

NURSES
A VOICE TO LEAD
A VISION FOR FUTURE
HEALTHCARE



STRESS & BURNOUT IN THE NURSING PROFESSION



Close to 80% of ICN's national nursing associations (NNAs) that responded have received reports of mental health distress from nurses working in the COVID-19 response.



In January 2021, the International Council of Nurses (ICN) drew the world's attention to the evidence showing mental health issues and physiological impacts on nurses as a result of responding to the COVID-19 pandemic. ICN called this phenomena the "mass traumatisation"¹ of the global nursing workforce and called on governments to act now to support nurses and address these issues. The COVID effect is real and risks damaging the nursing profession for generations to come.



NNA reports highlight that the causes of mental health distress are complex and varied and include inadequate PPE, the fear of spreading the virus, high workloads, increase in violence and discrimination against nurses, post-traumatic stress symptoms, etc.



ICN estimates the COVID-19 Effect, added to the current shortages and ageing of the nursing workforce, could lead to a potential shortfall of up to

13 million

nurses by 2030.

The longer-term impacts of COVID-19 including PTSD and long COVID are currently unknown but could be extremely significant.

About 20% of nurses in Japan reported they had experienced discrimination or prejudice amid the spread of the virus.² In the US, 64% of nurses felt overwhelmed and 67% reported difficulty in sleeping.³



References:

1. ICN (13 January 2021). Mass Trauma Experienced by the Global Nursing Workforce. Available at: <https://www.icn.ch/sites/default/files/inline-files/ICN%20COVID19%20update%20report%20FINAL.pdf>
2. The Mainichi. 2021. Japan Nurses Faced Discrimination, Quit Jobs Amid COVID-19 'First Wave': Survey - The Mainichi. Available at: <https://mainichi.jp/english/articles/20201223/p2a/00m/0dm/009000c>
3. American Nurses Foundation, 2020. Pulse on the Nation's Nurses COVID-19 Survey Series. Mental Health and Wellness Survey #2. Available at: <https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/mental-health-and-wellness-survey-2/>