**PSYCHOLOGICAL IMPACT OF PANDEMICS ON HEALTHCARE WORKERS: A SYSTEMATIC REVIEW**

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A pandemic is the worldwide spread of a new disease according to world health organization. It is an [epidemic](https://en.wikipedia.org/wiki/Epidemic) of an [infectious disease](https://en.wikipedia.org/wiki/Infectious_disease) that has spread across a large region, for instance multiple [continents](https://en.wikipedia.org/wiki/Continents) or worldwide, affecting a substantial number of people. Throughout [human history](https://en.wikipedia.org/wiki/Human_history), there have been a number of pandemics of diseases such as [smallpox](https://en.wikipedia.org/wiki/Smallpox) and [tuberculosis](https://en.wikipedia.org/wiki/Tuberculosis). The most fatal pandemic in [recorded history](https://en.wikipedia.org/wiki/Recorded_history) was the [Black Death](https://en.wikipedia.org/wiki/Black_Death) (also known as [The Plague](https://en.wikipedia.org/wiki/Plague_(disease))), which killed an estimated 75–200 million people in the 14th century. The term was not used yet but was for later pandemics including the [1918 influenza pandemic](https://en.wikipedia.org/wiki/1918_influenza_pandemic) (Spanish flu). Current pandemics include [COVID-19](https://en.wikipedia.org/wiki/COVID-19_pandemic) (SARS-CoV-2) and [HIV/AIDS](https://en.wikipedia.org/wiki/HIV/AIDS). Pandemics are diseases that have demanded extraordinary physical and mental effort from healthcare workers due to their implication in caring for affected people. Moreover, healthcare workers are exposed to very unpredictable situations that require a lot of human resources, materials and financial investment than before. Unfortunately, lack of proper account of these situations results to potential rise of psychological and physical suffering that would lead to different consequences some of which include the already known burnout syndrome which all health professionals are already vulnerable to. This was a systematic review of studies that have explored the psychological impact of pandemics on health care workers. All the studies that were done between January to November 2020 were included. The key words used were, “healthcare workers,” “pandemic,” frontline medical workers “and “psychological trauma to review only recent papers where recent meant only those papers published in the year 2020. Twenty studies were reviewed and only ten fulfilled the study criteria. Among the ten, nine assessed psychological impact and one assessed prevalence and risk of psychological disturbance. Results showed that exposed health care workers working with patients during an epidemic/pandemic are at heightened risk of psychological problems both short term and long term. These included; psychological distress, insomnia, alcohol/ drug misuse, and symptoms of posttraumatic stress disorder (PTSD), depression, anxiety, burnout, anger, and higher perceived stress. These mental health problems are predicted by organizational, social, personal, and psychological factors and may interfere with the quality of patient care. Assessment and promotion of coping strategies and resilience, provision of adequate protective supplies and creation of enabling working environments are key to addressing these consequences.