

Nursing and Health Care for Covid-19

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The nursing professional in Colombia, as in other countries, is facing the difficulties caused by the lack of knowledge about the coronavirus and the covid-19 disease. The care of patients infected with covid-19 requires greater care, dedication and protection from health professionals. Healthcare workers have been faced with the handling of new protection elements and more demanding measures for themselves, patients and families.

Since the start of the pandemic in March 2020, health care has undergone a major change at the hospital level. Large population requires education to reduce the degree of uncertainty caused by misinformation in the media and social networks. The population has been distressed and concerned about the health of everyone but has also been aggressive towards health workers at times. This has led to the creation of new structures for patient care and care for communities.

Health care now requires that the worker take care of himself and his patients, applying barrier measures, strict hygiene and safe environments, free of the virus. It also requires workers to be healthy during care and provide safe and humanized care. Reasons why health personnel have been preparing permanently for the changes caused by the pandemic.

During patient care, healthcare workers provide safe and timely technical and scientific services to quickly restore patients' health. WHO has provided reliable and fast information so that in all countries the health authorities can download the information reliably and reduce contamination of workers through safe work with sufficient and complete protection elements.

The implementation of quality services is now important for health care. Healthcare workers have an obligation to approach their patients in a friendly and safe manner. Knowing all the social isolation measures, as well as the individual protection measures against covid-19 patients, force health institutions to make constant updates for workers. During the pandemic, each nursing worker has received more frequent teaching on the safe management of patients.

The covid-19 involves the population of all ages, genders, ethnicities, socioeconomic strata. The development of viral infection can be different in each case, from mild to very serious, even fatal. Equal care cannot be determined for everyone, since the situation is different in each case, therefore, health personnel are forced to prepare to provide differential care according to the individual needs of patients.

Patients in serious condition require total isolation, assisted ventilation, specific treatment according to the clinical and personal dedication chart. The use of multiple barriers for their care is also necessary with these patients. Positive patients who require hospitalization, but are not serious, may have less strict conditions in their management, but the health worker is obliged to maintain all the barrier mechanisms and personal protection.

The population with suspected covid-19 infection but in good health, can be managed at home with protective and preventive isolation and with the services of health personnel by telephone or by social networks. In these cases, the availability of health personnel to answer the patient's or family's questions is of utmost importance. The trust of the person and his family group depends on the speed and effectiveness of the response of the health worker.

Each of the health professionals, including the nursing staff, has a specific and important role in the care of covid-19 patients. Direct care requires highly trained personnel physically, mentally and occupationally, since their work offers a greater risk for all components of the care system, patient, family, institution and worker. Care through telemedicine in turn requires competencies and skills that provide confidence and security to patients, workers and families.

Compliance with protocols and management guidelines is mandatory in all cases and although each institution and country has carried out an implementation according to its resources, the guidelines given by the WHO are the sequential parameters to be followed everywhere. The responsibility to control viral spread among the population, corresponds to all people, the health worker is a link in the chain of care, because the most important tool is self-care.

The pandemic, in addition to teaching the importance of permanent preparation for new pathologies, has forced health workers to change their routines, expand hygiene, disinfect and sterilize sanitary areas and elements, as well as protect themselves continuously. For the healthcare worker, anyone can potentially be a drug user, both in hospital areas and outside of them, which is why he is called to set an example in self-care, as well as to provide safe care.

An important teaching in this learning process for the care of covid-19 patients has been the verification that both the disease and its management require permanent updates, due to the continuous changes in the infection process. The levels of uncertainty in the face of ignorance of new signs and symptoms, make the healthcare worker in continuous search for the best and newest recommendations for patient care and disease prevention.

Fear of contamination with covid-19 forces health workers to increase protection and prevention measures and thus improves the quality of care for patients and communities. The covid-19 arrived and will remain among the human population. The health worker has to prepare for the challenge of care with new demands and projections. Staying up-to-date, protected and safe is the basic and elemental principle to provide the best care for your patients [1-11].

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