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Low resilience is widespread in nursing staff during the COVID-19 pandemic

Resilience of regional hospital nursing staff working during the COVID-19 pandemic measured by the Connor-Davidson resilience scale

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Introduction

- Resilience refers to the means and ability for effective adjustment or to cope successfully with adverse circumstances.
- Previous research on resilience has focused on chronic issues such as staffing shortages, but it has not been examined in the context of pandemics.

Methods

1. Paper & pencil survey at MidCoast Hospital in November/December 2020.
2. Data were collected using the Connor-Davidson resilience scale (CD-RISC 10):
 - ten items on a five-point scale (scores: min 4; max 40)
 - five sub-scales: flexibility, sense of self-efficacy, ability to regulate emotions, optimism and cognitive focus/maintaining attention under stress.
3. Altogether 109 packages were distributed; 69 surveys were returned (response rate 63%)

Results

- Majority of respondents (44.9%) primarily worked inpatient non-ICU (medical/surgical) units.
- Total mean score was 29.74
- According to the scale manual: scores under 29 fall into the second lowest quartile suggesting possible coping and resilience challenges.

Discussion

- The total resilience score was low in almost half of the respondents (46.4%); lowest scores were found in two age groups (35-44 and ≥ 65 years) and ICU.
- Significant differences were found in 'flexibility' in different age groups and practice settings.
- The CD-RISC can provide useful information for decision regarding suitable support to nursing staff.

Table 1. Respondents' answers to the CD-RISC-10 item-by-item

CD-RISC-10 Questions	Mean	SD
1. I'm able to adapt when changes occur	3.33	.679
2. I can deal with whatever comes my way	3.09	.772
3. I try to see humorous side of things when I am facing with problems	3.10	.770
4. Having to cope with stress can make me stronger	2.71	.865
5. I tend to bounce back after illness, injury or other hardship	3.22	.745
6. I believe I can achieve my goals, even if there are obstacles	3.14	.692
7. Under pressure, I stay focused and think clearly	2.93	.649
8. I'm not easily discouraged by failure	2.42	.946
9. I think myself as a strong person when dealing with life's challenges and difficulties	3.09	.842
10. I am able to handle unpleasant or painful feelings like sadness, fear and anger	2.80	.815
Total score	29.74	5.64