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Mental health of nurses across the globe during COVID 19-a systematic review and meta-analysis**Abin Varghese***Indian Council of Medical Research, Bhopal, India*

Nurses represent the major proportion of frontline healthcare professionals delivering 24/7 services to patients with an increased vulnerability towards Covid-19 infection. Mental health issues among nurses during Covid-19 pandemic are poorly reported across the globe.

Methods: A PRISMA compliant systematic review (PROSPERO-CRD Blinded for Review) was performed to identify articles from multiple databases reporting the prevalence of mental health outcomes among nurses. Proportion random effect analysis, I² statistic, quality assessment, and sensitivity analysis were carried out.

Results: Pooled data on mental health outcomes were generated from 25 cross-sectional studies: 32% anxiety (95% CI=21-44%, k=21, n=13,641), 40.6% stress (95% CI=25.4-56.8%, k=10, n=4,204), 32% depression (95% CI=21-44%, k=17, n=12,294), 18.6% PTSD (95% CI=4.8-38%, k=3, n=638), 38.3% insomnia (95% CI=5.8-78.6%, k=2, n=261) and significant risk factors for mental ailments includes; caring for COVID-19 patients, being a female, low self-efficacy, resilience, social support and having physical symptoms (sore-throat, breathlessness, cough, lethargy, myalgia, fever).

Conclusion: Poor mental health outcomes among nurses warrants the need to implement proactive psychological interventions to deter the collapse of health care systems in responding to the pandemic and in particular all possible efforts should be undertaken to mitigate the risk factors.

Implications for nursing policy and health policy: Health care organizations should provide support to the nurses with sufficient flexibility. Disaster preparedness plan envisaged by nations should have provisions to address the mental health of nurses. Greater investment in addressing the global shortage of nurses should be given priority in national health policies. Attractive salary packages should be offered to nurses for preventing migration of nurses from lower middle-income countries.

Biography

Mr. Abin Varghese has completed his Masters in Psychiatric Nursing at the age of 25 years from All India Institute of Medical Sciences, New Delhi and is currently a PhD Scholar under the consortium of Indian Nursing Council. He is currently working as a faculty under ICMR, Bhopal. He has published more than 15 papers in reputed journals and has been serving as an editorial board member of repute.

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