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Abdul Hamid, N.M.^a, Mohamad Ismail, M.F.B.^{a c}, Shahadan, S.Z.^a, Mohamed Ludin, S.^a, Tuan Muda, T.S.B.^b, Mohd Yusof, N.B.^a

A Systematic Literature Review of Intensive Care Unit (ICU) Nurses' Experience During Covid-19
(2023) *Malaysian Journal of Nursing*, 15 (2), pp. 154-165.

DOI: 10.31674/MJN.2023.V15I02.017

^a Kuliyyah of Nursing, International Islamic University Malaysia Kuantan Campus, Jalan Sultan Ahmad Shah, Bandar Indera Mahkota, Pahang Darul Makmur, Kuantan, 25200, Malaysia

^b Center for Human Sciences, University of Malaysia Pahang, Pekan Pahang 26600, Malaysia

^c Kuliyyah of Medicine, International Islamic University Malaysia Kuantan Campus, Jalan Sultan Ahmad Shah, Bandar Indera Mahkota, Pahang Darul Makmur, Kuantan, 25200, Malaysia

Abstract

Background: Numerous studies agree that intensive care unit (ICU) nurses carry a relatively heavy mental and physical load, which may be attributable to the gravity of their responsibilities in an environment where the slightest error could have catastrophic effects on the lives of the patients in their care. New insights are needed to support ICU nurses during the pandemic by recognizing their experiences and challenges in work environments. Hence, conducting a systematic literature review may provide a better understanding of the common challenges that ICU nurses experienced during COVID-19 and provide research-based evidence of effective adaptation strategies that have been implemented to lessen their burden. **Objective:** The impact of the 2019 COVID season on the work of intensive care unit (ICU) nurses is the subject of this review. **Methods:** A systematic literature review was performed on three electronic search engines, which are Scopus, ProQuest, and Google Scholar, from 2019 to 2022. A PRISMA flow chart was used to facilitate the process of article selection. **Results:** A total of 12 articles were selected for the review; the main themes were: i) The challenges in taking care of patients; ii) Adaptation strategies; iii) The impact of COVID-19 on social life; and iv) The impact of COVID-19 on perceptions of career. **Conclusion:** Given the challenges faced by ICU nurses during the COVID-19 pandemic, it is essential for healthcare institutions and policymakers to provide adequate support systems. This includes access to mental health resources, counseling services, and peer support programs to help nurses cope with the emotional and psychological stress associated with their work during a crisis. Even though this review attempted to identify the adaptation strategies used by ICU nurses, there are currently fewer studies investigating this issue. Hence, further study should explore this. © 2023 Wydawnictwo SIGMA-NOT. All rights reserved.

Author Keywords

Adaptation Strategies; Challenges; COVID-19; Intensive Care Unit Nurses

Funding details

Ministry of Higher Education, Malaysia MOHEFRGS/1/2021/SKK07/UIAM/02/4
Ministry of Higher Education, Malaysia MOHE

The authors proclaim no potential conflict of interest. **ACKNOWLEDGEMENT** This work was supported by the research grant from the Ministry of Higher Education (MOHE) – Fundamental Research Grant Scheme (FRGS); FRGS/1/2021/SKK07/UIAM/02/4. Besides, the authors would like to extend the gratitude to Kuliyyah of Nursing Postgraduate Research Center (KNPGRC) of International Islamic University Malaysia (IIUM) for supporting this work. **DISCUSSION**

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Correspondence Address

Mohamad Ismail M.F.B.; Kuliyyah of Nursing, Jalan Sultan Ahmad Shah, Bandar Indera Mahkota, Pahang Darul Makmur, Malaysia; email: firdausismail@iium.edu.my

Publisher: Asia Pacific Higher Learning Sdn Bhd., Lincoln University College

ISSN: 22317007

Language of Original Document: English

Abbreviated Source Title: Malays. J. Nurs.

2-s2.0-85179789247

Document Type: Review

Publication Stage: Final

Source: Scopus