















Covid-19 psychologically affected his life by causing anxiety as highlighted:

*Interviewer: what is the psychological impact of the pandemic on the performance of your work as a Registered Nurse?*

*Participant 8: it gave me mild anxiety.*

Moreover, some participants expressed their fear and concern regarding transmission of Covid 19 to mentally ill patient who are physically healthy as narrated by Participant 11:

*“My only concern psychologically is the fear of transmitting the virus to a physically healthy patient and then not being strong enough to fight the virus. The fear dampens a lot of how I feel as a nurse working in the pandemic”* (Participant 11).

Moreover, Participant 7 shared a similar experience in which the Participant was fearful of the Covid 19 virus as stated; “Psychologically I was fearful of the unknown as the virus was new to everyone”. Participants 4 also shared similar experiences; “everyone may have Covid so stay away from the impact positively and negatively, more work to maintain safety for both clients and patients”.

One of the impacts of Covid 19 pandemic was on the performance of the registered Nursing Staff that lead to lower work performance and reduced quality of care due to restricted interaction, and social isolation as highlighted by Participant 2:

*“The pace of work performance slowed down, and the quality of care was diminished due to a reduction in face time with clients, isolation of clients, and not being a close presence for better interpersonal relationships with clients”* (Participant 2).

However, another reason that affect the quality of care was poor communication skills as communication were only restricted to virtual and written communications between nurses and patients as described by Participant 3; “Duties were conducted with poor communication skills and written, and virtual communication became normal.”

## Discussion of Findings

Good mental health entails optimum physical, psychological, and social performance without merely the absence of stress. For this reason, Nurses and other healthcare personnel that represent frontline workers’ exposure to the pandemic event makes them susceptible to work overload stress and fear of spreading the infection to their family and significant others. Furthermore, the National Institute of Health (NIH, 2020) [8] reported that the demands for healthcare services during pandemic diseases like Covid-19 greatly affect the mental health well-being of the frontline healthcare workers with psychological issues like anxiety, panic attack, insomnia, depression, post-traumatic stress disorder, suicide ideation among others. Similarly, NIH (2020) [] pointed out that, in a recent survey conducted on healthcare workers in the United States out of 4692 nurses working in the Covid-19 frontline 42.7% (2,005) exhibited somatic symptoms such as headaches, throat pain, lethargy, irritability, and insomnia. Likewise, another survey conducted in the United States by the American College of Chest Physicians among 313 (53 male and 260 female) healthcare workers including nurses by Aiyar et al (2020) [9] using the Covid-19 Anxiety and Stress Survey (CASS) revealed that 55.9% presented with a mood disorder, 48.2% elevated stress level, and 42.4% with various level of anxiety.

Equally, a study done in Singapore on the psychological impact of the Covid-19 pandemic on healthcare workers by Benjamin et al (2020) [10] corroborates the previous studies by reporting the prevalence of depression, anxiety, stress, and post-traumatic stress disorder (PTSD) in the study subjects. In addition, a cross-sectional survey conducted among healthcare workers in China by Krishnamoorthy et al (2020) [11] revealed that a greater percentage of the participants narrated feelings of psychological distress, anxiety, insomnia, and depression.



Additionally, survey-based research in Italy on 933 healthcare workers by Conti et al (2020) [12] showed that 71% exhibited signs of somatization, and 55% psychological distress. However, the female respondents' anxiety and somatization are predominant signs and symptoms, whereas respondents below the age of 40 years displayed somatization, depression, anxiety, and post-traumatic stress disorder. Moreover, Cabarkapa, S. et al (2020) [13] reported that Australian General Practitioners noted that, healthcare workers are more vulnerable to mental health challenges during a Covid-19 pandemic because of first-hand exposure to the ravaging effects of the disease and long hours at work. These challenges according to them include insomnia, anxiety, obsessive-compulsive symptoms, depression, suicide ideation, and self-harm.

Equally, Carbajal, B.A. et al (2020) [14] reported that inadequate personal protective equipment (PPE), inadequate sanitization amenities, and work overload during the Covid-19 pandemic contributed immensely to escalating abnormal psychological presentations among frontline healthcare workers. Additionally, the presentations include symptoms of post-traumatic stress disorder (PTSD), anxiety, depression, and relapse of mental health conditions in susceptible individuals.

Furthermore, a systematic review and meta-analysis study conducted by Sun, P. et al (July 2021) [15] on the psychological impact of the Covid-19 pandemic on 81, 277 Healthcare

workers revealed that; 37% of the respondents complained of being anxious, 36% presented with symptoms of depression, and 32 % experienced insomnia. These studies further revealed that the Covid-19 pandemic has greatly affected the psychological well-being of healthcare with snowballing effects on their performance. As has been noted, the psychological impact of Covid-19 on frontline healthcare workers, especially nurses, cannot be overemphasized.

## Conclusion

In conclusion, Covid-19 pandemic has affected the performance of Registered Nursing Staff of MAWI in Bermuda both positively and negatively. Therefore, there is need for the MAWI Bermuda to provide psychological support to Covid-19 exposed Registered Nurses. Additionally, there is the need for further study on the wellbeing and quality of life of Registered Nurses of MAWI Bermuda post Covid-19 pandemic era.

## Conflict of Interest

Author declares that there is no Conflict of Interest.

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