






ORIGINAL

The mental health of Basic Health Unit nurses in times of pandemic

A saúde mental da enfermagem de Unidade Básica de Saúde em tempos de pandemia

La salud mental de la enfermería en una Unidad Básica de Salud en tiempos de pandemia

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Objective: To know the mental health of nursing professionals from a Basic Health Unit exclusively for patients with COVID-19 in the municipality of Boa Vista, Roraima. **Methods:** This is an exploratory and descriptive study, with a qualitative and quantitative approach, carried out with 19 nursing professionals. The data was collected between April and June 2022, using a semi-structured script of 21 mixed questions. The interviews were analyzed using Bardin's method and the quantitative variables were submitted to the Statistical Package for the Social Sciences (SPSS) version 23.0. **Results:** The issue of stressors that interfere with mental health, associated with work activity during the COVID-19 pandemic, became evident. These factors had as a consequence the prevalence of psychological alterations such as fear, insecurity, anxiety, and stress. Concerning the diagnoses of mental disorders, anxiety and depression were the ones that stood out. Physical activity, psychotherapy, and religion were the coping measures adopted by the professionals interviewed. **Conclusion:** During the pandemic and their work practice, the professionals in this study were exposed to various stressors, developed psychological pathologies, but sought to maintain some level of mental health.

Descriptors: COVID-19. Mental Health. Nursing.

RESUMO

Objetivo: Conhecer a saúde mental dos profissionais de enfermagem de uma Unidade Básica de Saúde exclusiva para pacientes com COVID-19 no Município de Boa Vista, Roraima. **Métodos:** Trata-se de um estudo exploratório e descritivo, de abordagem qualitativa e quantitativa, realizado com 19 profissionais da enfermagem. Os dados foram coletados entre os meses de abril e junho de 2022, por intermédio de um roteiro semiestruturado de 21 perguntas mistas. As entrevistas foram analisadas a partir do método de Bardin e as variáveis quantitativas submetidas ao *Statistical Package for the Social Sciences* (SPSS) versão 23.0. **Resultados:** Evidenciou-se a questão dos fatores estressores que interferem na saúde mental, associados a atividade laboral durante pandemia de COVID-19. Esses fatores tiveram como consequência a prevalência de alterações psicológicas como medo, insegurança, ansiedade e estresse. Em relação aos diagnósticos de transtornos mentais, ansiedade e depressão foram os que se sobressaíram. A atividade física, o acompanhamento psicoterápico e a religião foram as medidas de enfrentamento adotadas pelos profissionais entrevistados. **Conclusão:** No transcorrer da pandemia e durante a prática laboral, os profissionais do estudo foram expostos a vários fatores estressores, desenvolveram patologias psicológicas, mas buscaram manter algum nível de saúde mental.

Descritores: COVID-19. Saúde Mental. Enfermagem.

RESUMÉN

Objetivo: Conocer la salud mental de los profesionales de enfermería en una Unidad Básica de Salud exclusivamente para pacientes con COVID-19 en el municipio de Boa Vista, Roraima. **Métodos:** Se trata de un estudio exploratorio y descriptivo, con abordaje cualitativo y cuantitativo, realizado con 19 profesionales de enfermería. Los datos fueron recolectados entre abril y junio de 2022, a través de un guión semiestructurado con 21 preguntas mixtas. Las entrevistas fueron analizadas mediante el método de Bardin y las variables cuantitativas fueron sometidas al *Statistical Package for the Social Sciences* (SPSS) versión 23.0. **Resultados:** Se destacó la cuestión de los estresores que interfieren en la salud mental, asociados a la actividad laboral durante la pandemia de la COVID-19. Estos factores resultaron en la prevalencia de cambios psicológicos como el miedo, la inseguridad, la ansiedad y el estrés. En cuanto a los diagnósticos de trastornos mentales, la ansiedad y la depresión fueron los que se destacaron. La actividad física, el seguimiento psicoterapéutico y la religión fueron las medidas de enfrentamiento adoptadas por los profesionales entrevistados. **Conclusión:** Durante la pandemia y durante su práctica laboral, los profesionales del estudio estuvieron expuestos a varios estresores, desarrollaron patologías psicológicas, pero buscaron mantener algún nivel de salud mental.

Descriptores: COVID-19. Salud Mental. Enfermería.

INTRODUCTION

On December 31, 2019, in Wuhan City, China, a new coronavirus (CoV), called the highly infectious severe acute respiratory distress syndrome coronavirus 2 (SARS-CoV-2) was detected. The World Health Organization (WHO) in March 2020 declared coronavirus 2019 (COVID-19) disease as a pandemic due to its rapid spread worldwide, thus causing a challenge on a global scale with the emergency need in the management of this new infectious disease. ⁽¹⁾

The pandemic by COVID-19 continues to present expressive numbers of infected individuals and deaths around the world. Until September 27, 2022, 612,724,171 cases of the disease and 6,517,123 deaths were confirmed worldwide, impacting mainly the United States of America, India, and Brazil, countries with the highest accumulated numbers of cases and deaths. ⁽²⁾ In Brazil, the Ministry of Health (MOH) received notification of the first confirmed case of COVID-19 on February 26, 2020. ⁽³⁾ Until that date, Brazil ranked third in cases (34,632,220) and second in deaths (685,805). ⁽⁴⁾

The state of Roraima confirmed the first case of the disease on March 21, 2020. From the first cases of the disease, there was rapid dispersion of SARS-CoV-2 throughout the state, reaching the first peak in the number of cases in July 2020. Roraima even registered the highest incidence of cases of COVID-19 per 100,000 inhabitants in Brazil, and the orange zone in relation to the occupancy rate of Intensive Care Unit (ICU) beds. Associated with this, the abandonment of individual and collective protection measures by the population and low vaccination numbers were observed. By September 27, 2022, the state had notified 455,109 cases, in which 174,971 cases and 2,173 deaths were confirmed. ⁽⁵⁾

As a result of the rapid increase in demand for health care caused by the circulation of SARS-CoV-2, the health services were unprepared to fight it, and this showed the weaknesses of the health systems, such as limitations of human resources, materials, and hospital beds. ⁽⁶⁾ Due to this context, there was an increase in the number of people seeking health care units in search of treatment and care, requiring a greater commitment from health professionals. ⁽⁷⁾

Scenarios such as the pandemic by COVID-19 generate a considerably high level of anguish, especially among nursing professionals as a result of the impression of a lack of control over the situation. These professionals are the portion of the population most impacted psychologically as a result of being constantly exposed to stressful factors, such as a high number of working hours, and fear of contracting and transmitting the disease to family members. ⁽⁸⁾ Studies show that health professionals who worked on the front line presented expressive numbers of symptoms related to anxiety, depression, stress, sleep disorders, fatigue, mental and physical exhaustion, post-traumatic stress disorder, Burnout syndrome, and addictions. ^(1,9-11)

Given the previous and current hazy scenario of nursing practice, exacerbated by the current pandemic, the situations of incessant psychological stress mentioned above, and by understanding that nursing needs to have biopsychosocial health in the

The mental health of Basic Health Unit nurses in times.. workplace, this research is justified in the search to produce and add knowledge about the quality of life at work and work stress in nursing in Primary Health Care (PHC), believing that studies of this nature can provide subsidies for human resource management, for the implementation of interventions aimed at mitigating stressors and improving the quality of life of professionals, whether in the personal or work context, and the greatest qualitative gain in the care provided. Therefore, the objective of this study is to know the mental health of nursing professionals who worked on the front line in a Basic Health Unit (BHU) exclusively for patients with COVID-19 in the municipality of Boa Vista, Roraima.

METHODS

This is an exploratory, descriptive study, with a qualitative and quantitative approach. The field of study was a Basic Health Unit (BHU) located in the municipality of Boa Vista, the capital of the State of Roraima, which was chosen due to its exclusivity in the care of patients with COVID-19. Qualitative descriptive models tend to be eclectic and are based on general premises of naturalistic research, presenting comprehensive summaries of the phenomenon or events in everyday language. Like descriptive research, exploratory research begins with a phenomenon of interest. However, rather than simply observing and describing that phenomenon, the researcher investigates its nature, how it manifests itself, and other related factors, including factors that may be its cause. ⁽¹²⁾

The study population was composed of nurses and nursing technicians who worked in the BHU during the pandemic period. Initially, we contacted the directors, who provided the list of 28 active nursing professionals. After applying the inclusion criteria: being over 18 years old and working in the HBU for at least six months during the pandemic period by COVID-19; and exclusion criteria: absence due to vacation, leave, or absence from work during the data collection period. 19 nursing professionals were randomly selected, based on the need for information. ⁽¹²⁾

Data collection took place from April to June 2022. The interviews lasted around 5 to 20 minutes, the data were obtained from a semi-structured questionnaire of 21 mixed questions, and the speeches of the interviews were recorded with the aid of a smartphone. After collection, the entire transcription of the recorded interviews was made using Microsoft Word® version 2021 software.

The qualitative variables were analyzed following the theoretical framework of Laurence Bardin, using the Content Analysis Method: pre-analysis, material exploration and treatment of results ⁽¹³⁾, and subsequently, the speeches were separated and structured into categories. Quantitative variables were analyzed using the Statistical Package for the Social Sciences (SPSS) version 23.0. Variables such as age and time of activity in the profession were analyzed by averaging the results collected, while the other quantitative variables were analyzed through the percentage of data collected in the interviews.

The ethical aspects were respected in all stages of the study, following Resolution 466/12 of the National Health Council (NHC), which deals with research involving human beings. The project was submitted and approved by the Research Ethics Committee of the State University of Roraima (REC/UERR), respecting the rights of individuals, research subjects, paying attention to the ethical principles of benefits of the study, privacy, non-maleficence, justice, autonomy, and veracity.⁽¹⁴⁾ Data collection began after release by the REC/UERR under opinion no. 5.331.674.

RESULTS

Nineteen nursing professionals participated in the study, 10 (52.63%) nurses and 9 (47.37%) nursing technicians, with a prevalence of female interviewees, 15 (78.95%). The age range among the interviewees varied between 24 and 54 years, with a mean age of 35.4 years. The average time in the

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Following the interview script, the participants were asked about changes in the workload during the pandemic period, since this factor can influence the mental health of these individuals. Of the nursing professionals who participated in the study, 68.42% answered that there was an increase in their workload during this period.

Regarding the death of a close relative, 68.42% of the professionals interviewed responded that they had lost someone close to them during the pandemic. Out of the 19 interviewees, 8 (42.11%) have been submitted to psychotherapeutic monitoring due to one or more psychological alterations, especially stress and insecurity, with 89.47% (Table 2), and during this monitoring, they were diagnosed with one or more mental disorders, especially anxiety and depression, with 26.31% (Table 3).

Table 1. Sociodemographic characteristics of the study participants. Boa vista, Roraima, Brazil, 2022.

Variables	No.	%
Gender		
Female	15	78,95
Male	4	21,05
Marital status		
Single	7	36,84
Married	11	57,89
Divorced	1	5,26
Widow(er)	0	0
With whom you live		
Living alone	1	5,26
Living with spouse and/or children	15	78,95
Living with father/mother/grandparents	3	15,79
Living with friends/colleagues	0	0
Religion		
Protestant	8	42,11
Catholic	5	26,32
Spiritist	1	5,26
Candomblé	1	5,26
No Religion	4	21,05
Profession		
Nurse	10	52,63
Nursing Technician	9	47,37
Nursing Assistant	0	0
Shift Schedule		
Daytime	13	68,42
Night	6	31,58
Test for COVID-19*		
Yes	17	89,47
No	2	10,53

*COVID-19 - Coronavirus disease 2019

Source: Authors (2022).

Table 2. Psychological alterations reported by the interviewed nursing professionals. Boa Vista, Roraima, Brazil, 2022.

Psychological Changes	%
Stress	89,47
Insecurity	89,47
Fear	78,95
Anxiety	78,95
Anguish	73,68
Insomnia	68,42
Restlessness	63,16
Depressive Feelings	47,37

Source: Authors (2022).

Table 3. Mental disorders diagnosed in the professionals interviewed. Boa Vista, RR, Brazil, 2022.

Mental disorders	No.	%
Anxiety	5	26,31
Depression	5	26,31
Burnout	2	10,52
Panic syndrome	1	5,26

Source: Authors (2022).

Out of the 19 interviewees, 26.31% reported other psychological alterations such as: weight gain, weight loss, and tiredness. Regarding the use of psychoactive substances before the pandemic, there was a prevalence of 57.89% of respondents who did not use any substance. Of those interviewed, 15.79% used psychotropic medication with a doctor's prescription. In addition, 10.53% had used tobacco and 15.79% had used alcoholic beverages. Most professionals reported that the frequency of use of these substances did not increase, but 21.05% reported an increase in the frequency of use during the pandemic. And 26.32% of respondents reported that they started to use psychotropic drugs during the pandemic period.

After the description and analysis of the interviews, the following categories were defined: challenges described by nursing professionals about their work during the pandemic; the mental health situation of nursing professionals concerning the Covid-19 pandemic; and what are the ways of coping used by nursing professionals about the emotional impacts resulting from the pandemic.

Challenges described by nursing professionals about their work during the pandemic

Based on the statements of nursing professionals working in the BHU, it was possible to identify the main challenges presented about the work in the pandemic, which were mentioned: increased demand for care, making the work more stressful and tiring, more aggressive patients, fear of getting infected and transmitting the disease to family members, isolation of the family, and lack of knowledge about the new disease.

Due to the high rate of infection of Covid-19, nursing professionals alleged an increase in the demand for care, making the work more tiring and stressful.

Much more tiring and stressful, during the pandemic we lived in a moment of terror, because the demand was very high, because at the beginning of the pandemic everything was new and scary, so people came desperate to seek care and we could not handle it, and ended up overcrowding the BHU, we spent the whole day doing triage, as Olenka BHU is very central it always had a large flow, but during the pandemic it tripled and was very crowded. (E8)

The demand increased a lot, there were many patients, we couldn't handle everyone, high demand and few professionals, some got sick, so we couldn't handle it. It was very stressful for me, exhausting, right at the peak time we were attending to up to 70 patients. (E19)

With the increase in demand for care in relation to the number of professionals, the interviewees pointed out that the patients became more aggressive.

Some people already came to us in an aggressive way. And right at the beginning, the tests were not released for everyone, we had a target public, so people did not understand the protocol, then they came very aggressively and very rudely, then a conflict was generated. (E2)

We got stressed because people did not understand that we were not to blame for the system, the patients took it out on us, they blamed us, they wanted us to take care of them, and we professionals were already overloaded, people did not understand that there were not enough professionals to take care of them. (E8)

We were verbally assaulted, and sometimes some colleagues were almost physically assaulted, it was very stressful. (E19)

The nursing professionals interviewed, because they are in direct contact with Covid-19 patients, mentioned in their speeches the fear of becoming infected and transmitting the disease to their relatives and the isolation from the family during the pandemic period.

The issue of contracting the disease and the peak was the issue of deaths, the fear for my parents because my mother is hypertensive, obese, and my father is also hypertensive, so they had a little higher risk, but then we tried to keep being careful, I would get home and take off my clothes before entering, wash my hands, shower directly, and then we would have contact, alcohol all the time, mask, but we were afraid of contracting the disease and passing it to a family member. (E2)

When the pandemic started, I was working both in the intensive care unit of COVID and here in the COVID station, so my two links, in this case, I was working with COVID, so I had to isolate myself from my son who was small and at risk. (E6)

The fear was great because it was not only thinking about us, there were our family members, so at the beginning of the pandemic I isolated myself in my house, I took my daughter to my mother's house, left her there, and stayed alone at home. (E8)

As Covid-19 is a newly discovered virus the interviewees exposed the issue of not knowing about this new disease.

In the beginning, everything was very uncertain, nobody knew how the disease happened, at what speed it was transmitted, and what the consequences were. (E3)

As it was a virus that we didn't know, we didn't know how it was going to behave in our bodies, but my biggest fear was about my family and not myself. (E6)

A lot of emotional and psychological stress, mentally we were very bad, nobody knew anything about the disease, it was uncertain and insecure, and so all of us professionals suffered from the fear that we had of the disease because until then there was no vaccine, nothing was certain, nobody knew what to do, there was no adequate material. (E11)

The mental health status of nursing professionals concerning the Covid-19 pandemic

Based on the objective of the research, which is to identify the mental health impacts that the pandemic caused on these professionals, it was necessary to probe how these workers view their mental health situation in relation to this pandemic period.

One cannot deny, no one came out of the pandemic well, and I lost two very close relatives, I have a lot of emotional instability, I cannot talk without getting emotional, talk about these specific situations, I became more nervous, sleep disorder, so it was also for this reason that I had to treat depression, but it is a very complicated internal work. (E3)

Even today I have insomnia, some days I can't sleep, but other days I can. Other than that, I consider my mental health to be normal (E8)

Currently, my mental health is not good, because I am overworked. It requires care, I need to improve my sleep, I don't sleep well yet, I am overweight, and my physical health is not good either, all this affects the whole psychological and family issue. (E14)

What are the ways nursing professionals cope with the emotional impacts resulting from the pandemic?

The ways of coping most commented on by the nursing professionals were: psychological and psychiatric follow-up, religion, and physical exercise.

I went to therapy and a psychiatrist, I also went to a corner and breathed a little more, tried to relax with my colleagues, and then I would get home and try to relax, do meditation, breathe, and try not to think about it too much. (E2)

Avoid watching too much news, because they scare us a lot, and I would cling to God that one day all this would pass. (E6)

I tried to do physical activity, I did it at home, ran in the square, exercise is my escape valve, it makes me more relaxed and de-stresses me.

I started to walk at that time. I also used religion, it is our strength. (E12)

DISCUSSION

Based on the study data, about the profile of these professionals, the predominance of female nursing professionals should be highlighted. This characteristic is similar to that found in the study conducted on the profile of nursing professionals in Brazil, which reported a percentage of 85.1% of women in the profession.⁽¹⁵⁾ These results are based on the feminization after the establishment of contemporary nursing in the late nineteenth century and by the historical context of the association of the female gender with practices that include care.⁽¹⁶⁻¹⁷⁾

Contextualizing the issue of mental health, the study identified that there were alterations in the mental health of the nursing team interviewed, which generally stands out for its capacity for emotional management, even if their daily work activities lead them to a picture of psychopathological alterations. However, the pandemic context demands higher emotional skills than those required in periods of normality. Periods with greater demands tend to overload these professionals physically and emotionally, causing an increase in the predisposition to psychopathological alterations related to their work activities, because

The mental health of Basic Health Unit nurses in times.. they deal daily with the responsibility of the lives of those who are under their care and with their emotional particularities. These professionals are more susceptible to stress, anxiety, depression, and other psychological stresses.^(10,18)

This scenario brought on the nursing professionals a feeling of helplessness since pandemic occasions imposes an accelerated rhythm due to the high rate of transmissibility of the virus, which caused an increase in the demand for care. This large number of patients and excessive workload intensify this overload on the emotional and physical conditions of these workers, contributing to the manifestation of psychological disorders and burnout.⁽¹⁹⁻²⁰⁾

The proposal suddenly imposed by the pandemic on nursing professionals had inhumane dimensions, with overcrowding of the health system causing a scenario of panic with a high flow of work in a shortened time.⁽²¹⁾ The nursing team, being on the front line, was more exposed to these mental impacts resulting from the frenetic pace of the pandemic, causing feelings of guilt, failure, impotence and stresses directly related to work overload.⁽²²⁾

The work overload, promoting mental stress in these professionals, highlights factors related to the work environment that also contribute to mental illness, such as the fear of getting infected and contaminating their families, as well as the lack of knowledge about the new virus, sleep deprivation, and fatigue. All these components collaborate as generators of emotional stress.^(7,23)

Regarding transmission to the family, it was observed in the interviewees' statements the concern and fear of being responsible for contaminating their relatives. The return to the family after work during the pandemic period is considered a delicate moment because the nursing professionals are working directly in contact with the virus, taking the imminent risk of being the vectors that carry the virus to their families.⁽²⁴⁻²⁵⁾

The fear of contaminating a family member contributes to the fact that measures communicated to society in general, such as social isolation, are practiced within the home environment. Due to this fear, the nursing professionals practiced restriction and isolation measures in their homes, because they highlighted this constant need for extreme vigilance and concern for their loved ones, generating anxiety. This behavior provided a feeling of family estrangement, making professionals deal with the feeling of lack of support and communication, favoring the emergence of psychological suffering, as was found in this study.⁽²⁶⁻²⁷⁾

Family coexistence is a protective agent, even with the concern about the possibility of infecting loved ones or due to the characteristics that the profession causes, such as excessive fatigue, harming the coexistence and favoring the lack of support and family affection or by the mourning process within the family environment, all agents are collaborators of mental suffering.⁽¹²⁾

Some nursing professionals in this study pointed out their concerns due to the unknown, the uncertainties about the new coronavirus, and the fear of the consequences, especially at the beginning

of the pandemic. Factors such as lack of knowledge about the mechanism of action, body reaction, and sequelae of this new virus cooperate to overload the workload and consequently generate fear and anxiety. The lack of knowledge about Covid-19 caused insecurity in the team in detriment to individual protection and how to properly approach the care of these patients, these factors directly refer to the fear and insecurity of these professionals.⁽²⁸⁻³⁰⁾

Regarding psychological changes, the participants highlighted the stress factor due to work activities during the pandemic. It was verified that this stress is something common in nursing, even in periods without a pandemic. Authors emphasize that this condition, experienced continuously and acutely, can lead these professionals to extreme exhaustion, consequently mental and physical exhaustion.^(16,31)

This pandemic context directly contributes to the increased stress levels of these professionals, favoring the emergence of psychopathological conditions, occurring gradually as a result of the feelings experienced daily, such as worries, insecurities and anxieties often related to their safety, their family, and patients. In these circumstances, another issue evidenced is the lack of resources directed to the psychological support of these professionals, given the importance that should be given to the speeches and experiences of the nursing team in the face of this atypical situation provided by the pandemic.^(6,32-33)

Life-threatening situations trigger, in addition to stress, a tendency of developing an anxiety condition. Several authors report anxiety in their findings, which is related to the situations and emotions experienced by these professionals during their work in the pandemic, a factor that promotes an increase in the number of diagnoses of anxiety disorders in this class.^(12,34-36)

The influence of factors such as stress, fear, and excessive work hours can lead the nursing professionals to a diagnosis of anxiety disorder, Burnout syndrome, and depression. Recent researches show concern about the risk of developing Burnout syndrome in health professionals, especially in pandemic contexts, because it causes greater physical and emotional stress directly related to the increase in work demand.^(26,28,32,37)

Given the presence of stressors, anxiety, and exhaustion caused by work, nursing professionals presented insomnia, another agent that contributes directly to mental and physical illness. Frontline professionals from covid-19 were the ones who presented the highest rates of insomnia, corroborating the findings of this study.^(34,38)

Professionals who experience some alteration or sleep deprivation tend to manifest depression.⁽³⁹⁾ Research shows the incidence of depression and usually in conjunction with anxiety, two disorders that are present among nursing professionals, and in this context causes them to resort to psychotropic drugs, which can progress to a dependence on these drugs.^(36,38,40-41)

Regarding the strategies used by these professionals to face the factors that contribute to mental illness during the pandemic period, physical

The mental health of Basic Health Unit nurses in times.. exercise was one of the highlights. Studies show that physical activity reduces the prevalence of symptoms such as anxiety and depression, besides acting as a defense against chronic non-communicable diseases, this emphasizes the need to implement this habit in the lives of these professionals, given its benefits^(12,42)

In addition, the use of religion was another strategy used by the nursing team. Regardless of religion, it is seen as a means of protection in the face of experienced traumas, to reduce fear. The manifestation of their beliefs, through prayers, is used as a shield against mental illness, therefore, the support for such beliefs is of great importance, since they help in the maintenance of mental health.⁽⁴³⁻⁴⁵⁾

Psychotherapeutic support was also addressed by the professionals. Psychological support is extremely necessary to protect and preserve mental health, especially in situations like the pandemic, because the psychologist or psychiatrist will develop actions of prevention, promotion and the correct treatment for these professionals, besides improving self-esteem and psychic well-being.⁽⁴⁶⁻⁴⁷⁾

Considering that many of the agents that contribute to mental illness are linked to the effects of working in the pandemic, a closer look at the mental health of these professionals is necessary. As limitations of the study, we highlight the difficulty in interviewing the 26 nursing professionals stipulated by the sample calculation, because some professionals were new to the unit or were on leave. The study contributes to the discussion and knowledge about the mental health of the nursing team in the face of the coronavirus pandemic, a recent theme that lacks publications.

CONCLUSION

This investigation showed that there were negative impacts on the mental health of nursing professionals in the work context of the BHU focus of the research, which stood out from the others for its exclusivity in assisting the population of Boa Vista, Roraima, facing the pandemic by COVID-19, bringing to light the discussion of the factors that cause stress, its consequences and coping strategies adopted by nursing professionals for the maintenance of their mental health.

Knowing about these impacts and changes in the mental health of nursing professionals allows us to see how this professional is mentally. Thus, it is possible to elaborate health actions that meet the needs of this class, offering psychotherapeutic support in workplaces, improvements in working conditions, stimulating these professionals to practice physical exercises, and respecting the beliefs of each one, in order to improve and maintain the mental health conditions of these professionals. To better understand the work-related psychological repercussions of the pandemic, we must take into account the main impacts suffered by these professionals during and after this period.

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