

# THE EXPERIENCE OF ICU NURSES IN CARING FOR COVID-19 PATIENTS FROM THE PERSPECTIVE OF PHYSICAL WELL-BEING AND COPING STRATEGIES

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## 01. Introduction

The covid-19 pandemic caused the infected patients' condition to deteriorate and need to be admitted to the ICU, thus, this impact on the nurses' physical well-being. Majority of the nurses were having headaches, insomnia, hot and sweat a lot, anoxia, chest pain, and fatigue due to long duration of wearing PPE. The study aims to explore how the Covid-19 pandemic has impacted the nurses' physical well-being and the coping mechanism they used to overcome the hurdle and problems.

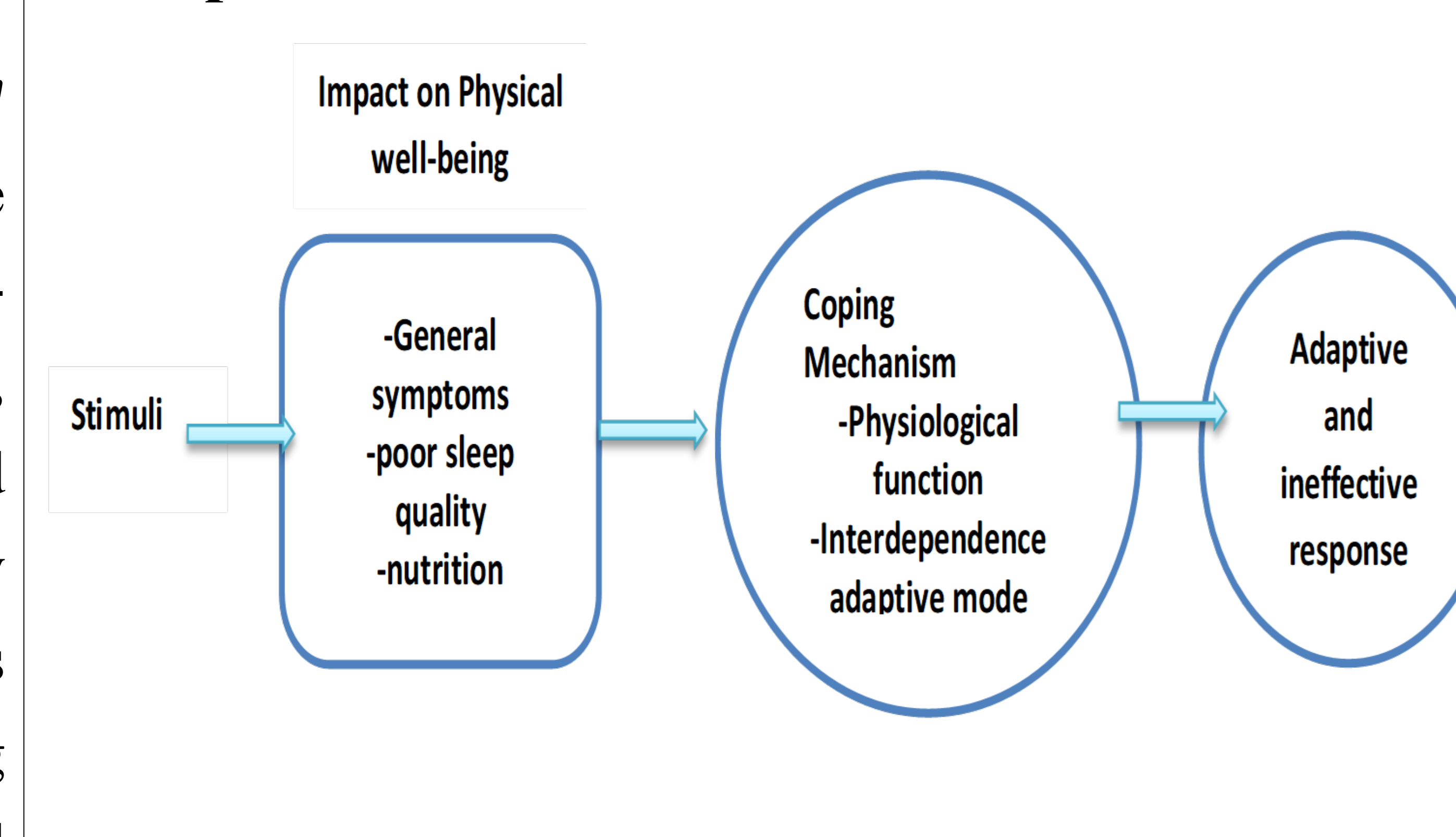
### Objectives: -

- 1.To explore the ICU nurses experiences that impact on the physical well-being while caring for Covid-19
- 2.To examine the hospital management strategies that affect ICU nurses' physical well-being
- 3.To identify the coping mechanism used by ICU nurses in managing issues related to physical well-being

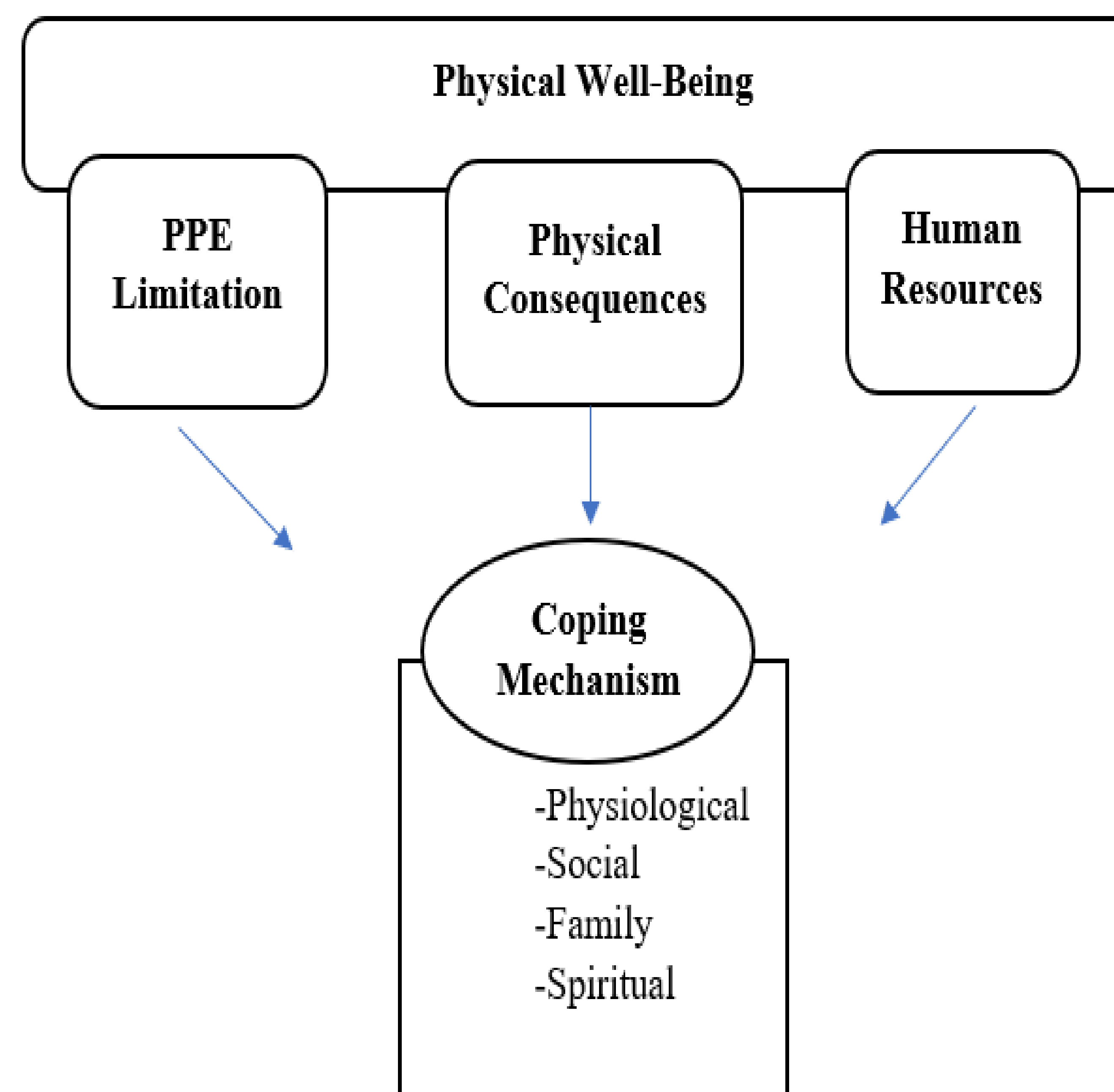
## 03. Methods

A qualitative descriptive study approach was used to explore eight (8) Intensive Care Unit (ICU) nurses' experience from Hospital Ampang, Selangor. Sampling method used is non-probability purposive sampling. The research instrument used to collect the data is by semi-structured in-depth interview. Phenomenological analysis approach by Colaizzi's 1978 used to analyze the transcripts.

## Conceptual framework



## 03 Findings



**Diagram 1: Model of ICU nurses' impact of Covid-19 on physical well-being & their coping strategies**

## 04. Discussion

The finding of this study is consistent with the previous study by Liu et al., 2020, Zhang et al., 2020, Atay & Cura, 2020, Bruyneel et al., 2020, Liu, Luo, et al., 2020, Ong et al., 2020. The participants experienced physical consequences, PPE limitation and human resources which impact their well-being. Thus, they overcome the hurdles with variety of coping strategies consistent with the study, Sehularo et al. (2021) nurses' coping techniques, avoidance strategy, social support, faith-based practices, psychological help, and management support.

## 05. Conclusion

The ICU nurses experiences that impact on their physical well-being while caring for Covid-19 patients in perspectives of physical consequences, human resources and PPE limitation. From the interview session, the participants coping with their experiences with physiological support, social support, and spiritual support. For recommendation, human resources need to provide adequate staff numbers, provide educational programs to enhance nurses' well-being and the future research may implement impact physical consequences on their well-being.

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