

Educating Nurses and Improving Their Resilience During the Covid-19

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ABSTRACT

COVID-19 has created very difficult conditions for health care providers. They experience a lot of mental and psychological stress. Resilience is an important factor in adapting to new conditions. Nurses need to acquire the skills needed to increase resilience. This article discusses the most important strategies to increase resilience in nurses.

Editorial

Health professionals work in complex environments and deal with many hard issues and situations. The spread of the Coronavirus and the COVID-19 epidemic has caused hospitals and health staff to be experiencing new conditions. The epidemic has also had a significant impact on nurses' performance and has faced them with several challenges [1], some of which include: stress, fatigue, lack of concentration, feelings of depression, etc. that have led to inappropriate work environment and the incidence of medical errors [2]. The challenges may also prevent nurses from committing to their professional tasks [3]. In other words, nurses' resilience to new conditions is facing serious problems. Resilience refers to individuals' ability to withdraw or cope successfully with adverse conditions. It is a personality trait and a dynamic process. Resilience is not only resistance to harms or threatening conditions, but also the active and constructive participation of the individual

in the environment. Education and increasing resilience are a key factor in coping with problems. Resilience may change and have a positive effect on other groups or sectors. Taking managerial-supportive measures, hospital and nursing managers can play an important role in this issue [4]. Educating and improving nurses' resilience is an ongoing endeavor, and nursing managers have a key role in building a resilient nursing workforce. It is vital for nursing managers to find out how to develop resilience among nursing staff [5]. In this article, the main interventions to create or improve nurses' resilience are presented:

- Highlight the importance of nurses' job. Emphasize lofty goals and professional values. Transmit altruism. To this end, use heroes in this field.
- Increase spiritual connection, optimism, self-efficacy, and self-care among nurses.

- c. Set aside time for nurses to exercise, rest, do social and family activities, and pay attention to the balance between nurses' work and life.
- d. Facilitate social relations. Provide opportunities for collaboration outside the workplace so that nurses can interact well with each other and thus boost their morale.
- e. One person's resilience affects other peoples. Try different ways to spread resilience in your hospital.
- f. Emphasize nurses' strengths, and support your colleagues in different ways. Show that you are satisfied with the nurses' work.
- g. Provide continuous education and training courses to increase resilience.
- h. Evaluate nurses' resilience regularly and take measures to maintain and improve it.

Author Contributions

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Conflicts of Interest

There are no conflict of interest for the authors of this article.

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