RESILIENCE AND LIFE QUALITY OF HEALTH PROFESSIONALS IN CAPITAL OF TURKEY DURING COVID-19 PANDEMIC

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CONCLUSIONS

- Physicians and nurses who take care of patients one-on-one have lower resilience and higher decrease in life quality due to COVID-19 impacts.
- This result indicates a significant quality drop in health services is inevitable during pandemics and should be considered by the policy makers.

KEY MESSAGES

- Policies should be developed to increase the resilience of healthcare professionals so that they can effectively combat public health emergencies such as COVID-19 and not affect their quality of life.
- It is necessary to determine risk groups among health workers and plan training programs to increase resilience.

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INTRODUCTION

- COVID-19 pandemic has had significant effects on physical and mental health of health professionals.
- It is thought that resilience protects individuals against mental illness and helps individuals cope with difficulties and stress more effectively.
- In this study, it was aimed to evaluate resilience, life quality and related factors of health professionals during COVID-19 pandemic.

METHODS AND MATERIALS

A cross-sectional study was performed among health professionals working at a tertiary hospital in Turkey's capital Ankara. An occupation based stratified sampling was done with taking alpha 0.05 and 1-beta 0.80. A questionnaire that consists of sociodemographic information, COVID-19 Impact on Quality of Life Scale and Connor Davidson Resilience Scale was used to collect data. The results of scales were divided into two parts by taking the median values as cut off points. Descriptive/inferential statistics and logistic regression were performed on IBM's SPSS 27.0 program.

RESULTS

Table 1. *Comparison of the levels of resilience and the impact of COVID-19 on quality of life based on some characteristics of the participants (n=987)*

	Connor Davidson Resilience Scale Score Median(IQR)***	p	COVID-19 Impact on Quality of Life Scale Score Median (IQR)***	p
Gender				
Female	67 (7-100)	**0.001***	3.17 (1-5)	**0.017***
Male	68 (2-100)		3.00 (1-5)	
Educational level				
High school/lower degrees	71 (25-100)	**0.001***	2.67 (1-5)	**<0.001***
Bachelor/higher degrees	67 (2 -100)		3.17 (1-5)	
Having an underlying chronic disease				
No	67 (2-100)	0.070*	3.00 (1-5)	**0.008***
Yes	67 (19-100)		3.17 (1-5)	
Infected with COVID-19				
No	68 (2-100)	0.920*	3.00 (1-5)	**0.013***
Yes	67 (7-100)		3.17 (1-5)	
Living with someone from the risk group				
No	67 (2-100)	0.798*	3.17 (1-5)	**0.015***
Yes	67 (13-100)		3.00 (1-5)	
Occupational status				
Physician	64 (2-100)	**<0.001****	3.33 (1-5)	**<0.001****
Nurse	68 (7-100)		3.33 (1-5)	
Other medical staff	69 (16-100)		2.67 (1-5)	
Work experience(years)				
0-4	67 (16-100)	0.804**	3.17 (1-5)	**0.008****
5-9	67 (2-100)		3.33 (1-5)	
10-14	67.5(31-100)		2.92 (1-5)	
≥ 15	67(7-100)		3.00 (1-5)	
Having COVID-19 related relative lost				
No	68 (2-100)	0.101*	3.00 (1-5)	**0.019***
Yes	65 (13-100)		3.17 (1-5)	

* Mann Whitney U Test, **Kruskal Wallis Test, ***Interquartile range

Table 2. *Evaluation of risk factors on the impact of COVID-19 on quality of life with multivariate regression analysis*

	OR	%95 CI	p
Gender			
Male	1.000		
Female	1.280	0.959-1.708	0.094
Educational level			
High school/lower degrees	1.000		
Bachelor/higher degrees	1.541	1.024-2.319	**0.038**
Occupational status			
Other medical staff	1.000		
Physician	2.077	1.434-3.007	**<0.001**
Nurse	1.619	1.109-2.364	**0.013**
Infected with COVID-19			
No	1.000		
Yes	1.336	1.022-1.747	**0.034**
Having COVID-19 related relative lost			
No	1.000		
Yes	1.420	1.067-1.890	**0.016**
Living with someone from the risk group			
No	1.000		
Yes	1.316	1.010-1.714	**0.042**

OR: Odds Ratio; CI: Confidence Interval

- A total of 987 participants were surveyed. 66% of them were female, and the average age was 36.
- Multivariate logistic regression analysis results that **physicians** (OR:1.48, 95% CI:1.05-2.07, p=0.024) and **nurses** (OR:1.46, 95% CI:1.08-1.97, p=0.013) have lower resilience.
- The impact of COVID-19 on quality of life was higher for the following groups; **physicians** (OR:2.07, 95% CI:1.43-3, p<0.001), **nurses** (OR:1.61, 95% CI:1.10-2.36, p=0.013), **who have bachelor/higher degrees** (OR: 1.54,95% CI: 1.02-2.31,p=0.038), **infected with COVID-19** (OR:1.33, 95% CI:1.02-1.74, p=0.034), **have COVID-19 related relative lost** (OR:1.42, 95% CI:1.06-1.89, p=0.016), and **live with risk groups** (OR:1.31, 95% CI:1.01-1.71, p=0.042).