

Effectiveness and Verification of Program Purposing Stress Management for Public Health Nurses Handling COVID-19

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Background

Public health nurses handling COVID-19 in Japan are presumed to be very tired due to its prolonged prevalence.

Aim of the study

This study aimed to develop “a remote training program based on cognitive-behavioral therapy” purposing stress management for public health nurses handling COVID-19 and examine its effectiveness.

Methods

Public health nurses were on the remote training program and requested to complete questionnaires (Brief Occupational Stress Survey/Condensed GHQ Mental Health Questionnaire) three times before, after and one month after the program. The data of fourteen subjects were analyzed after excluding uncompleted data and a one-way analysis of variance for within-subjects design was conducted. This study was performed after approval by the Ethics Committee of International University of Health and Welfare (approval number: 20-Io-105).

Results

The one-way analysis of variance showed a significant difference in the psychological stress response item of Brief Occupational Stress Survey between before and one month after the program ($F=3.37$, $df= (2, 26)$, $P <.05$), the latter being lower than the former. Additionally, there was a significant difference in the scores of Condensed GHQ Mental Health Questionnaire between before and one month after the program ($F=11.90$, $df= (2, 26)$, $P <.001$), the latter being lower than the former.

Conclusions and implications

The psychological stress of the public health nurses who attended the program reduced not immediately after the program but after one month, suggesting that this program is effective in improving their stress management skills.