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Can Indonesian Nurses Against Covid-19?

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ABSTRACT

At the beginning of 2020, the world was shaken by the spread of new viruses, the new type of coronavirus (SARS-Cov-2), and the disease was called the Corona Virus Disease-2019 (COVID-19). As of 20 May 2020, In Indonesia were reported 19,189 cases with 1,242 deaths (CFR 6.47%) including nurses (55 health workers are death). There was a shocking lack of preparedness at hospitals in handling this, which puts nurses at particular risk. Nurses claimed to have difficulty getting PPE (Personal Protective Equipment). In addition, the cases of nurses who were stigmatized in their environment due to exposure to the COVID-19 were very widespread, even in the funeral process they were still rejected. Many things can be done to increase the ability of Indonesian nurses in their devotion when handling COVID-19. It can be from the nurses themselves, professional organization support, government support, and community support. The appreciation can also help them struggle to fight against COVID-19. In the future, when this pandemic is over, we need to appreciate what nurses have done for the world.

Keywords:

Nurses, against, covid-19

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ABSTRAK

Di awal tahun 2020, dunia diguncang oleh penyebaran virus baru, jenis baru virus corona (SARS-Cov-2), dan penyakit itu dinamakan Corona Virus Disease-2019 (COVID-19). Per 20 Mei 2020, Di Indonesia dilaporkan 19.189 kasus dengan 1.242 kematian (CFR 6,47%) termasuk perawat (55 tenaga kesehatan meninggal). Ada kekurangan yang mengejutkan dari kesiapsiagaan di rumah sakit dalam menangani hal ini, yang menempatkan perawat pada risiko tertentu. Perawat mengaku kesulitan mendapatkan APD (Alat Pelindung Diri). Selain itu, kasus perawat yang distigmatisasi di lingkungannya akibat terpapar COVID-19 sangat marak, bahkan dalam proses pemakaman tetap ditolak. Banyak hal yang bisa dilakukan untuk meningkatkan kemampuan perawat Indonesia dalam pengabdianya saat menangani COVID-19. Bisa dari perawat itu sendiri, dukungan organisasi profesi, dukungan pemerintah, dan dukungan masyarakat. Apresiasi tersebut juga dapat membantu perjuangan mereka melawan COVID-19. Ke depan, saat pandemi ini berakhir, kita perlu mengapresiasi apa yang telah dilakukan perawat bagi dunia.

Keywords: Perawat, Melawan, Covid-19

INTRODUCTION

In the beginning of 2020, the world was shaken by the spread of new viruses, the new type of corona virus (SARS-Cov-2) and the disease was called the *Corona Virus Disease-2019* (COVID-19). This virus is a betacoronavirus that infects humans and the disease mostly comes with fever, cough and dyspnea (Zhou et al., 2020). As of 20 May 2020, a total of 4,789,205 people have been confirmed for coronavirus disease (COVID-19) globally. Among these, there have been 318,789 deaths reported related to COVID-19 (WHO, 2020). In the Southeast Asian region, Indonesia was at the third place as a country with the most confirmed cases of COVID-19. Indonesia has predicted to have a significant impact on covid 19 in a long time period (Djalante et al., 2020). As of 20 May 2020, COVID-19 positive cases in Indonesia were reported 19,189 with 1,242 deaths (CFR 6.47%). This is a significant percentage in comparison with cases in the world. Its became a pandemic situation, so that Indonesia established the status of COVID-19 as a national disaster. World Health Organization (WHO) is working with the Indonesian Government to monitor the whole situation and also prevent further spread of disease (WHO, 2020).

In this emergency situation, nurses are a health care workers who are on the frontlines of providing care in handling COVID-19 patients. Nurses who handle COVID-19 outbreaks, are directly exposed to infected patients and the environment which was contaminated with the viruses. It is mean that nurses are very at risk of contracting and transmitting infections (Nemati, Ebrahimi, & Nemati, 2020). There were deaths among nurses in China, Italy and Spain, also in Iran and Indonesia, some of them even killed themselves. The mortality rate of medical personnel (doctors and nurses) as of April 2020

in Italy was 10% of Italy's COVID-19 cases. There were 105 medical staff (80 doctors) and (25 nurses) had died (Chirico, Nucera, & Magnavita, 2020). In Indonesia in the same period, there were around 12,400 positive cases with 895 deaths, including 55 medical personnel. This means that in every 100 deaths due to COVID 19, there are 6-7 health workers (55/895) who die, or the percentage was 6.5%. This is very worrying, because the current percentage of medical personnel deaths in Indonesia (6.5%) is far higher than the global average (0.37%) (Nirmala, 2020).

In this pandemic outbreaks, health workers including nurses who directly involved in patient care have to use some standard Personal Protective Equipment (PPE). Nurses need following PPE: gowns, gloves, medical mask and eye protection (goggles or face shield) (World Health Organization (WHO), 2020). In fact, Indonesian nurses work until they drop, and in some areas, nurses are handle COVID-19 with a lack of infrastructure especially PPE. There was a shocking lack of preparedness at hospitals in handling this, which puts nurses at particular risk. Shortages of PPEs are forcing some medical staff to use both raincoats and motorbike helmets while handling COVID-19. They prefer to use masks and coveralls rather than become carriers. Indonesia is the only country that allocated raincoats to doctors and healthcare workers to treat coronavirus patients because of PPE for health workers in a number of regions is running low. Nurses really rely on safety PPE, not equipment that seems "safe".

The PPE became a strategic issue related to the handling of the Corona virus in Indonesia. There were health workers including nurses reportedly deal with the lack of PPE by using makeshift plastic, including modified plastic raincoats so

that they only wear ordinary masks. In fact, nurses at the Lanto Daeng Pasewang Jeneponto as Government Hospital in South Sulawesi, Indonesia, for example, were only equipped with plastic raincoats as protective clothing and were given one mask to wear a day. A number of medical officers claimed to have difficulty getting PPE. In fact, they treat patients under supervision (PDP) COVID-19 so they must be protected safely. The infections of nurses may have resulted from inadequate precautions and insufficient protection in the early stages of the epidemic. The outbreak of COVID-19 have placed unprecedented challenges on such an medical staffs protection. It is crucial to assess the PPE to understand the most important issues for controlling the spread of COVID-19 in medical staff including nurses (Jiang et al., 2020). Due to lack of PPE, many medical personnel are infected with this virus and must be treated. Yet we know that nurses are at the forefront and are demanded to be able to prevent transmission of this virus and cure those who are infected. In fact, the number of nurses in Indonesia is still inadequate. In addition, the cases of nurses who were stigmatized in their environment due to exposure to the COVID-19 were very widespread, even in the funeral process they were still rejected.

Can Indonesian nurses against COVID-19?

In general, a nurse only wants to help people regain and maintain optimal health, and now is an opportunity to help those who are affected by COVID-19 (Jackson et al., 2020). When nurses are graduated from an educational level they have been sworn in to serve with all their heart and soul to help the patient or client's healing process. By holding the oath, nurses should be

motivated and fight to provide nursing care even to the COVID-19 patients. Many things can be done to increase the ability of Indonesian nurses in their devotion when handling COVID-19. It can be from the nurses themselves, professional organization support, government support, and community support. The nurse's role as a care giver, who provides services directly to patients, risks becoming a major part of the infection transmission chain. For that, support from various parties is needed. All parties must continue to strengthen so that nurses can continue to provide the best in handling COVID-19 patients.

Indonesian Government and community need to support in providing appropriate PPE for nurses who are caring for COVID-19 patients in the Hospital. There have been many generous media and communities united in raising funds to help provide PPE for health workers. This is very useful so that they can avoid COVID-19 infections. This is such a support for their important role as a frontliner in handling COVID-19 pandemic (Adams & Walls, 2020). The government should also pay attention to the health conditions of Indonesian nurses who provide nursing care to COVID-19 patients. The worrying condition of the medical staff, especially nurses, who have not yet received COVID-19 examination facilities, both the Rapid Test and the Swab Test. The nurses who are in charge of handling COVID-19 patients also need a medical examination facility, so that conditions can be known whether it is safe from COVID-19 transmission (Ng et al., 2020). It can be inferred that when the test done to the nurses, and the results show negative, the nurse can be safe and healthy to do their job. They can also interact with their family at home safely. Conversely, if

the results are positive, then the nurse can immediately be handled as well as possible. It will be very helpful in preventing nurses at their job.

On the other hand, support from the International Board of Nurses is also needed. WHO has also provided its support by saying that World Health Day 2020 as a moment where nurses need advocacy, support and commitment in terms of increasing the resources of nursing workers, education improvement and working conditions, and also enabling them to work according to their potential ability and competency (WHO, 2020). Now on, in this COVID-19 pandemic, nurses are requires to face and handling it, even though it would be very dangerous for themselves. Nurses as frontliner who often meet patients at risk, need the proper financial support.

The Indonesian government also provides accommodation facilities such as hotels for nurses who have finished their job time, because they have not been allowed to go home in order to safe their family. Last but not least, nurses are also need mental support from their society. Hold on the negative issue and not spreading the hoax are needed to support mental health of nurses. Sharing and giving are needed also. We have to build empathy and pray for them. May this COVID-19 pandemic pass quickly. Hopefully all the health professionals including nurses who involved in handling COVID-19 are always healthy and guarded by the God. The appreciation can also help them struggle to fight against COVID-19. In the future, when this pandemic is over, we needs to appreciate to what nurses have done for the world.

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