

Prevention and promotion strategies in mental health for nursing in the face of the COVID-19 pandemic

Estratégias de prevenção e promoção em saúde mental para enfermagem diante da pandemia da covid-19

Estrategias de prevención y promoción en salud mental para enfermería ante la pandemia del covid-19

Abstract

Objective: To identify the scientific production on mental health prevention and promotion strategies for nursing professionals in the face of the COVID-19 pandemic.

Method: Integrative literature review. Consultations were held in May 2022 on seven information resources. **Results:** A total of 467 references were identified, among which, after applying the inclusion and exclusion criteria, 48 were included in the qualitative synthesis, thus verifying different strategies, such as: psychosocial and psychological support; institutional support; self-care and self-adjustment; communication and support from the work team, family and friends. Such strategies jointly improve stress, decrease anxiety, and protect the mental health of those involved. **Conclusion:** Welcoming, active listening, social recognition, offering mental health services, improvements in work organization, and encouraging the adoption of healthy lifestyle habits are actions that can be adopted by managers in the work environment with nursing professionals in the face of the COVID-19 pandemic.

Descriptors: Nurse Practitioners; Nursing; Mental Health; COVID-19.

Resumo

Objetivo: Identificar a produção científica sobre estratégias de prevenção e promoção em saúde mental para profissionais de enfermagem diante da pandemia da covid-19.

Método: Revisão integrativa da literatura. Realizaram-se consultas em maio de 2022 em sete recursos informacionais. **Resultados:** Identificaram-se 467 referências, dentre as quais, após aplicação dos critérios de inclusão e exclusão, 48 incluíram-se na síntese qualitativa, averiguando-se, assim, distintas estratégias, como: apoio psicossocial e psicológico; suporte institucional; autocuidado e autoajuste; comunicação e apoio da equipe de trabalho, família e amigos. Em conjunto, essas estratégias melhoram o estresse, diminuem a ansiedade e protegem a saúde mental dos envolvidos. **Conclusão:** Acolhimento, escuta ativa, reconhecimento social, oferta de serviços de saúde mental, melhorias na organização do trabalho e estímulo à adoção de hábitos de vida saudáveis são ações que podem ser adotadas por gestores no ambiente laboral com os profissionais de enfermagem diante da pandemia da covid-19.


Descritores: Profissionais de Enfermagem; Enfermagem; Saúde Mental; Covid-19.

Resumen


Objetivo: identificar la producción científica sobre estrategias de prevención y promoción de salud mental para profesionales de enfermería ante la pandemia de covid-19. **Método:** revisión integrativa de literatura. En mayo de 2022 se realizaron consultas sobre siete recursos de información. **Resultados:** se identificaron 467 referencias y después de aplicar los criterios de inclusión y exclusión, 48 fueron incluidos en la síntesis cualitativa, verificando diferentes estrategias, como: apoyo psicossocial y psicológico; apoyo institucional; autocuidado y autoajuste; comunicación y apoyo del equipo de trabajo, familia y amigos. Juntas, estas estrategias mejoran el estrés, reducen la ansiedad y protegen la salud mental de los involucrados. **Conclusión:** acogida, escucha activa, reconocimiento social, oferta de servicios de salud mental, mejora en la organización del trabajo y fomento de la adopción de hábitos de vida saludables son acciones que pueden adoptar los gestores en el trabajo con los profesionales de enfermería ante la pandemia de covid -19.

Descriptores: Enfermeras Practicantes; Enfermería; Salud Mental; Covid-19.


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INTRODUCTION

Coronavirus disease 2019 (COVID-19), caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), was first announced in Wuhan, China, in 2019. The disease showed quick and increasing transmissibility among the population⁽¹⁾. In January 2020, the World Health Organization (WHO) declared a public health emergency of international concern, and, in March 2020, the institution declared that the disease had reached pandemic status⁽²⁾. Given this context, the world has been experiencing a period of intense challenges in the health area. Accordingly, health professionals need to be properly prepared to carry out their work activities with quality and security, with a view to protecting themselves physically and mentally, in addition to understanding their key role in terms of facing this pandemic⁽³⁾.

Among these professionals, those working on the frontline are the most vulnerable to physical and mental illness, both due to the greater possibility of infection by the disease and exposure to different stressful conditions in the work environment, which are worsened by the pandemic, such as overload of work. Furthermore, as they deal with a feeling of powerlessness, failure, anguish and fear in the face of this problem, besides the constant losses among patients, family members and professional colleagues, and the entire unbalanced context of a pandemic, these professionals become more susceptible to psychological distress⁽⁴⁾.

In this context, regarding the nursing area, frontline professionals represent the largest contingent of human resources in hospital institutions, with the care of human beings at the center of their work⁽⁵⁾. Usually, their work conditions already include long hours, intense pace, professional devaluation, interpersonal conflicts and other factors that stimulate physical and psychological wear and tear. Therefore, faced with the pandemic, these conditions are heightened by the number of infected people and the scarcity of adequate equipment and supplies, thus making it frightening for teams to carry out work⁽⁶⁾.

According to the WHO, the nursing team, under pressure due to the pandemic situation, is at high risk of becoming ill, causing significant mental health problems, such as an increase in cases of burnout syndrome, in addition to anxiety, depression and stress⁽¹⁾. Therefore, there is a need to invest in strategies to prevent mental disorders and promote mental health for these professionals in their work environment. In this sense, this study is justified because, given the current situation of the COVID-19 pandemic, information on such strategies is dispersed in the literature, which imposes the need for a systematic search so that the synthesis of knowledge on the subject can be presented.

In light of the foregoing, the following guiding question arises: What are the mental health prevention and promotion strategies for nurse practitioners during the COVID-19 pandemic? In order to answer this question, there is a need for a study that brings together and synthesizes the scientific production available on the topic, which will possibly favor better targeting of managerial, care and educational actions in health services on the behalf of nurse practitioners in pandemic times. The objective of this study was to identify scientific production on mental health prevention and promotion strategies for nurse practitioners in the face of the COVID-19 pandemic.

METHOD

Integrative literature review, based on the six converging steps of the method⁽⁷⁾. After identifying the theme, the research question was formulated, using the PICO acronym (P – Population; I – Interest; Co – Context) and then the Descritores em Ciências da Saúde (DeCS) and the Medical Subject Headings (MeSH terms), available in the Virtual Health Library (Table 1).

Table 1 – PICO strategy, DeCS and MeSH terms. Rio das Ostras, RJ, Brazil, 2022.

PICO strategy			DeCS	MeSH term
PICo	Variable	Component		
P	Population	Nurse practitioners	Profissionais de enfermagem	Nurse practitioners
			Enfermagem	Nursing
I	Interest	Mental health prevention and promotion strategies	Saúde mental	Mental health
			Adaptação psicológica	Adaptation, psychological
Co	Context	Covid-19 pandemic	Infecções por coronavírus	Coronavirus infections

Source: Own elaboration

Accordingly, the following research question was used for the searches: What are the studies available in the scientific literature on mental health prevention and promotion strategies for nurse practitioners in the face of the COVID-19 pandemic? The study identification stage involved the search for scientific evidence in different information resources: Base de Dados da Enfermagem (BDENF); Latin America and the Caribbean Literature on Health Sciences (LILACS); Cumulative Index to Nursing and Allied Health Literature (CINAHL); Scientific Electronic Library Online (SciELO); Web of Science; PubMed (US National Institutes of Health's National Library of Medicine, NIH-NLM); and Scopus. The searches were carried out in May 2022 using an advanced search form, respecting the singularities of each resource, through trio combinations of terminologies with the Boolean operator "AND" (Table 2).

Based on the results of these search strategies, carried out by the research team, the titles and abstracts were thoroughly read to pre-select publications potentially eligible for the study. Thus, the following inclusion criteria were established: publications available in full (literature reviews, original articles, case studies, authority opinions, expert reports, letters to the editor and editorials), in any language, with the purpose of encompassing

a greater amount of evidence to support the study and with recommendations for nursing regarding the topic. Studies published from 2019 onwards were included, considering that the COVID-19 outbreak in Wuhan began in December 2019, as well as investigations on the topic. The exclusion criterion referred to productions not directed to the focus of the review. The searches and choices of works were carried out in each information resource in pairs and autonomously by the study authors. Accordingly, the reading of the titles and abstracts of the articles found (first stage of article selection), as well as their selection, was carried out by two independent researchers, using Microsoft Word as a support and systematization tool, where it was recorded, in alphabetical order, the titles of the pre-selected articles. It is worth mentioning that four authors participated in this phase.

Then, the read of the articles selected in the first stage was performed in full. As a tool for data analysis, an analytical table was designed in Microsoft Word, gathering and synthesizing the main information from the studies: order, year, evidence level, title, authors, information resource, periodical and journal area, objective, method (study type, setting and participants), location and main results (mental health prevention and promotion strategies for

nurse practitioners). The data was interpreted and compared between texts by aggregating the findings. There was no use of reference managers or article selection software.

The evidence level was identified based on the study design using the following criteria: I for systematic reviews and meta-analysis of randomized clinical trials; II for randomized clinical trials; III for non-randomized controlled trials; IV for case-control or cohort studies; V for systematic reviews of qualitative or descriptive studies; VI for qualitative or descriptive studies; and VII for opinions from authorities and/or reports from expert committees. This hierarchy classifies levels I and II as strong, III to V as moderate and VI and VII as weak⁽⁸⁻⁹⁾. It is worth noting that disagreements regarding the selection of articles were resolved through a consensus among the

four researchers using the Google Meet communication service, thus ensuring the consistency and internal validation of the findings.

RESULTS

The different trio crossings generated a universe of 467 titles and abstracts read, of which 112 publications were initially identified by approaching the topic (Table 2).

Subsequently, with the exclusion of 35 duplicate publications, 77 were read in full. Of these, 48 studies constituted the final sample, since 29 were excluded for not answering the research question (Flowchart 1). Accordingly, Table 3 displays the variables: code, title, country, source and objective of the publications.

Table 2 – Search strategies and number of texts located and selected in information resources. Rio das Ostras, RJ, Brazil, 2022.

Information resource	Search strategy	Located	Selected
BDENF	profissionais de enfermagem [descriptor de assunto] and saúde mental [descriptor de assunto] and infecções por coronavírus [descriptor de assunto]	0	0
BDENF	profissionais de enfermagem [descriptor de assunto] and adaptação psicológica [descriptor de assunto] and infecções por coronavírus [descriptor de assunto]	0	0
BDENF	enfermagem [descriptor de assunto] and saúde mental [descriptor de assunto] and infecções por coronavírus [descriptor de assunto]	0	0
BDENF	enfermagem [descriptor de assunto] and adaptação psicológica [descriptor de assunto] and infecções por coronavírus [descriptor de assunto]	1	0
LILACS	profissionais de enfermagem [descriptor de assunto] and saúde mental [descriptor de assunto] and infecções por coronavírus [descriptor de assunto]	3	3
LILACS	profissionais de enfermagem [descriptor de assunto] and adaptação psicológica [descriptor de assunto] and infecções por coronavírus [descriptor de assunto]	1	0
LILACS	enfermagem [descriptor de assunto] and saúde mental [descriptor de assunto] and infecções por coronavírus [descriptor de assunto]	4	2

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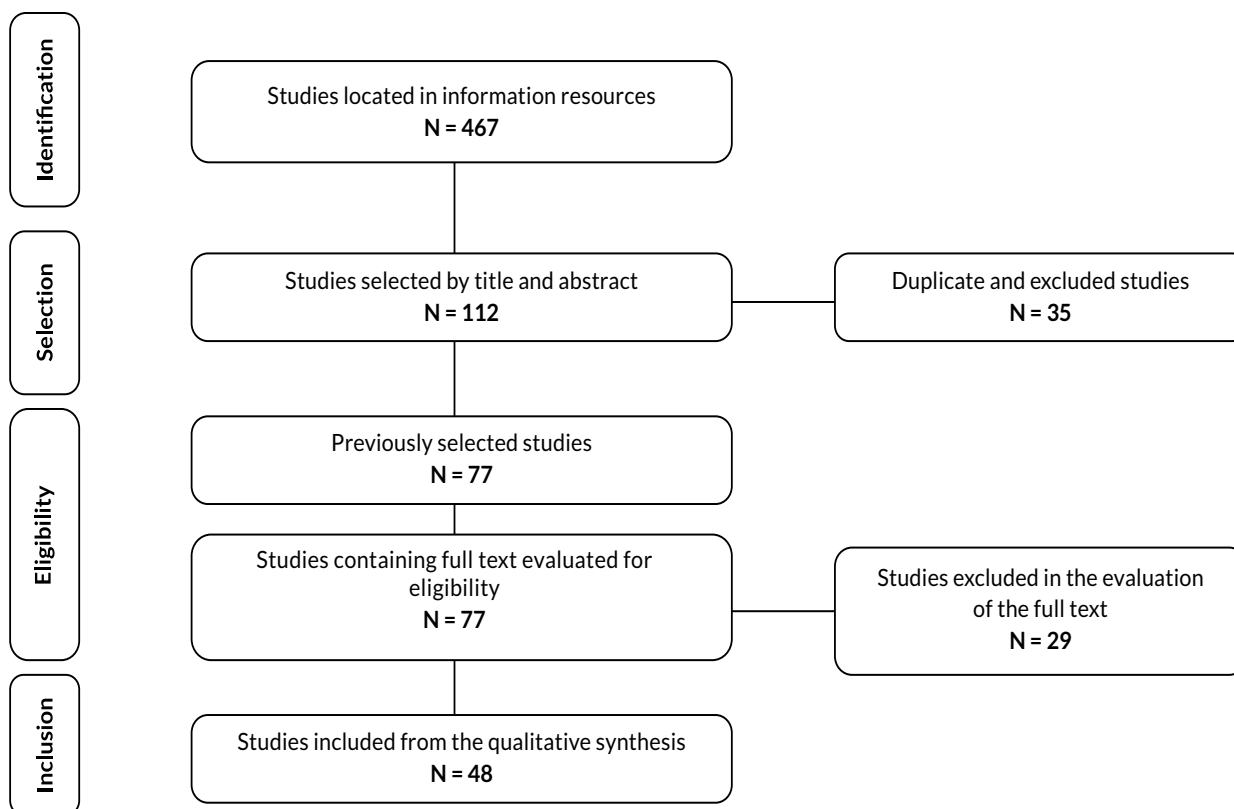
Information resource	Search strategy	Located	Selected
LILACS	enfermagem [descriptor de assunto] and adaptação psicológica [descriptor de assunto] and infecções por coronavírus [descriptor de assunto]	2	0
Scopus	(KEY [nurse AND practitioners] AND KEY [mental AND health] AND KEY [coronavirus AND infections])	2	0
Scopus	(KEY [nurse AND practitioners] AND KEY [adaptation, AND psychological] AND KEY [coronavirus AND infections])	0	0
Scopus	(KEY [nursing] AND KEY [mental AND health] AND KEY [coronavirus AND infections])	47	8
SCOPUS	(KEY [nursing] AND KEY [adaptation, AND psychological] AND KEY [coronavirus AND infections])	17	3
Web of Science	Tópico: (nurse practitioners) AND tópico: (mental health) AND tópico: (coronavirus infections)	5	0
Web of Science	Tópico: (nurse practitioners) AND tópico: (adaptation psychological) AND tópico: (coronavirus infections)	0	0
Web of Science	Tópico: (nursing) AND tópico: (mental health) AND tópico: (coronavirus infections)	117	15
Web of Science	Tópico: (nursing) AND tópico: (adaptation, psychological) AND tópico: (coronavirus infections)	5	2
CINAHL	TX nurse practitioners AND TX mental health AND TX coronavirus infections	10	1
CINAHL	TX nursing AND TX health mental AND TX coronavirus infections	121	20
CINAHL	TX nurse practitioners AND TX adaptation, psychological AND TX coronavirus infections	1	0
CINAHL	TX nursing AND TX adaptation, psychological AND TX coronavirus infections	2	0
SciELO	(profissionais de enfermagem) AND (saúde mental) AND (infecções por coronavírus)	20	17
SciELO	(profissionais de enfermagem) AND (adaptação psicológica) AND (infecções por coronavírus)	2	2

(Continues)

Information resource	Search strategy	Located	Selected
SciELO	(enfermagem) AND (saúde mental) AND (infecções por coronavírus)	41	25
SciELO	(enfermagem) AND (adaptação psicológica) AND (infecções por coronavírus)	6	2
PubMed	(nurse practitioners[MeSH Terms]) AND (mental health[MeSH Terms]) AND (coronavirus infections[MeSH Terms])	1	0
PubMed	((nurse practitioners[MeSH Terms]) AND (adaptation, psychological[MeSH Terms])) AND (coronavirus infections[MeSH Terms])	1	0
PubMed	((nursing[MeSH Terms]) AND (adaptation, psychological[MeSH Terms])) AND (coronavirus infections[MeSH Terms])	27	4
PubMed	((nursing[MeSH Terms]) AND (mental health[MeSH Terms])) AND (coronavirus infections[MeSH Terms])	31	8
TOTAL		467	112

Source: Own elaboration.

Flowchart 1 – Identification, selection and inclusion of studies. Rio das Ostras, RJ, Brazil, 2022.



Source: Own elaboration.

Table 3 – Characterization of studies for analysis, according to code, title, country, source, objective and evidence level. Rio das Ostras, Rio de Janeiro, Brazil, 2022.

Code	Title	Country	Source	Objective	Evidence level
P1 ⁽¹⁰⁾	"A cross-sectional study of mental health status and self-psychological adjustment in nurses who supported Wuhan for fighting against the COVID-19"	China	JCN: Journal of Clinical Nursing	To evaluate the mental health status, stressors and self-adjustment of nurses in isolation wards in different periods in Wuhan, China	VI
P2 ⁽¹¹⁾	"Addressing skilled nursing facilities' COVID-19 psychosocial needs via staff training and a process group intervention"	United States	American Journal of Geriatric Psychiatry	To report the experience of meeting the psychosocial needs of nurses during COVID-19 through team training and a process group intervention	VII
P3 ⁽¹²⁾	"Challenges faced by pediatric nursing workers in the face of the COVID-19 pandemic"	Brazil	Revista Latino-Americana de Enfermagem	To identify the challenges of pediatric nurse practitioners in the face of the COVID-19 pandemic	VI
P4 ⁽¹³⁾	"COVID-19 and mental health: self-care for nursing staff"	United States	Nursing	To address potential mental health issues for health professionals that may arise from this pandemic, as well as treatment options and self-care activities that promote recovery	VII
P5 ⁽¹⁴⁾	"Emotional responses and coping strategies in nurses and nursing students during COVID-19 outbreak: a comparative study"	China	PLoS One	To explore the current status and relationship of emotional responses and coping strategies of nurses at all levels in hospitals located in Anhui province, China, during the COVID-19 outbreak, and compare them with non-frontline nurses (nursing students)	VI

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Code	Title	Country	Source	Objective	Evidence level
P6 ⁽¹⁵⁾	"Experiences of front-line nurses combating coronavirus disease-2019 in China: a qualitative analysis"	China	Public Health Nursing	To explore the experiences of front-line nurses combating the coronavirus disease-2019 epidemic	VI
P7 ⁽¹⁶⁾	"Fatores de estresse nos profissionais de enfermagem no combate à pandemia da covid-19: síntese de evidências"	Brazil	Comunicação em Ciências da Saúde	To identify the main psychological effects of the COVID-19 pandemic on nurse practitioners; to describe the main factors capable of generating psychological stress in nurse practitioners; to describe coping strategies to combat emotional stress	V
P8 ⁽¹⁷⁾	"Health professionals facing the coronavirus disease 2019 (COVID-19) pandemic: what are the mental health risks?"	France	L'Encéphale: la revue de référence en psychiatrie francophone	To provide updated information on potential mental health risks associated with exposure of health professionals to the COVID-19 pandemic	VI
P9 ⁽¹⁸⁾	"Learning from COVID-19 pandemic in northern Italy: impact on mental health and clinical care"	Italy	Journal of Affective Disorders	Letter to the editor	VII
P10 ⁽¹⁹⁾	"Mental health of nursing in coping with COVID-19 at a regional university hospital"	Brazil	Revista Brasileira de Enfermagem	To identify the prevalence and factors associated with anxiety and depression in nurse practitioners who work to combat COVID-19 in a university hospital	VI
P11 ⁽²⁰⁾	"Mental well-being of nursing staff during the coronavirus disease 2019 outbreak: a cultural perspective"	Pakistan	Journal of Emergency Nursing	Letter to the editor	VII

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Code	Title	Country	Source	Objective	Evidence level
P12 ⁽²¹⁾	"Mitigating the psychological effects of COVID-19 on health care workers"	Canada	International Journal of Environmental Research and Public Health	To synthesize evidence-based information to quickly develop and evaluate a digital learning package to support the psychological well-being of all health care professionals	VI
P13 ⁽²²⁾	"Necessity of attention to mental health of the front line nurses against COVID-19: a forgotten requirement"	Iran	International Journal of Community Based Nursing and Midwifery	Letter to the editor	VII
P14 ⁽²³⁾	"Nurses' mental health and well-being: COVID-19 impacts"	Canada	Canadian Journal of Nursing Research	Editorial	VII
P15 ⁽²⁴⁾	"Physical and mental health impacts of COVID-19 on healthcare workers: a scoping review"	Pakistan	International Journal of Emergency Medicine	To summarize the evidence on the physical and mental health impacts of the COVID-19 pandemic on healthcare professionals	V
P16 ⁽²⁵⁾	"Projeto vida em quarentena: estratégia para promoção da saúde mental de enfermeiros diante da covid-19"	Brazil	Revista Enfermagem em Foco	To report the experience in developing the Vida em Quarentena extension project with a strategy for promoting the mental health of nurses working on the frontline of the fight against covid-19	VII
P17 ⁽²⁶⁾	"Protagonismo do enfermeiro na estruturação e gestão de uma unidade específica para covid-19"	Brazil	Texto e Contexto Enfermagem	To report the experience in the process of structuring and managing a specific unit for COVID-19, highlighting the role of nurses in decision-making	VII
P18 ⁽²⁷⁾	"Psychological stress of ICU nurses in the time of COVID-19"	China	Critical Care	Editorial	VII
P19 ⁽²⁸⁾	"The mental turmoil of hospital nurses in the COVID-19 pandemic"	United States	American Psychological Association	Editorial	VII

(Continues)

Code	Title	Country	Source	Objective	Evidence level
P20 ⁽²⁹⁾	"Work stress among Chinese nurses to support Wuhan in fighting against COVID-19 epidemic"	China	Journal of Nursing Management	To investigate work stress among Chinese nurses supporting Wuhan in the fight against coronavirus disease 2019 (COVID-19) infection and explore relevant influencing factors	VI
P21 ⁽³⁰⁾	"Experiences and psychological adjustments of nurses who voluntarily supported COVID-19 patients in Hubei province, China"	China	Psychology Research and Behavior Management	To explore the experiences and psychological adjustments of nurses who voluntarily traveled to Hubei Province, China, to provide support during the COVID-19 epidemic	VI
P22 ⁽³¹⁾	"A covid-19 e as estratégias de redução da ansiedade na enfermagem: revisão de escopo e meta-análise"	Brazil	Texto e Contexto Enfermagem	To map the production of knowledge on the strategies used to manage anxiety in nurse practitioners when dealing with COVID-19, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS)	V
P23 ⁽³²⁾	"Post-traumatic stress and coping strategies of South African nurses during the second wave of the COVID-19 pandemic"	South Africa	International Journal Environmental Research and Public Health	To investigate post-traumatic stress and coping strategies for nurses during the second wave of COVID-19 in the country	VI
P24 ⁽³³⁾	"Stressor combat strategies and motivating factors among health care service providers during COVID-19 pandemic"	India	Cureus	To evaluate perceived stressors, coping strategies and motivating factors among health care providers during the COVID-19 pandemic	VI
P25 ⁽³⁴⁾	"A infecção por coronavírus chegou ao Brasil, e agora?: emoções de enfermeiras e enfermeiros"	Brazil	Revista Brasileira de Enfermagem	To investigate the emotions of male and female nurses in relation to coronavirus infection (COVID-19)	VI

(Continues)

Code	Title	Country	Source	Objective	Evidence level
P26 ⁽³⁵⁾	"Anxiety of nurses to support Wuhan in fighting against COVID-19 epidemic and its correlation with work stress and self-efficacy"	China	JCN: Journal of Clinical Nursing	To investigate the anxiety of nurses supporting Wuhan in the fight against coronavirus disease 2019 (COVID-19) infection and explore relevant influencing factors they may face in infection epidemics	VI
P27 ⁽³⁶⁾	"Covid-19 e as repercussões na saúde mental: estudo de revisão narrativa de literatura"	Brazil	Revista Gaúcha de Enfermagem	To identify the repercussions on the mental health of groups and populations in the context of the new coronavirus pandemic	VI
P28 ⁽³⁷⁾	"Depressão e ansiedade em profissionais de enfermagem durante a pandemia da covid-19"	Brazil	Escola Anna Nery	To analyze the prevalence of depression, anxiety symptoms and associated factors in nursing team professionals during the COVID-19 pandemic	VI
P29 ⁽³⁸⁾	"Determination of anxiety levels and perspectives on the nursing profession among candidate nurses with relation to the COVID-19 pandemic"	Turkey	Perspectives in Psychiatric Care	To determine the anxiety level of candidate nurses and capture their perspective on the nursing profession in light of the coronavirus disease 2019 (COVID-19) pandemic	VI
P30 ⁽³⁹⁾	"Adoecimento mental na população geral e em profissionais de saúde durante a covid-19: revisão de escopo"	Brazil	Texto e Contexto Enfermagem	To map the literature on mental illness in the general population and health professionals during the COVID-19 pandemic	V
P31 ⁽⁴⁰⁾	"Enfermagem e saúde mental: uma reflexão em meio à pandemia de coronavírus"	Brazil	Revista Gaúcha de Enfermagem	To reflect on the mental health of nurse practitioners in the context of the coronavirus pandemic	VII

(Continues)

Code	Title	Country	Source	Objective	Evidence level
P32 ⁽⁴¹⁾	"Estressores psicossociais ocupacionais e sofrimento mental em trabalhadores de saúde durante a pandemia de covid-19"	Brazil	Einstein (São Paulo)	To analyze the factors associated with the mental distress of health workers who worked to care for patients with a suspected or confirmed diagnosis of coronavirus disease 2019 (COVID-19)	VI
P33 ⁽⁴²⁾	"Fatores associados à ansiedade em residentes multiprofissionais de saúde durante a pandemia de covid-19"	Brazil	Revista Brasileira de Enfermagem	To estimate the prevalence and factors associated with anxiety among multidisciplinary health residents during the COVID-19 pandemic	VI
P34 ⁽⁴³⁾	"Fear of COVID-19 among nurses in mobile COVID-19 testing units in Greece"	Greece	International Journal of Caring Sciences	To evaluate the fear level of COVID-19 among nurses in mobile COVID-19 testing units and compare it with demographic characteristics	VI
P35 ⁽⁴⁴⁾	"Has COVID-19 taken a heavier toll on the mental health of ICU nurses?"	Canada	Intensive and Critical Care Nursing	To observe the impact of the first COVID-19 outbreak and associated risk factors on the mental well-being of ICU nurses	VI
P36 ⁽⁴⁵⁾	"Intervenções de saúde mental implementadas na pandemia de covid-19: quais são as evidências?"	Brazil	Revista Brasileira de Enfermagem	To map the evidence on mental health interventions implemented during the COVID-19 pandemic	V
P37 ⁽⁴⁶⁾	"Letter to the editor: psychological support provided by national nursing associations in pandemic: Polish ICU nursing experiences"	Poland	Psychiatria Polska	Letter to the editor	VII
P38 ⁽⁴⁷⁾	"Mental health status of medical staff in emergency departments during the coronavirus disease 2019 epidemic in China"	China	Brain, Behavior, and Immunity	To evaluate the mental health of medical staff in an emergency department during the epidemic in China	VI

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Code	Title	Country	Source	Objective	Evidence level
P39 ⁽⁴⁸⁾	"Mental wellness among psychiatric-mental health nurses during the COVID-19 pandemic"	United States	Archives of Psychiatric Nursing	To describe the mental well-being of psychiatric nurses and elucidate the factors related to mental well-being during the COVID-19 pandemic	VI
P40 ⁽⁴⁹⁾	"O 'novo' da covid-19: impactos na saúde mental de profissionais de enfermagem?"	Brazil	Acta Paulista de Enfermagem	To understand the impacts on the mental health of nurse practitioners in the face of interactions with the 'novel' of the COVID-19 pandemic	VI
P41 ⁽⁵⁰⁾	"Trabalho de enfermagem na pandemia de covid-19 e as repercussões para a saúde mental dos trabalhadores"	Brazil	Revista Gaúcha de Enfermagem	To reflect on the work context of nurse practitioners during the COVID-19 pandemic and the repercussions on the mental health of these professionals	VII
P42 ⁽⁵¹⁾	"Public health policies and health-care workers' response to the COVID-19 pandemic, Thailand"	Thailand	Bulletin of the World Health Organization	Editorial	VII
P43 ⁽⁵²⁾	"Resilience, strength and unity: working together for a brighter future in these pandemic times"	Australia	Journal of the Australian Traditional-Medicine Society	Editorial	VII
P44 ⁽⁵³⁾	"Safety and health protection of health care workers during the COVID-19 pandemic"	Iran	International Journal of Community Based Nursing and Midwifery	Letter to the editor	VII
P45 ⁽⁵⁴⁾	"Mental health in the time of COVID-19"	Canada	BMJ Journals	Letter to the editor	VII

(Continues)

Code	Title	Country	Source	Objective	Evidence level
P46 ⁽⁵⁵⁾	"The association between fear of COVID-19 and mental health: the mediating roles of burnout and job stress among emergency nursing staff"	United States	Wiley Nurse Open	To examine the mediating roles of burnout and work stress in the association between fear of COVID-19 and mental health among emergency nurses	VI
P47 ⁽⁵⁶⁾	"A survey of mental health status of obstetric nurses during the novel coronavirus pneumonia pandemic"	China	Medicine (Baltimore)	To investigate the mental health status of obstetric nurses and their influencing factors during the period of the new coronavirus epidemic in order to provide a theoretical framework for decision makers and hospital managers	VI
P48 ⁽⁵⁷⁾	"Vivencias del personal de enfermería del Hospital San Juan de Dios de Tenerife en tiempos de covid-19"	Spain	Cultura de los Cuidados	To know the experiences of the nursing team in internal medicine in-patient units, in times of COVID-19, at the San Juan de Dios Hospital, in Tenerife, in order to discover strategic intervention measures	VI

Source: Own elaboration.

All publications were from the years 2020 and 2021. Those analyzed were mostly produced in Brazil (33.33%), China (18.75%), United States (10.42%), followed by Canada (8.33%), Pakistan (4.16%), Iran (4.16%) and, finally, with 2.08% in each of the following countries: France, Italy, Greece, India, Thailand, Australia, Turkey, Spain, Poland and South Africa. Based on the findings, it was found that the vast majority of studies has a low evidence level, especially VI and VII, considering the contemporary nature of the COVID-19 pandemic. Through critical analysis, five analytical categories were generated, which focused on mental health prevention and promotion strategies for nurse practitioners in the face of the COVID-19 pandemic: psychosocial and

psychological support; institutional support; self-adjustment and self-care; communication and support from the work team; and communication and support from family and friends.

Psychosocial and psychological support

Among the strategies that favor the prevention of mental disorders and the promotion of mental health among nurse practitioners who work on the frontline in the fight against COVID-19, psychosocial and psychological support emerged as an essential element, in different publications, as a way of ease stress, reduce anxiety and protect mental health.

According to these studies, it is essential that health institutions have professionals open

to active listening when health professionals request help, seeking to welcome them in order to respond to their needs with excellence, whether in person or remotely. To this end, one must provide psychosocial and psychological support in appropriate spaces, where professionals can express their feelings, which favors their mental resilience to act with quality in times of health crisis^(3,10,12,14,17,19,22-23,25-26,28,31-32,36,38,52,56).

Accordingly, studies highlight that understanding risk factors and protective factors in relation to mental health is essential and that different types of support must be available to professionals^(13,19,35,40,49,54). In this way, individual listening cells can be implemented in many health care facilities, using active listening to the concerns and requests of frontline teams, with the purpose of welcoming and responding to them promptly, thus ensuring a work environment with trust and respect^(13,17,26,41). Practical examples of active listening aimed at supporting Brazilian nursing workers were carried out by the Federal Nursing Council (Cofen, as per its Portuguese acronym), which provided remote assistance for emotional help^(37,50).

Social recognition is essential to psychosocially support these professionals⁽⁵¹⁾. In this sense, actions to encourage, value, motivate and support the nursing team members during and after the pandemic, to protect their mental health, are fundamental⁽¹²⁾. Therefore, the adoption of training sessions in coping and resilience strategies becomes a possible path^(14,18). Furthermore, the fact of having an open communication channel with managers is also important^(13,23).

With regard to resident workers, the high weekly working and studying hours, added to the stressors related to COVID-19, reinforce the need for psychological support for nurse practitioners⁽⁴²⁾. Thus, screening and early identification of mental health problems among employees were important and carried out by a specialized team in one of the studies⁽⁴⁴⁾. Other research highlights the importance of available and easily accessible mental health services

for these workers. Furthermore, they need to be encouraged to seek help when their mental health is undermined^(15,19).

It is important that nurse practitioners seek professional support from a psychologist if they experience psychological stress that is difficult to alleviate^(27,30). Therefore, there is a need to offer regular psychological counseling sessions to teams^(20,54), preferably at an early stage⁽¹³⁾. Furthermore, assistance programs that connect nurses with mental health professionals for remote consultations – in addition to implementing psychological first aid and holding daily meetings at the beginning of each shift change with the purpose of addressing mental health issues and increasing psychosocial support among colleagues – are also promising strategies in a pandemic context^(18,28,48-49,53-54).

It is worth underlining that employers and health care managers need to assume overall responsibility for ensuring that all preventive and promotional measures in mental health are implemented⁽⁵³⁾, with attention to the risks of burnout syndrome in their teams, establishing an environment that provides support to the professionals⁽⁴⁸⁾. Therefore, leaders and managers must provide opportunities to access counseling and other formal support services and encourage peer support systems⁽²³⁾. Furthermore, clinical screening and monitoring of anxiety and mental health problems cannot fail to be carried out by institutions^(17,31,49,54), since mental health screening for health professionals is essential before cases peak⁽¹⁸⁾.

The relevance of national associations in the process of ensuring the provision of these mental health services to health professionals is well known⁽⁴⁶⁾. Therefore, it is considered essential that governments create general guidelines for the organization, implementation and monitoring of public policies aimed at mental health during the pandemic period⁽³⁶⁾. Accordingly, referring professionals who show any signs of stress to psychotherapists, psychiatrists and psychologists, including the use of remote methodologies, is essential^(16,22). However, face-to-face support

to deal with the psychological burden is also essential⁽⁴¹⁾.

Finally, there is a need to start a contingency plan for post-pandemic psychosocial and psychological support for nursing workers⁽²⁵⁾, in order to monitor psychological stress during and after this crisis⁽²³⁾. Therefore, the fact of carrying out a global action to protect health workers, especially nurses in their work process, will contribute to maintaining the mental health of this group⁽³⁹⁾.

Institutional support

According to the consulted publications, institutional support also supports the prevention of mental disorders and the promotion of mental health among health professionals during the COVID-19 pandemic through different actions, such as: clear and updated information, transportation, accommodation, education, training, infrastructure, equipment and supplies and work organization; in addition to the importance of reliable advice on stress management among professionals, strategies to expand nurses' performance in a qualified and protected way, compensation with increased bonuses and additional per shift in higher risk areas, when possible, as well as the insurance of availability of quick tracking and testing for all workers, when requested^(12,17,22-23,41,44,49-51,53,56-57).

The investigations state that it is essential to adopt management guidelines and ethical/legal regulations to correctly allocate human and material resources, in order to improve the work conditions of health teams, thus providing logistical support and fair distribution of working hours weekly^(12,21-23,44,47-49,53). Another resource is the alternation of more or less stressful roles, as well as association between experienced professionals and novices, in addition to allowing flexible working hours for those who are affected⁽¹⁷⁾. The increase in the number of employees also needs to be considered^(44,53).

Health institutions must have full control over the effects of the pandemic period, offering quick responses on the clinical and psychosocial management of COVID-19, reducing the impacts

on workers' mental health⁽⁴²⁾. Therefore, frequent communication between infection prevention and control services and other supervisory bodies, in a transparent way, is important⁽²¹⁾. Accordingly, other strategies to minimize the harmful effects of the pandemic that stood out were the knowledge and training of teams^(12,36,53,58), in addition to providing advice to the public regarding the disease^(10,12,14,16,18-19,21,24,26-27,29,32,39).

At the institutional level, nurses need to be instructed to adapt to the new work environment and their routines as quickly as possible, generating more efficiency in their practical behaviors⁽²⁷⁾, in addition to receiving information related to the communication with patients and their families about this condition⁽¹⁷⁾. In this sense, studies^(10,14,26,32,57) reiterate that training nursing teams constituted an action with a positive impact on combating COVID-19. The literature underlines that the development of clinical training with teams, especially with active and innovative teaching methods, is effective in terms of increasing team security and reducing professionals' anxiety when dealing with something new.

Therefore, education and training must be consolidated into equivalence, including practice of hand hygiene, use of personal protective equipment (PPE), disinfection of wards, management of hospital waste and occupational exposure, carrying out regular clinical screening and tracking among nurse practitioners^(10,15,27,36,37,50,51,54), in addition to training aimed at expanding professional knowledge, used to deepen understanding of the disease and standard precautions^(10,26,30,50,53,57).

Furthermore, a wide range of interventions need to be developed to block the spread of infectious diseases, such as prohibiting the rotation of nursing staff working in the COVID-19 sector to other sectors, making the work environment secure and ensuring the personal security of professionals and patients⁽⁵¹⁾. Efficiency in terms of completing vaccinations against COVID-19 for health professionals is also essential, as well as the provision of supplies for hand hygiene and appropriate PPE for professionals as a form of security

for carrying out their tasks, thus preventing the spread of infections^(14,23-24,26,32,36,38,42-44,51,53,55).

Finally, investigations P6⁽¹⁵⁾, P14⁽²³⁾ and P20⁽²⁹⁾ describe the importance of institutional support that ensures supplies for daily life, such as meals with healthy foods, quarters for professionals in isolation, clean uniforms and a place for staff to bathe after work, thus also reducing the risk of infection. It is also important to offer a comfortable rest area for professionals⁽¹⁵⁾.

Publication P42⁽⁵¹⁾ states that the offer of financial protection to all health professionals against adverse events resulting from the treatment of COVID-19 positive patients in the form of compensation coverage provided by insurance companies has proven to be a protective factor for mental health. Other studies have highlighted the importance of offering subsidies to minimize mental disorders caused by the pandemic, such as insurance for injuries/accidents at work, family compensation in case of death at work and disability benefits, in case of development, related to illness^(10,12,30-33,35-36,38,57).

Support for the families of professionals who make up the nursing team was also relevant, knowing their needs and difficulties, offering assistance in terms of resolving these issues whenever possible^(10,27). According to P45⁽⁵⁴⁾, team members should be encouraged to reflect on their experiences and consider ways to implement self-care strategies that will improve their well-being.

Self-adjustment and self-care

Another way to prevent mental disorders and promote mental health among nurse practitioners in the face of the COVID-19 pandemic, frequently highlighted in studies, was the ability to self-adjust and self-care^(10-11,13,16,19,25,27,30-32,35,37,40,54). Psychological adjustment of oneself is useful for dealing with stress, increasing psychosocial support and improving mental resilience, allowing the negative psychosocial effects of COVID-19 to be reduced⁽¹⁰⁾. Knowing yourself and trying different ways to act until you find something that suits you best is essential, considering that each person reacts differently to everyday challenges

and difficulties in work environments^(13,34,57). Therefore, the fact of paying attention to encouraging self-adjustment and self-care is extremely important, thus positively impacting support and care for patients⁽¹¹⁾ and helping to increase efficiency and improve clinical security⁽¹⁰⁾.

Some strategies to assist in these aspects were mentioned, namely: practice physical exercise^(10,37,40,50); perform leisure activities^(10,29,35,37,40); take measures to restore emotional reserves^(11,13); reduce workload^(16,27,44,47,53); learn to disconnect from work by applying a ritual to indicate completion after each shift⁽¹³⁾; talk with friends⁽⁵⁰⁾; perform complementary integrative practices, such as yoga, reiki, meditation, muscle relaxation techniques and other activities to help to reduce emotional stress^(16,19,45,52); eat and hydrate adequately^(13,50,52); promote the strengthening of spirituality and religiosity^(16,34), if the professional is a follower^(16,25); do breathing exercises to relieve tension and anxiety^(29,31); listen to music⁽³⁰⁾; adequate rest and relaxation^(10,15,17-18,29,35,50), as low levels of sleep patterns impair decision-making and information processing⁽¹³⁾; watch out for a colleague improving is also reported as a stress reliever⁽³³⁾.

There is also a need to explore factors that enhance psychological well-being through activities involving values, such as altruism, trust in science, belief in some faith and hope⁽²⁵⁾. The acts of not repressing emotions and not ignoring negative experiences, as well as trying to keep the routine as similar to what is considered "normal", are also valid strategies for professionals^(16,27). The fact of knowing how to recognize and discard any negative thoughts or feelings is a good possibility⁽¹³⁾. Another suggestion is to reduce reading news that may cause anxiety or stress, thus selecting only reliable sources of information with the purpose of keeping up to date, thus avoiding the "useless bombardment" of news, and taking breaks from work, including when working from home⁽⁴⁰⁾.

Communication and support from the work team

Among the preventive and mental health-promoting strategies for nurse practitioners during the

COVID-19 pandemic, communication, support and teamwork stood out^(10-13,16-17,20-26,32,41,44,50,57). Accordingly, different strategies emerged in the studies, among them, sharing ideas, feelings and problems on how to deal with the situation⁽¹¹⁾, organizing remote meetings to alleviate the feeling of isolation⁽⁴⁴⁾, teamwork in a harmonious environment, with good work relationships, including with regard to communication with managers^(27,35,41,50) and enhancement of support among nurse practitioners, are some of the possibilities to mitigate the effect of work pressure on health^(17,29) and alleviate psychological stress^(12,41,44,50).

Studies P18⁽²⁷⁾, P20⁽²⁹⁾ e P41⁽⁵⁰⁾ suggest asking professionals to express their emotions by speaking, drawing, singing and exercising, in addition to communicating with colleagues who have had the same experience or similar feelings. They also advise sharing feelings and experiences with their colleagues in a timely way, even with those who have not experienced the same situation, highlighting how it is essential to vent negative emotions.

Fifteen publications discussed the use of remote assistance instruments (telephone) carried out by specialists, with a view to promoting the mental health of nurse practitioners, including group activities^(10-11,16,19,20,27,29,32,35,37,44-46,51,57). Since these professionals must be supported and need to maintain unity, especially when facing the pandemic, it is essential that this category communicates regularly via online communication platforms, such as webchat^(27,29) and telephone, which allow for differentiated, confidential and free listening^(10,19,27). Another tool that can contribute to reducing harmful effects on mental health is carrying out online consultations and evaluations, including through applications⁽⁴⁶⁾, in addition to the use of virtual games and interventions focused on social support⁽⁴⁵⁾. It is important that skilled nursing center professionals and psychiatric center teams hold periodic one-hour videoconference meetings⁽¹¹⁾.

The study P1⁽¹⁰⁾ introduced as an alternative the application of small online classes and lectures aimed at nurses, according to their interests. Furthermore, it highlighted the importance of promoting guidance on coping strategies through online channels, carrying out activities, such as lectures, group guidance, individual counseling, networking platforms, psychological counseling hotlines, among others. Accordingly, the use of technologies to share challenges and anguishes^(16,40) makes it possible to increase professionals' trust in terms of coping with the disease, in addition to allowing the maintenance of social relationships, thus preserving physical distancing⁽²⁰⁻²¹⁾.

Communication and support from family and friends

Publications P1⁽¹⁰⁾, P7⁽¹⁶⁾, P8⁽¹⁷⁾, P18⁽²⁷⁾, P20⁽²⁹⁾, P21⁽³⁰⁾, P22⁽³¹⁾, P28⁽³⁷⁾, P31⁽⁴⁰⁾, P38⁽⁴⁷⁾, P47⁽⁵⁶⁾ e P48⁽⁵⁷⁾) comprised this category by addressing the importance of family and friends for nurse practitioners facing the COVID-19 pandemic. From the perspective of achieving improved mental resilience, the study P1⁽¹⁰⁾ highlights that one of the main approaches used in hospitals is communication with the family. It is worth noting that encouraging nurses provided by family and friends is essential during the pandemic context⁽⁵⁶⁾. The investigation carried out by P38⁽⁴⁷⁾ states that family and social support associated with the training of psychological skills becomes an action to strengthen and regulate the mental state. Furthermore, the provision of humanistic care to nurses' families also emerged as an important element⁽¹⁰⁾.

Surveys indicate the use of social networks as a means of communication with the family and that this contact is maintained as a coping strategy to promote the mental health of these professionals during the experienced pandemic. Furthermore, the act of strengthening social support allows mitigating the effect of tension at work on the health of these professionals^(10,16,19,35,37,56). There are also recommendations for holding distance learning courses on epidemic prevention, with experts in the

field as speakers and the target audience being all family members of the health team, as highlighted in study P47⁽⁵⁶⁾.

The investigation P20⁽²⁹⁾ emphasizes interaction with family and friends, allowing nurses to acquire spiritual support. Therefore, these social interactions are essential for these professionals⁽⁵²⁾. The habit of talking to friends and family, even from a distance, proved to be a factor that reduces the prevalence of anxiety and depression symptoms in nurse practitioners during the COVID-19 pandemic^(37,50).

DISCUSSION

The findings of this study indicate that psychosocial and psychological support are essential strategies to reduce stress, anxiety and protect the mental health of nurse practitioners, especially for those who provide first-line care for people with COVID-19. Therefore, in this pandemic context, timely psychological support and adequate specialized care, including psychiatric treatments, when needed, for professionals who have or do not have established mental disorders need to be offered, which corroborates other studies⁽⁵⁸⁻⁶⁰⁾, thus aiming to reduce, as early as possible, the deleterious impacts of the pandemic on the mental health of these people.

Regarding institutional support, this research highlighted that a satisfactory work environment provides support for the prevention of mental disorders and the promotion of mental health among professionals. These findings corroborate the pertinent literature that highlights the importance of work carried out in appropriate conditions for generating resilience and strength, in addition to maintaining the physical and emotional integrity of teams⁽⁶¹⁾. In this way, professionals want institutions to provide support for the use of masks, practice of hand hygiene and decontamination of surfaces, with an increase in the amount of PPE and a decrease in the emotional burden of nurses, with the provision of essential of accurate information and professional development so that,

during this fight, well-being is strengthened⁽⁶²⁾, which is in line with the findings of this review.

From this perspective, the COVID-19 pandemic brought with it the need to address several factors related to working conditions, which impacted the mental health of nurse practitioner. Regarding the reorganization of the nurses' work process, other surveys, in addition to those included in this study, reinforces the importance of strategies not only to reduce the risk of transmission, but of forceful actions to reduce psychological distress, which is expressed in generalized anxiety disorder, sleep disorders, fear of getting sick and of infecting colleagues and family members^(59,63).

As the number of confirmed cases of COVID-19 continues to increase, in Brazil and around the world, access to PPE for health care professionals becomes a constant concern. Therefore, the maintenance of this equipment in health institutions must be a State policy, where governments must mobilize so that the national industry responds to this challenge. Nonetheless, other studies show that this is not what happens in practice, as the prices of PPE, especially disposable masks and aprons, have undergone significant increases, associated with market shortages⁽⁶⁴⁾. This makes nurse practitioners feel unprotected and experience greater difficulties and insecurity when working on the frontline of COVID-19, which can affect their mental health.

With regard to the preparation of professionals regarding assistance to patients diagnosed with COVID-19, an experience report showed that many professionals claim to be unprepared for the new disease, linked to the feeling of incapacity, since the treatment is uncertain and the risk of death is high, depending on the patient's profile⁽⁶⁵⁾. Thus, in Brazil, the Ministry of Health's strategic action aimed at training professionals in the area to combat COVID-19 stands out⁽⁶⁰⁾, which is also consistent with current findings.

In line with the exposed results, it is important to have professional training courses in this context, as continuous and adequate training is essential in the daily lives of these workers,

especially for those on the frontline⁽⁵⁸⁾. It is worth underlining that feelings of insecurity and concern still surround these professionals, since the rise of new variants of the coronavirus and the lack of adherence on the part of the population with regard to preventive measures, such as vaccination, hamper the fight against the pandemic⁽⁶⁶⁾.

In terms of team knowledge and training, in addition to advising the public regarding the disease, education plans aimed at community health services, the creation of collaborative networks aimed at providing technical support as a pedagogical way to train professionals, whether through leaflets, workshops, dissemination of guidelines, guides, counseling, sharing of technical updates or development of case studies, may enable the training and security of professionals for their work, thus helping to reduce levels of anxiety, exhaustion mental and stress⁽⁶³⁾.

However, an experience report study on the management of care provided to patients confirmed or suspected of having COVID-19 in a regional, medium-sized hospital, located in Rio Grande do Sul, showed that, despite the application of training and simulations offered by the institution to deal with the procedures to be followed with the new disease, many still felt insecure. Therefore, the health service must provide continuous training to health professionals to prevent the transmission of infectious agents and use PPE correctly and securely⁽⁶⁷⁾.

An investigation carried out in a hospital in China corroborates the findings highlighted in this research regarding the importance of communication and sharing feelings and problems. In the context in question, psychiatric and psychological interventions were implemented through group activities for employees, with relaxation environments and activities to relieve stress, the implementation of regular visits by psychologists in the rest area to share difficulties and provide the needed support to the team members, as well as the possibility of recording their routines on video, in order to share with their families, aiming

at reducing distress⁽⁶⁸⁾. In this way, it is important that these professionals allow themselves to feel more intense emotional reactions, reshaping their emotions through empathy and self-giving and that they seek to keep their daily lives as close to “normal” as possible⁽⁶⁹⁾.

As pointed out in the articles included in this review, other surveys indicate that, at work and outside of work, it is essential that professionals take care of their basic needs and their bodies, seeking to eat adequately, hydrate themselves, sleep enough time and with quality, not consuming alcohol, tobacco or other drugs and trying to rest on days off, in addition to performing relaxation activities, such as complementary integrative practices involving breathing techniques, filtering excess information and separating moments to do what they like, which are important allies against stress and anxiety⁽⁷⁰⁻⁷¹⁾.

Leadership with other health team professionals, through efficient communication, valuing teamwork, encouraging support among co-workers and the evolution of work relationships are among the main social support practices during the pandemic period, which allow us to understand how important and needed they are. Other studies also state that, in addition to communication operating as a form of support among workers, it also helps in the perception of possible mental health problems in these people, and may be an incentive to search for solutions before a possible worsening⁽⁷⁰⁻⁷¹⁾.

It is worth underlining that the use of digital platforms with the aim of enabling, expanding and increasing interpersonal relationships occupied a position of relevance, given that, faced with the need to continue the care provided by health professionals directed to the patient, the Ministry of Health regulated the use of telemedicine during the context of the COVID-19 pandemic with the purpose of offering the following services: pre-clinical, care support, consultation, monitoring and diagnosis throughout the Brazilian health system⁽⁷²⁾, which is in line with national and international evidence.

In Brazil, in March 2020, CFP Resolution nº 4/2020 was published, which allows the provision of psychological services remotely after completing the e-Psi Registration. Remote assistance is authorized for people and groups in urgent, emergency and disaster situations, as well as rights violations or violence, thus minimizing the psychological implications of COVID-19⁽⁷³⁾.

In this sense, a survey carried out in a central hospital in China showed that, after online consultation, concerns about the pandemic reduced in participants with psychological stress reactions. Their knowledge of Covid-19 symptoms, transmission routes and preventive measures increased after the consultation, thus highlighting the important role of this tool in hospitals in terms of responding to infectious public health emergencies through its quick and timely dissemination of information⁽⁷⁴⁾. Thus, remote psychological care proved to be an essential strategy to be used also by nurses and the entire health team.

In line with the online tools used and their benefits covered in this study, another intervention, found in another research, is the implementation of telephone consultations, with patients' consent. Therefore, the contribution of these methods to mental health care for workers was classified as essential in terms of restoring work-related exhaustion and the positive influence on the self-care of these individuals⁽⁷⁵⁾. Remote contact can offer several benefits, such as emotional security, self-evaluation and trust, which are extremely important to help and contribute to improving the mental health of workers in the face of any context of insecurity and fear, given that the offer of care-related technologies establishes positive interventions for the psychosocial well-being of these professionals⁽⁷⁶⁾.

Likewise, it is essential that managers are trained to deal, in the best way, with the consequences that the pandemic can cause among workers, especially problems related to mental health. In view of the above, the fact of promoting different mental health prevention and promotion

strategies for nurse practitioners in the face of the COVID-19 pandemic is of paramount importance, making it relevant to emphasize the need for new studies and the updating of this review in the future, given the contemporary nature of pandemic.

Although the proposed objective was achieved through the synthesis of knowledge already produced on the topic, in most of the studies found, the evidence levels are weak, thus limiting the comparison of findings and the recognition of the best strategies to be implemented aiming at prevention and mental health promotion for nurse practitioners in the face of the COVID-19 pandemic. Therefore, it is expected that this limitation will boost the development of future investigations on the topic.

CONCLUSION

The findings of this study indicate that psychosocial and psychological support, especially when promoted by health institutions, in addition to communication with family, friends and co-workers, are the main ways to prevent mental disorders and promote the mental health of nurse practitioners during the coping with the COVID-19 pandemic, since they reduce stress, anxiety and protect the mental health of those involved. Furthermore, self-adjustment and self-care ensure a better quality of life in the midst of the experienced context.

Therefore, the strategies summarized in this research, such as welcoming, active listening and social recognition of nurse practitioners and the provision of in-person and/or remote mental health services, are essential in this process. Furthermore, improvements in work organization, including the provision of continuous training and equipment and inputs in adequate quantity and quality, are also strategies that favor the prevention of mental disorders and the promotion of mental health among these workers.

The acts of encouraging self-adjustment and self-care, including adopting healthy lifestyle habits, communicating and sharing feelings

with family, friends and coworkers, needs to be adopted by managers in the work environment. Finally, the use of digital instruments, through the reorganization of management, educational and care-related processes in health institutions, is essential to ensure unique support and, consequently, mitigate the mental impacts generated on the health of nurse practitioners during coping of the coronavirus pandemic.

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