

Original Article

The Role Of Pediatric Nurses In Caring For Children With Covid 19 In Indonesia

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Abstract

Aims : Children are the most vulnerable age for COVID-19 due to an immature immune system and low ability to apply prevention protocol. A total of 7,950 children from 34,211 confirmed positive children in Indonesia must receive treatment. Special treatment for COVID-19 children apart from being in isolation rooms, not allowing family members to accompany them, and limiting interactions between patients and nurses (Members of the Divisions of Pediatric Infectious Disease, 2020). This study aims to determine the role of pediatric nurses in providing care for children with COVID-19 at the hospital.

Design : The design of this research is exploratory qualitative. The method of collecting data with focus group discussions is using an online interaction application.

Methods : Explorative qualitative research design with Focus Group Discussion (FGD) method. The selection of participants by purposive sampling. The participants is 10 nurses with the criteria of working in the Covid isolation children's room, working more than 1 year in the hospital. Data retrieval is done online via the zoom application using mobile devices, field notes, stationery and laptops. Data analysis with Colaizzi analysis method.

Results : The results of the study obtained themes is the role of nurses, efforts made by nurses, obstacles experienced by nurses, nurses expectations, nurses joys and sorrows, patient and family responses, support for nurses.

Conclusions : Recommendation for hospitals to pay more attention to the welfare and work safety of nurses and the community are expected to comply with health protocols correctly.

KEYWORDS (Children, Covid 19, Nurses Role)

INTRODUCTION

Coronavirus (Covid-19) is a virus that causes respiratory tract infections, ranging from the common cold to serious illnesses such as Middle East Respiratory Syndrome (MERS) and Severe acute respiratory syndrome (SARS). Covid-19 has been shown to attack humans of various ages ranging from adults to children. The World Health Organization (WHO) as of October 10, 2020 stated that there were 36,754,395 confirmed cases of Covid 19 and had caused 1,064,838 deaths in 235 countries (1). Children are the age group most susceptible

to contracting COVID-19 because the immune system is not yet fully formed and the ability to apply COVID-19 prevention protocols is still low (2). The total number of positive cases of Covid-19 in Indonesia in 2021 was 12.5 percent contributed by children aged 0 to 18 years. This shows that one in eight positive cases of Covid-19 in Indonesia is a child, with a case fatality rate of 3-5 percent. The treatment of COVID-19 children requires special management, such as placing patients in isolation rooms, not allowing family members to accompany them, and limiting interactions between patients and nurses (3).

The process of hospitalization in children often causes several problems such as fear, anxiety and not being able to cooperate during the action (4). Children who are hospitalized with COVID-19 are not only to get treatment for COVID-19 but also to avoid psychological disorders that can suppress their growth and development. Children require to be treated in isolation rooms for a long time, causing children to be depressed, afraid of having to get treatment every day and afraid to see nurses who are closed because of the condition of using personal protective equipment (PPE). Nurses on duty in the Covid 19 isolation room require level two personal protective equipment and carry out various protocols so that they themselves are safe from exposure to the Covid-19 virus. The complexity of the protocol for treating pediatric patients with confirmed Covid 19 often creates conflict and psychological burdens for the nurses on duty (5).

In the Challenges faced by pediatric nursing workers in the face of the COVID-19 pandemic conducted by (6) stated that one of the challenges faced by pediatric nurses during The pandemic period is about the demand to continue to provide comprehensive and quality nursing care while staying focused on maintaining safety for yourself, colleagues, and closest family. The challenge is also felt to be even more difficult when personal protective equipment is limited, training related to Covid 19 prevention skills is still rarely carried out, diagnostic tests are less affordable and nurses are not getting awards while on duty. Based on this research, pediatric nurses hope that there are clear managerial guidelines to determine the allocation of human resources, psychological support and motivation are also needed by staff before and after this pandemic so that their mental health can be maintained. Add data on the workload of nurses caring for COVID-19 children. Because here is still described in general.

Nurses have several roles such as roles as caregivers, educators, collaborators, advocates, researchers, counselors, managers and various other roles. These roles are the basic roles of a nurse, for pediatric nurses there is another very important additional role to carry out, namely the role of a substitute for parents and playmates. A pediatric nurse must also have creativity, a pleasant personality and the ability to listen to children (4). Training to carry out these roles is very important since nurses undergo education (7).

Information about the experience of treating pediatric patients with confirmed COVID-19 is very much needed in order to determine the right policy. In addition, information from direct care providers can be the basis for further research so that the quality of nursing care services for pediatric patients can increase (6). The period of the pandemic, which is still in

a matter of months, has caused not many studies to discuss the treatment of Covid 19 in pediatric patients in Indonesia. Therefore, this study aims to explore the experiences of child nurses who work in the treatment room for children with confirmed or probable Covid-19 regarding their role while providing care. This research will involve nurses who are on duty to care for pediatric patients with confirmed Covid 19. Data is collected through focus group discussions using online interaction applications according to the agreed time.

METHODS

The design of this research is qualitative exploratory with the method of Focus Group Discussion (FGD) with nurse informants who work in hospitals that directly care for Covid-19 children. Selection of informants using purposive sampling method. The number of informants is 10 nurses, with criteria for child nurses in the Covid-19 isolation room, nurses working for more than 1 year at the hospital, nurses doing direct care for children with Covid-19. Data collection was carried out online via the zoom application in their respective places because at the time of data collection there was the COVID-19 pandemic so it was not possible to face to face, carried out with ethical principles in qualitative research. Researchers used mobile phones, field notes, stationery and laptops that had previously been checked for eligibility so that they could record all conversations properly and clearly during the Focus Group Discussion (FGD). The stages of data analysis were carried out by Acquiring a sense of each transcript; Extracting Significant Statements; Formulating of Meanings; Organizing Formulated Meanings into clusters of theme; Exhaustively describes the investigated phenomenon; Describing the fundamental structure of the phenomenon; Returning to the informants. Analysis of thematic data from FGD results with 2 groups using the Colaizzi analysis method to obtain the theme of the experience of nurses in nursing children with COVID-19.

RESULTS

Overview Informants who participated in this study consisted of 2 groups of nurses working in the Covid Children's Room (Hospital isolation room), namely 5 pediatric nurses from Cibabat Hospital and 5 pediatric nurses from Dustira Hospital with the characteristics of the informants in more detail as :

Table 1. Informant Characteristics

No	Informan	kelp FGD	Tempat Kerja	usia	Lama Bekerja di pelayanan RS	Lama bekerja di ruang isolasi anak COvid-19 (Minggu/Bulan)	Posisi perawat diruang pelayanan RS
1	Informan 1	1	cibabat	44 tahun	21 tahun	11 bulan	PJ
2	Informan 2	1	dustira	26 tahun	3 tahun	6 bulan	Perawat Pelaksana
3	Informan 3	1	dustira	28 tahun	4 tahun	10 Bulan	Perawat Pelaksana
4	Informan 4	1	dustira	40 tahun	19 tahun	10 bulan	PJ
5	Informan 5	1	cibabat	37 tahun	14 tahun	4 bln	Perawat Pelaksana
6	Informan 1	2	cibabat	45 tahun	21 tahu	11 bln	Perawat Pelaksana
7	Informan 2	2	cibabat	38 tahun	16 tahun	11 bln	Perawat Pelaksana
8	Informan 3	2	cibabat	44 tahun	15 tahun	4 bulan	Perawat Pelaksana
9	Informan 4	2	dustira	29 tahun	6 tahun	10 bulan	Perawat Pelaksana
10	Informan 5	2	dustira	39 tahun	20 tahun	3 Bulan	Perawat Pelaksana

1. The Role of Nurses Pediatric

The role of nurses as educators, advocates, caregivers, managers in caring for Covid children. From the results of research on the role of nurses in carrying out nursing care for children with COVID-19, it was found that the roles of nurses were different for each informant. The results of the informant's statement found the following sub-themes:

a. Nurse's Role as Manager

The informant conveyed the role of the person in charge in the isolation room where the inpatient service for COVID-19 children was, in addition to that, he conveyed his role in nurse work arrangements.

"I think that's was the nurse's role as I am a manager in Covid-19's room." (P1)

"The nurses rolling can be maximum, we devided into 3 groups, some are in the outside some are in inside" (P1)

b. The Role of Nurses as Educator

Informants conveyed that their role was to provide information for children and families about child care and treatment; use of personal protective equipment for children and their waiting families.

"We can provde the right information to families...giving proper education about Covid-19, how parents dealing with Covid-19 confirmed children, giving information about how to care the children" (P1)

"Helath education about hand wash, and then about isolation" (P3)

c. Nurse's Role as Advocate

Informants conveyed their role as advocates, namely giving the rights of children being treated.

"As advocate, We must protect the patients, patient's right must be fulfilled"(P1)

"Giving orientation to the families about Covid-19's isolation room" (P5)

"Nurses becomes a place for the childrens family to express their feeling because they are too long on the inside"(P2)

d. The Role of Nurses as Care Givers

"Gicing the nursing care plan"(P1,P2)

2. Efforts made by nurses when caring for children Covid 19

The results of the study found the sub-themes of the efforts made by nurses to provide maximum nursing care and the efforts made by nurses in maintaining health.

a. Efforts to provide maximum nursing care

The informant conveyed his efforts by wearing Personal Protective Equipment (PPE) level 2, taking the maximum approach and touching the child.

"We have to be smart to approach the families, because patients can't see our faces, we have to care the patients with level 2 PPE, how do we touch the patients, all of that was patient's right so they can truly considered as patients"(P1)

b. Efforts to maintain Health

Informants conveyed their efforts by wearing tight PPE, calm mind, not stressed, working together between nurses and staying happy at work

"Sometimes we go out fisrt just to take a breath, after that we put the PPE again and then do the nursing care plan again" (P3).

"don't think about our fear to infected too much, if we think about it then our immune will decrease"(P2).

"we like to take a turns, if someone inside the room, so two of us will standby on the outside the room. If we take a shower, one of us go inside and the other will stay on the outside "

3. Obstacles experienced by nurses when caring for Children with Covid 19

The results of the study found the sub-themes of obstacles, namely the use of PPE for a long time and fear in children, invasive treatment measures at infancy.

a. Use of PPE during treatment

The use of PPE makes it difficult for nurses to carry out rapid treatment, nurses need time to get ready to go to patients.

"I was ready to wear the PPE and suddenly in the room I got confused, what I must to do, just blank. My experience before I wanted to break the glass because there was a patient in the red zone on a ventilator suddenly the ETT close to extube"(P2)

"Pasien sedang banyak, saya tidak bisa berbuat karena terhalang kaca, kalau pasien yg non covid bisa cepet teratasi"(P2)

b. Fear of children

The results obtained from the informant that the action was difficult because the child was crying.

"In the children care, we have to communicate with the families, it was more difficult to deal with children because when we approach them they're already crying... (P5)

c. Invasive treatment

The results of the informant conveyed that the action was difficult because of the age of the baby children who needed high sensitivity.

"Insert the infusions is also difficult, especially with PPE, it was really difficult so I like to ask help from friends because the children access more difficult with PPE"(P5)

"We sweating while using PPE feels great"(P5)

4. Expectations from nurses when caring for children with Covid 19

The results of the study found sub-themes of expectations for hospitals, society, families, expectations for the environment and expectations for patients.

a. Hope for Hospital

Informants expressed hope for hospitals to pay attention to safety, welfare of nurses, addition of human resources.

"There is management who holds policies and decisions, we hope that the number one concern is safety, infrastructure so that in serving in support"(P1)

"Our hope for the health workers Hospital in the Covid room is prioritized"(P1)

b. Hope for Society

The informant conveyed the hope of the community to maintain health protocols and take care of their families.

"The public is more aware of maintaining the health protocol to wearing a mask and do hand wash routinely" (P1)

"We also have families to protect and take care of" (P1)

c. Expectations of fellow nurses

Informants expressed their hopes for fellow nurses to use health protocols and PPE to the maximum.



"For friends, health workers keep enthusiastic to provide care even though it is limited by PPE, but don't be a barrier between nurses and patients" (P1)

"To all my nurse friends, I hope we are always healthy, keep your spirits up on duty, don't forget the protocol that must be maintained" (P2)

d. Expectations for the environment

The information obtained hopes that the Covid-19 pandemic will end soon.

"I hope this pandemic ends soon so I don't take a night shower" (P2)

"Overall the pandemic will end soon, all children are healthy"(P3)

"I hope that the pandemic will end soon"(P4)

e. Expectations of Patients

Informants have hope that all pediatric patients recover.

"Our only goal is to want the patient to get well"(P3)

5. Nurses' feelings when caring for children with Covid 19

The results showed that the sub-themes of nurses' feelings were positive and negative feelings of nurses in carrying out nursing care for Covid 19 children.

a. Positive feelings

Informants stated that they felt lucky and meaningful people for patients and families.

"The experience I have in this covid room is amazing"(P2)

"I feel lucky to join the covid room from starting to use PPE, taking action until saying goodbye to the patient's family, we see the child being confirmed or waiting for the results in it"(P2)

"Tired being worship and going home is not in vain" (P2)

b. Negative feelings

The feelings of grief felt by the informants were sad, stressed, could not stand the use of PPE and could not take leave.

"I'm sad to see friends who are struggling because of covid (non-verbal response while crying) Don't let there be more victims for friends of health workers"(P1)

"If it's sad, ma'am, if we use PPE, we're already hot"(P1)

"the first time we want to take care of people with covid there are worries, especially if you are not a health person, there must be some fear of overdoing it later how to get infected"(P1)

6. The response of patients and families when being treated in the children's covid room

The results of the study showed that the response of children or families whose children were being cared for with Covid 19 was a feeling of fear.

"It is hoped that this will be a way to facilitate further care, parents will become cooperative" (P1)

7. Nurse Support

The results of the study found that the sub-theme of nurse support from fellow nurses, family and community

a. Support from the nursing team Good

support is obtained in the form of cooperation to carry out child nursing care.

"Alhamdulillah my husband can make me calm down and also the support from friends in the room too"(P1)

b. Support from Family

Get positive support from family

"The most meaningful first support is from family and husband"(P1)

"Itu motivasi yang bagus terus ditambah anak-anak anak-anak dukung"(P5)

c. Support from the community

Get positive support from the community

"People already know I'm taking care in the covid room but no one feels anything" (P1).

DISCUSSION

The results of the study are in accordance with the research of (8) regarding the experience of nurses in providing nursing care to patients infected with Covid 19 with the results of nurses as educators and caregivers stating. According to Liu (2020) in The Lancet Global Health (2020) nurses have a role in assessment, minimizing complications by carrying out close monitoring, carrying out airway management, changing positions, educating and collaborating in drug administration. Nurses in carrying out their role continue to fulfill children's rights while being treated, from providing supervision, maximum care as needed, giving medicine, entertaining the family so that the child can recover quickly and the family is also free from anxiety. This is in accordance with the theory which states that nurses have several roles such as roles as caregivers, educators, collaborators, advocates, researchers, counselors, managers and various other roles.

Efforts to maintain the health of nurses wear tight PPE, calm minds, don't stress, work together between nurses and stay happy at work. The results of this study are in accordance with the research study of (8) The majority of respondents continue to exercise self-awareness in using PPE and know that the patient is a source of infection so that they



continue to apply vigilance during contact with patients. Some minimize direct contact with patients, others feel safe and protected after wearing full PPE. This is in accordance with the research results of (8) The risk of contracting the disease makes all respondents make several efforts to minimize the risk of contracting the disease. The majority of respondents wear personal protective equipment as complete as possible. This is in accordance with the recommendations of the Center for Diseases Control / CDC (2008) regarding personal protective equipment for health workers, namely eye protection equipment, gloves, and gowns. Personal protective equipment worn. Even though this effort has good intentions, if it is related to the nursing profession, contradictory conditions are found because nurses are morally obliged to take care of patients as optimally as possible.

The use of PPE limits nurse communication to children, but it also reduces the sensitivity of nurses in palpating the injection area. This is in accordance with the theory presented by Riyadi (2016) Communication in the nursing field is a basis and key for a nurse in carrying out her duties. Without communication, a person will feel alienated and without communication, a nursing action to meet the needs of the client will experience significant difficulties. especially pediatric patients require a touch approach and communication with children's language. This was shown by sadness by the informant while crying, saying that in treating the covid 19 case, he could not show his closeness because he was blocked by PPE This problem requires intervention so that nurses can still provide maximum nursing care, as conveyed by the results of research by Betini, Elizabeth A. PhD, APRN, PCNS-BC (2020) which stated that the COVID-19 pandemic has caused health care facilities to limit visitors to patients during treatment. In the case of child care, it is not possible for both parents to be at the bedside, making the decision-making process difficult

The results of the study are similar to those presented in the research of (9) that 95% of nurses are those who have direct contact with patients in daily activities and so are the main frontline staff. They are people who are at constant risk. It is critical that the team of medical professionals are supported and protected in their workplace in this crisis and that they have a safe work environment. A number of medical personnel have lost their lives/deaths in the COVID-19 crisis, which affects the mental health and morale of medical personnel (Greenberg et al., 2020). One strategy is to emphasize the importance of transmission control, and to issue a number of documents calling for attention to the mental and physical health of healthcare staff, the need for a series of supports and encouragements, such as providing a place to rest with food and supplies, replenishing protective equipment, medical team reinforcements, and strengthen the security forces to maintain the medical care order.

The results of the Covid pediatric nurse research provide an appeal, including an appeal for nurses to use PPE, an appeal to always pray, an appeal to obey health protocols, and an appeal to fellow health teams to cooperate and maintain health. This is as stated by (12) in their research on Together Against the Covid 19 Virus in Indonesia, giving an appeal that every citizen must discipline themselves to comply with government regulations, policies and appeals in order to break the chain of the spread of Covid-19. The government, citizens,

the private sector, religious institutions, community leaders work hand in hand, help each other, support, remind each other together against Covid-19.

The nurse also feels grateful for the favors given to her work, the feeling of success for having succeeded in curing a child with covid. Nurses also feel negative feelings, namely sadness and stress. The results of this study are similar to the results of (8) This study found stress and anxiety experienced by nurses. The feelings of anxiety felt by nurses, especially not only fear of the condition of the child being treated if suddenly experiencing an emergency condition, the nurse cannot make a decision quickly because of the limited PPE, the nurse also has a feeling of fear for her own family where after returning home there are family children who must be protected. The results of this study are similar to those of (10) concerns about personal health, fear of bringing home infections to family members or others, feelings of uncertainty and social stigmatization, excessive workload, and insecure attachments.

The response of the patient and family when being treated in the Covid room, the child experienced boredom and the family felt anxious, afraid and bored while in the treatment room because of the long time. Similar research results were presented by (11) lack of outdoor activities, deviant eating patterns, and sleeping habits tend to interfere with children's usual lifestyles and have the potential to encourage monotony, distress, impatience, distraction, and various neuropsychiatric manifestations. Nurses play an important role in reducing the psychosocial adverse effects of COVID-19 on children and adolescents. To provide basic facilities that function as distractions, one of which is play therapy. Nurse support information was also conveyed by nurses who received good support, especially from family, fellow nursing teams, and the community.

CONCLUSION

The results of this study can be concluded that the theme of the nurse's role; Efforts made by nurses when caring for Covid children; Obstacles experienced by nurses when caring for Covid children; Expectations of nurses when caring for Covid children; Nurses' feelings when caring for a child with Covid; Response of nurses in the children's covid room; Support for nurses caring for Covid children. The results of the study can be considered for health service policies and the development of pediatric nursing science, as well as evaluations related to standard operating procedures to improve the quality of nursing health services for children who are treated in isolation rooms with COVID-19.

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