

# BÖLÜM 6

## Pandemi Sürecinin Sağlık Çalışanlarının Ruh Sağlığı Üzerine Etkisi

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Tıbbi yazında, COVID-19 pandemisi ile mücadelede en ön saflarda yer alan sağlık çalışanlarının, geçirilen süreçte ruh sağlığı açısından büyük zorluklar yaşadıklarını gösteren bir çok çalışma vardır. Artan ve yoğunlaşan çalışma saatleri, hastalığa yakalanma kaygısı, yetersiz ekipmanla çalışma, yetkin olmadıklarını düşündükleri alanlarda çalışma ve yakınlarına hastalık taşıma korkusu sağlık çalışanlarının ruh sağlığı için olumsuz koşullar oluşturdu.

Ayrıca, sağlık çalışanlarının televizyon bültenlerinde kahraman ilan edildiği bir dönemde, birçok sağlık çalışanı özel hayatlarında sosyal çevresinden izole olmuş ve hatta sosyal damgalamaya maruz kalmışlardır.

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(50). Ancak, bazen zorunlu eğitim programlarının, bazı sağlık çalışanınca zaten az olan vakitlerinin daha fazla harcanması olarak görülmesi de mümkün olup bu konuda önlem almak gerekebilir. Bunun yanında yukarıda da bahsedilen, çalışanların kendine vakit ayırabilmesi için uygun çalışma düzeni oluşturulması ve çalışarak geçirdikleri vaktin maddi karşılığının tatmin edici olması kurumların göz önüne alması gereken durumlardır.

Sağlık çalışanlarının ruh sağlığını korunması, dünya çapında etkileri tartışılan bir konu hâline gelmiştir. Pandemi sonrası toplumun gündemi ve ilgi odakları değişmeye başlasa da, sağlık çalışanlarının yaşadığı sorunlar devam etmektedir. Birçok sağlık çalışanı meslek ve çalışma ortamını değiştirmeye yönelmektedir (51). Bu durum sağlık hizmeti alanında sorunların artmasına neden olacaktır.

Enfeksiyon kontrolü açısından kriz sona eriyor gibi görünse de, sağlık sistemi ve çalışanlarının ruh sağlığı açısından krizin belki de yeni başladığı, toplumun tüm kesimlerince göz önünde bulundurulmalıdır.

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