



# Stomatološke sestre pre i posle pandemije

## Dental Nurses Before and After the Pandemic

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### Apstrakt

**Uvod:** Pandemija kovid-19 doprinela je mnogim promenama na ličnom, porodičnom i socijalnom planu svakog pojedinca, ali dovela je i do značajnih promena u samom funkcionisanju zdravstvenog sistema. Brojni izazovi bili su pred zdravstvenim radnicima, pa čak se zahtevalo i otvaranje novih bolnica i službi koje su se specijalizovale za lečenje i podršku pacijentima obolelih od kovid-19 infekcije. O problemima i izazovima sa kojima su se susreli zdravstveni radnici tokom pandemije svedoče brojna istraživanja i saopštenja kako u domaćim, tako i u stranim publikacijama.

**Cilj:** Sagledati način prilagođavanja zdravstvenih radnika na reorganizaciju rada zdravstvenih ustanova tokom Pandemije kovid-19, kao i uticaj pandemije na mentalno zdravlje zaposlenih.

**Metoda:** Sistemski pregled istraživanja drugih istraživača. Upotrebljene su deskriptivna i indirektna opservaciona metoda.

**Rezultati:** Pregledom literature pokazano je da epidemije i pandemije imaju negativan uticaj na psihološko blagostanje zdravstvenih radnika, koji se manifestuje kroz širok spektar simptoma mentalnog zdravlja: stres, depresiju, anksioznost, nesanicu, strah, stigmu i emocionalnu iscrpljenost. Neadekvatna bolnička oprema i ograničena ponuda lične zaštitne opreme na početku pandemije, takođe su povezani sa višim nivoima psiholoških simptoma kod zdravstvenih radnika. Istraživanja su pokazala i da je učestalost neželjenih događaja među zdravstvenim radnicima zbog upotrebe LZO veoma visoka. Zdravstvene ustanove treba da preuzmu neophodne mere predostrožnosti i promene uslova rada tokom Pandemije kovid-19 kako bi sprečile neželjene događaje povezane sa upotrebom LZO i minimizirale štetu za zdravstvene radnike. Pandemija je izuzetno teško pogodila zdravstvene radnike, iako su dali sve od sebe da se adekvatno nose sa svim izazovima koje sa sobom nosi lečenje obolelih od kovid-19 infekcije. Neki istraživači ističu da osobe na rukovodećim pozicijama na nivou organizacije ili sistema treba da iskoriste ovu priliku da razviju ciljne strategije za ublažavanje ključnih stresora mentalnog zdravlja zdravstvenih radnika.

**Zaključak:** Zdravstveni sistem u celom svetu je zahtevao reorganizaciju koja je bila u skladu sa epidemiološkom situacijom i preporukama Svetske zdravstvene organizacije. Pandemija koronavirusa (kovid-19) je nesumnjivo imala psihološke posledice po zdravstvene radnike; radnici na prvoj liniji bili su posebno ugroženi. Neophodno je sprovoditi mere za ublažavanje uticaja Pandemije kovid-19 na mentalno zdravlje tako što će se zaštititi i promovisati psihološko blagostanje zdravstvenih radnika, tokom i nakon pandemije.

**Ključne reči:** pandemija, kovid-19, mentalno zdravlje, organizacija rada

### Abstract

**Introduction:** The COVID-19 pandemic contributed to many changes on the personal, family, and social levels of each individual, but it also led to significant changes in the functioning of the health system itself. Healthcare workers faced numerous challenges and even the opening of new hospitals and services that specialized in treating and supporting patients suffering from COVID-19 infection were required. Multiple studies and announcements in domestic and foreign publications testify to the problems and challenges healthcare workers face during the pandemic.

**Aim:** To observe the way health workers adapt to the reorganization of the work of health institutions during the COVID-19 pandemic, as well as the impact of the pandemic on the mental health of employees

**Method:** Systematic review of research by other researchers. Descriptive and indirect observation methods were used.

**Results:** A review of the literature showed that epidemics and pandemics harm the psychological well-being of healthcare workers, which is manifested through a wide range of mental health symptoms: stress, depression, anxiety, insomnia, fear, stigma, and emotional exhaustion. Inadequate hospital equipment and a limited supply of personal protective equipment at the start of the pandemic have also been associated with higher levels of psychological symptoms in healthcare workers. Research has also shown that the frequency of adverse events among healthcare workers due to the use of PPE is very high. Healthcare facilities should take necessary precautions and changes in working conditions during the COVID-19 pandemic to prevent adverse events associated with the use of PPE and minimize harm to healthcare workers. The pandemic hit health workers extremely hard, although they did their best to adequately cope with all the challenges that come with treating patients with COVID-19 infection. Some researchers point out that those in leadership positions at the organizational or system level should use this opportunity to develop targeted strategies to alleviate key mental health stressors for healthcare workers.

**Conclusion:** The health system in the whole world required a reorganization that was aligned with the epidemiological situation and the recommendations of the World Health Organization. The coronavirus pandemic (COVID-19) undoubtedly had psychological consequences for healthcare workers; frontline workers were particularly vulnerable. It is necessary to implement measures to mitigate the impact of the COVID-19 pandemic on mental health by protecting and promoting the psychological well-being of healthcare workers, during and after the pandemic.

**Key words:** pandemic, covid-19, mental health, work organization

