

Challenges and Self-care of Health professionals during the COVID-19 pandemics from SARS-CoV-2 a critical review

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ABSTRACT

The COVID-19 pandemic has brought health professionals face to face with great challenges both personal and professional. They were called to deal with unprecedented situations related to the illness itself, health system's weaknesses, manage their own stress, cope with social prejudice and stigmatization and more recently deal with the dilemma of getting the COVID-19 vaccine or not.

The purpose of the present critical review is to describe challenges faced by health professionals during the COVID-19 pandemic, make suggestions on self care techniques and indicate ways to augment their empowerment. However, not all health professionals develop the same level of stress and/or burnout, since they differ in their ways of reacting to various challenges. In the context of self-care, during the COVID-19 pandemic, psychological empowerment can strengthen resilience, optimize the quality of care provided, contribute to health professionals' personal development and enhance their sense of personal control. It is important for health professionals to forge their own "shield" of self care that will help

them protect against adversities. Future cross-sectional and qualitative studies should focus on investigating secondary stress disorders and post traumatic growth, as a result of experiencing COVID-19 pandemic whereas suggest ways to improve health professionals' physical and mental health during and after the pandemic.