

Journal Article

Managing mental health challenges faced by healthcare workers during covid-19

pandemic is an article written by Neil Greenberg, Mary Docherty, Sam Gnanapragasam, and Simon Wessely that discusses the issue of the mental health of healthcare workers during the current pandemic. The purpose of this article is to assess the amount of mental pressure that is being placed upon healthcare workers during the COVID-19 pandemic and the efforts that need to be put in place to solve these issues. This purpose is the thesis of the article and it has explicitly been stated by the authors of the journal article. As far as theoretical assumptions are concerned, the article does not make use of any such assumptions and thus no theoretical assumptions are explicitly stated in the text at hand.

The article itself is divided into three sections with an additional table and a brief introduction. The first section has been labeled as “Moral Injury” and it is used to define how psychological distress can occur due to “actions, or the lack of them, which violate someone’s moral or ethical code” (Greenberg et al., 2020). This unit is then linked with the section labeled “Early Support” which relates the development of moral injury among healthcare workers due to the current pandemic. The text argues that in the current atmosphere, healthcare workers need to make decisions that may seem morally unjustifiable to them. In such cases, they can develop the problem of moral injury wherein they develop feelings of self-hatred or anger as they are forced to go through a terrible process.

In the last section of the article which is labeled “After Care”, the authors give recommendations to the supervisors and managerial staff of a clinic or a hospital on how to handle the situation at hand. The previous section also included a few recommendations on how to minimize the damage caused by moral injury but this section focuses on providing care to the

healthcare workers after the crisis has ended. The authors suggest, “Once the crisis is over, supervisors should ensure that time is made to reflect on and learn from the extraordinarily difficult experiences to create a meaningful rather than traumatic narrative” (Greenberg et al., 2020). Additionally, in order to support the narrative presented in the text, the authors have made use of secondary materials and personal observations.

It must be noted that while the article raises an emergent issue in the realm of COVID-19, the research conducted on the subject at hand can be described as limited at best. The article makes use of secondary sources but no primary data has been included in the text. This means that the authors are entirely reliant on the data collected by others. Moreover, the article is also reliant on personal observations and giving suggestions which means that the problem at hand has not been discussed in much detail. Nevertheless, the authors do a good job of explaining the issue of moral injury and how it can be linked to the healthcare staff in the time of the coronavirus. In this case, the secondary sources are used to convey the reliability and authenticity of the information being presented to the audience.

Additionally, it must also be noted that the point presented by the authors of the article could have been presented in an alternate manner. Specifically, the authors could have conducted research via conducting a survey, a few interviews, or both. Then the data could have been collected and analyzed so that the true depth of the problem could be measured. Unfortunately, the authors do not show awareness of these alternatives and as such, there is no comment on either agreeing or disagreeing with any alternative methods. Yet, this article is useful as it reflects upon a mental health issue that is not specifically a mental illness. This links it to the concepts discussed in the course where the issue of mental problems, rather than mental illness, has been raised.

Thus, it can be said that the article does raise an important issue that has become prevalent during the COVID-19 pandemic. The authors discuss how making morally questionable decisions during the pandemic can have a severe impact on the mental health of a healthcare worker. In order to prove this point, the author has made use of secondary sources and personal observations. However, little research has been conducted on the subject and the authors have made no use of any primary sources or data. However, they have managed to explain their concepts well-enough but it should be noted that the use of research such as surveys or interviews could have easily enhanced the article. Additionally, the article is a productive read as it is linked to the concepts discussed in the course.

Lastly, in my personal opinion, the article forms a fair base for further research on the topic. While most articles discuss issues such as mental exhaustion, stress, and even depression among healthcare workers, the issue of moral injury has never been raised before. Thus, further research needs to be conducted on the subject in order to truly understand the depth of the problem at hand. As far as theoretical issues are concerned, the article does a great job of differentiating between a mental illness and a mental problem, outlining that these two things are dissimilar. This is another issue that can be discussed in detail and requires further research. Overall, the article is a fruitful read as it not only raises new concerns but also highlights the ways in which these issues can be resolved.

References

Greenberg, N., Docherty, M., Gnanapragasam, S., & Wessely, S. (2020). Managing mental health challenges faced by healthcare workers during covid-19 pandemic. *BMJ*, m1211. <https://doi.org/10.1136/bmj.m1211>