

## Case Report

# Preparation of Nursing Students toward Emergency Pandemic Outbreak

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## Abstract

Miss was nursing preceptor in the private hospital Islamabad. She was supervising BSN nursing students on critical care clinical. During her clinical round, she observed that one student was providing hygiene care to the patient. The patient was suspected for Coronavirus. So, it was concerned about the student health. The preceptor was anxious that if student became infected with corona virus then she may affect other nursing student, faculties, colleagues or family. It was evident that the patient had international traveling history, and there were non-availability of his screening record from boarding to hospitalization. It is case study of suspected patient of COVID-19.

**Keywords:** Pandemic; COVID-19; WHO; SARS-CoV-2

## Introduction

On December 31, 2019, the World Health Organization (WHO) contacted China about media reports of a cluster of viral pneumonia in Wuhan, latter attributed to Coronavirus, now named SARS-CoV-2 (WHO, 2019). The rapid transmission of the corona virus and its devastating death, and economic have revealed a failure of global health care system [1]. In this incident head nurse should show his effective measures to control infection in the unit. According to Patterson [2], negligence behavior of nurses may increase chain of infection from patient to health-care employees and family members. Ethically, nurses provide continue care to patients, so they are responsible for provision of safe care to their patients. Therefore, in this condition nurses are accountable ethically and morally for provision of standardized care to the patient. Nursing education institutions, should arranged proper infection control training for students, employees and other team members. There should be rapid response team for developing surveillance response system and standards to control a global pandemic in the hospital and community level. In conclusion, infection control and prevention is ethical mandate of nursing care, so nurses should use preventive measures to control infection. The rapid response and patient timely screening and nursing care management can prevent the patient, employees and environment from infectious diseases harm.

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## Case Presentation

On 28<sup>th</sup> Jan 2020, Miss Z went for nursing education practicum clinical in the private hospital of Pakistan. She was supervising BSN nursing students on critical care clinical. During her clinical round, she observed that one student was providing hygiene care to the patient. When, student had completed her work then Miss Z asked her about her patient chief complains. She replied that the patient was admitted last night for thoracic surgery. The patient was working in China: he directly came to Pakistan for treatment. The patient was taking some treatment in China, but he didn't get better so, he came here in Pakistan for treatment. While clinical instructor heard "China Country," she becomes alert. She asked her what did come in your mind while you here China word now a day. She told her C-PEC. She asked her what else. The student was trying to find an answer but she couldn't. Then again she asked her, did you watched news or used social media? She told her yes. Then preceptor asked her what was going there. She was unable to answer for several minutes. Then, preceptor asked her what is going in the China? Suddenly, student replied "Coronavirus". Preceptor asked her what the prognosis of that disease is. She replied that that this disease is incurable. Preceptor asked her; did you try to explore from your patient about experience of that disease? She replied no. Then student asked from preceptor, should I change my patient. The clinical preceptor replied her to complete your patient documentation and use proper standard precautions to prevent yourself from infection. Simultaneously, nursing instructor discussed that issue with ward head nurse, he replied that this patient is going to shift next floor, and so over headache will be end.

## Discussion

### Incident analysis

The patient was suspected for Coronavirus. So, it was concerned about the student health. The preceptor was anxious that if student became infected with corona virus then she may affect other nursing student, faculties, colleagues or family. It was evident that the patient had international traveling history, and there were non-

availability of his screening record from boarding to hospitalization. Additionally, health employee's nurses and doctor were also missing the patient traveling history in documentations. Secondly, students were inadequately prepared for infectious disease, so there should be proper standard to control the situation to avoid spread of infection. So, it was ethical dilemma for the preceptor for switching student for another patient.

Thirdly, if we leave patient undiagnosed then he may spread virus in the health care employees, family, health-care system and community. Finally, the head nurse of the unit was uncooperative to resolve the issue. The preceptor was reflecting that if we take proper action then we could prevent our hospital and health-care workers from massive loss. Clinical instructor was worried about worse effect of disease on human health, country, financial condition, human loss and others. The potential impact and change caused by this virus was huge. We couldn't control effects of the incurable virus, but we have responsibilities to control this curtail condition by using preventive measures. After critical analysis, we try to solve this issue on the immediate basis with help of advance literature.

### Review of literature

On December 31, 2019, the World Health Organization (WHO) contacted China about media reports of a cluster of viral pneumonia in Wuhan, latter attributed to Coronavirus, now named SARS-CoV-2 (WHO, 2019). By January 30, 2020, WHO had declared the virus to be a public health emergency of international concern [1]. After one month, the virus was spread in more than seventy countries universally. There were nearly ninety thousand conformed cases of Coronavirus worldwide.

The COVID-19 pandemic is far from over and could yet evolve in unanticipated way, but one of the its most important lesson is already clear: preparation and early execution are essential in detecting, containing and rapid responding to migrating the spread of potential dangerous emerging infectious diseases. The ability to marshal initial action depends on national and global institutions being prepared for the worst-case scenario of sever pandemic and ready to execute. The preparedness before that worst-cases outcome is certain [1].

The rapid transmission of the corona virus and its devastating death, and economic have revealed a failure of global health care system. The certain facts were leading to global health care failure such as inadequate domestic preparedness, mishandling response, lack of cooperation across nations, breakdowns of compliance with established norms and international agreement. COVID-19 pandemic has established the guidelines to responding effectively to emerging outbreaks in a context of growing geopolitical rivalry abroad and powerful political partisanship with families.

Similarly, pandemic preparation is a global public good (WHO, 2020). Infectious disease threats are considered borderless. As the pandemic endure to unfold around the United States and world. In contrast, decades of various commission highlighting the threat of universal pandemic and international planning for their inevitability, neither the USA nor the border international systems were ready to execute those plan and respond to a sever pandemic. The insufficient preparedness leads to worst global pandemic.

In addition, nurses are the core health-care provider in the hospital; they are part of rapid response team. They are generally closer to patient than other clinicians and they spend more time in

the patient care. As research suggested that infection prevention is the key of ethical situations in the hospital. According to Ellingson [3], manager has a keen responsibility to reduce the burden of adverse consequences attribute to minimize infection among the patient, visitors and staff from avoidable infectious diseases in USA.

So, in this incident head nurse should show his effective measures to control infection in the unit. According to Patterson [2], negligence behavior of nurses may increase chain of infection from patient to health-care employees and family members. Ethically, nurses provide continue care to patients, so they are responsible for provision of safe care to their patients. According to Vaismoradi et al. [4], accountability and safety is nursing discipline mandate; it is also a moral and imperative in caring for others. Therefore, in this condition nurses are accountable ethically and morally for provision of standardized care to the patient. According to Vaismoradi et al. [4], nursing undergraduate students should learn standards of preventive measurement and they should participate in the infection prevention process.

However, the nursing education institute should give proper infection control training to nursing students to break chain of infection [5]. According to Vaismoradi et al. [4], health-care workers poor planning and negligence lead to longer lengths of patient stay, higher rate of infection and patient death in Iran. Additionally, as per WHO 2020 guidelines all countries should increase their level of preparedness, alert and response to identify management and care for COVID 19 positive and suspected cases. Each country should assess it risk and rapid implement necessary measures at the appropriate scale to reduce transmission. According to Ali [6], health-care workers should respond in flexible way to control spread of diseases and infection. However, ward head nurse should response in flexible manner to prevent spread of infection. According to World Health Organization [7], fast response of infection threats of public health concern requires early warning.

Health employees are front-line workers of containment and response strategies; hospital based and public health surveillance system must be formally established to assure early notice [8,9]. According to Rosenberger et al. [10], direct transmission also can occur with wide spread of movement of the patient and employees between ward in the Maldives. The reason for the universal outbreak is the initial failure of standard isolation measurement, universal screening of new admission, and the cohort of nursing, auxiliary staff and patient care devices in Australia. So, according to Flanagan et al. [11], recommended that screening for infectious diseases is required during an infectious pandemic outbreak in the India.

Therefore, screening of the doubtful patient should be done to prevent from infection. According to Perrella et al. [12], recommended that global migrant also is empowered to detain, medically examine, or conditionally release person suspected of carrying certain infectious diseases. However, the infection control prevention is very less explored in health setting in Pakistan; the nurses need more practices on infection control and prevention [13].

### Future action plan and recommendations

On basis of above literature, several recommendations and suggestions are proposed to manage future pandemic. Being a nurse educator, nurses should prepare their nursing students for infection control and prevention measurements. Nursing education institutions, should arranged proper infection control training for students,

employees and other team members. There should be rapid response team for developing surveillance response system and standards to control a global pandemic in the hospital and community level. The collaborative team approach should be preferred for patient screening and isolation to break chain of infection. The health care providers should develop certain standard to ensure quality and safety of patient care in the light of infection prevention. The hospital management should conduct research on behavior of nurse's in infection control and prevention topics. We need further researches to explore nurse's knowledge, preparedness and management regarding COVID19 in the hospital setting.

## Conclusion

Infection control and prevention is ethical mandate of nursing care, so nurses should use preventive measures to control infection. The rapid response and patient timely screening and nursing care management can prevent the patient, employees and environment from infectious diseases harm.

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