads" AND "Emergency Nurse" OR "Emergency room" AND "COVID-19" OR "SARS-CoV-19" serta kriteria inklusi dan eksklusi yang telah ditentukan. Hasil penelusuran didapatkan sebanyak 6 artikel.

Hasil: Hasil dari penelitian ini didapatkan beban kerja perawat gawat darurat dimasa pandemi COVID-19 ter masuk dalam kategori sedang dengan hasil 68,36 ± 15,86 yang didapatkan dari 2 artikel, dan didapatkan range 20-43 dari 1 artikel. Terdapat temuan yang sama dari ke-3 artikel ; takut terinfeksi virus, tekanan tinggi, dan tantangan baru dimasa pandemi yang dapat menjadi faktor pengaruh utama yang mempengaruhi kerja perawat.

Simpulan: Temuan beban kerja perawat gawat darurat dimasa pandemi COVID-19 ini didapatkan dari bukti ilmiah yang valid sehingga dapat dijadikan referensi referensi dalam penelitian.

Kata kunci : Beban kerja, Pandemi COVID-19, Perwat gawat darurat/IGD/UGD.