



INCIDENCE OF POST TRAUMATIC STRESS DISORDER AMONG HEALTH CARE WORKERS WORKING IN TRIAGE, EMERGENCY DEPARTMENT AND COVID WARD IN A TERTIARY GOVERNMENT PEDIATRIC HOSPITAL

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BACKGROUND

Throughout the COVID-19 pandemic, health-care workers (HCWs) may have been exposed to trauma or faced moral dilemmas relating to challenges in the delivery of high-quality care. These circumstances are likely to increase the risk of mental health disorders such as post-traumatic stress disorder (PTSD).

OBJECTIVES

To determine the severity of PTSD symptoms among HCWs in COVID-19 areas in a tertiary government pediatric hospital and identify predisposing external stressors and internal vulnerabilities.

METHODS

A cross-sectional study was conducted among HCWs from COVID-19 areas. The participants answered the PTSD Checklist Civilian Version questionnaire, Hospital Anxiety and Depression Scale (HADS), and the Ask Suicide-Screening Questionnaire. Logistic regression was used to determine significant factors associated with PTSD, depression and anxiety.

RESULTS

Among 61 HCWs, the prevalence of PTSD was 26.2% and 36.1% were assigned in COVID wards while 14.7% were assigned in triage areas and 26.2% in the ER. Also, 16.4% had borderline depression while 3.3% had depression while 21.3% had borderline anxiety while 19.7% had anxiety. Being female was associated with anxiety (OR=12.0, 95%CI=1.4 to 99.7, p-value=0.021). Being a nurse (OR=0.2, 95%CI=0.08 to 0.8, p-value=0.017) and longer years of service (OR=0.7, 95%CI=0.5 to 0.9, p-value=0.027) were associated with lower risk for anxiety.

CONCLUSION

Among 61 HCWs, 26.2% had symptoms consistent with PTSD. There were no external stressors nor internal vulnerabilities which significantly predisposes the healthcare workers to PTSD. However, being female was seen as a risk factor while being a nurse and longer duration of service were protective factors against anxiety.