Dietitians' quality of life before and during the Sars-CoV-2 pandemic (Brazil, 2020)

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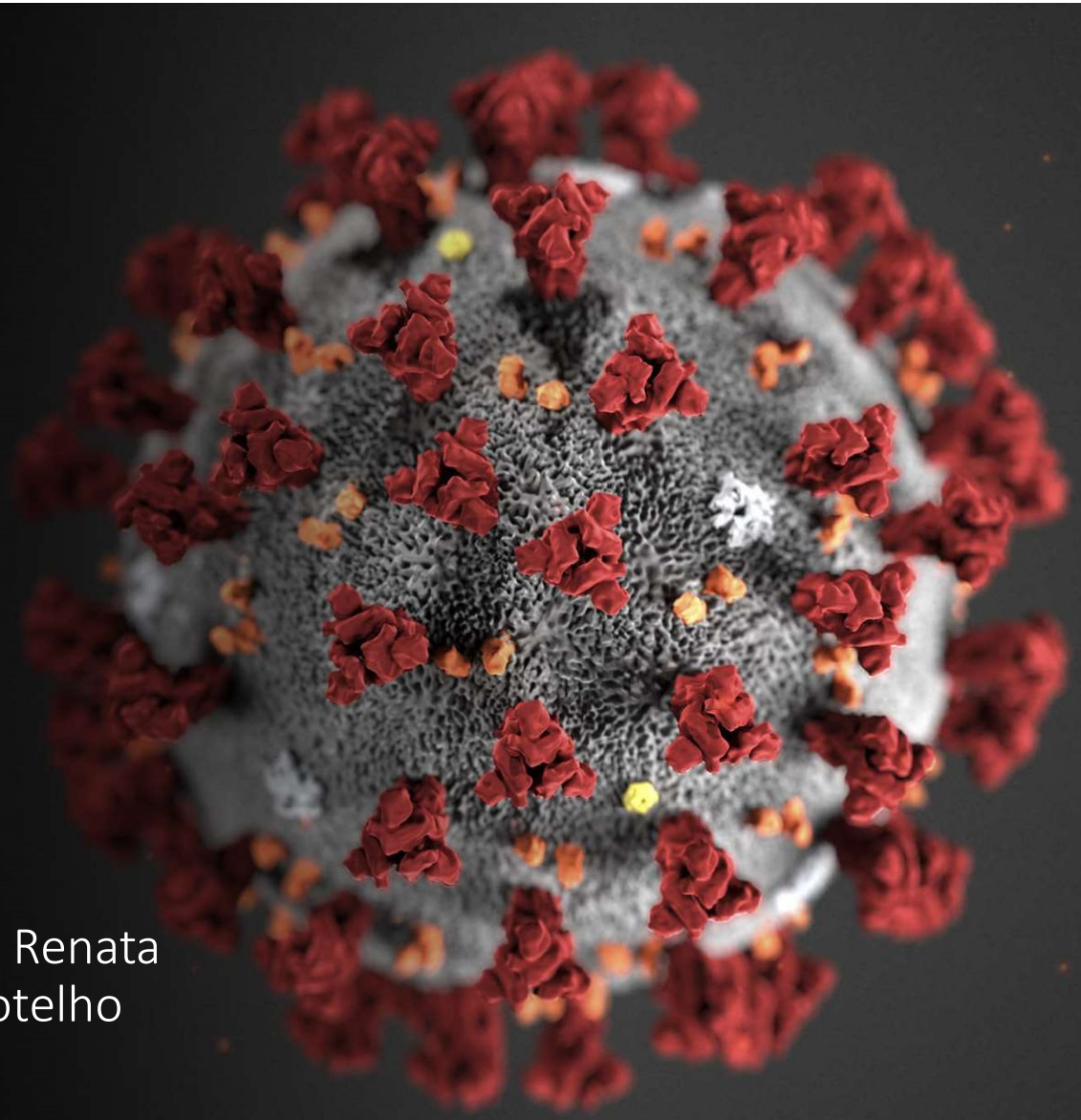


Ao meu pai

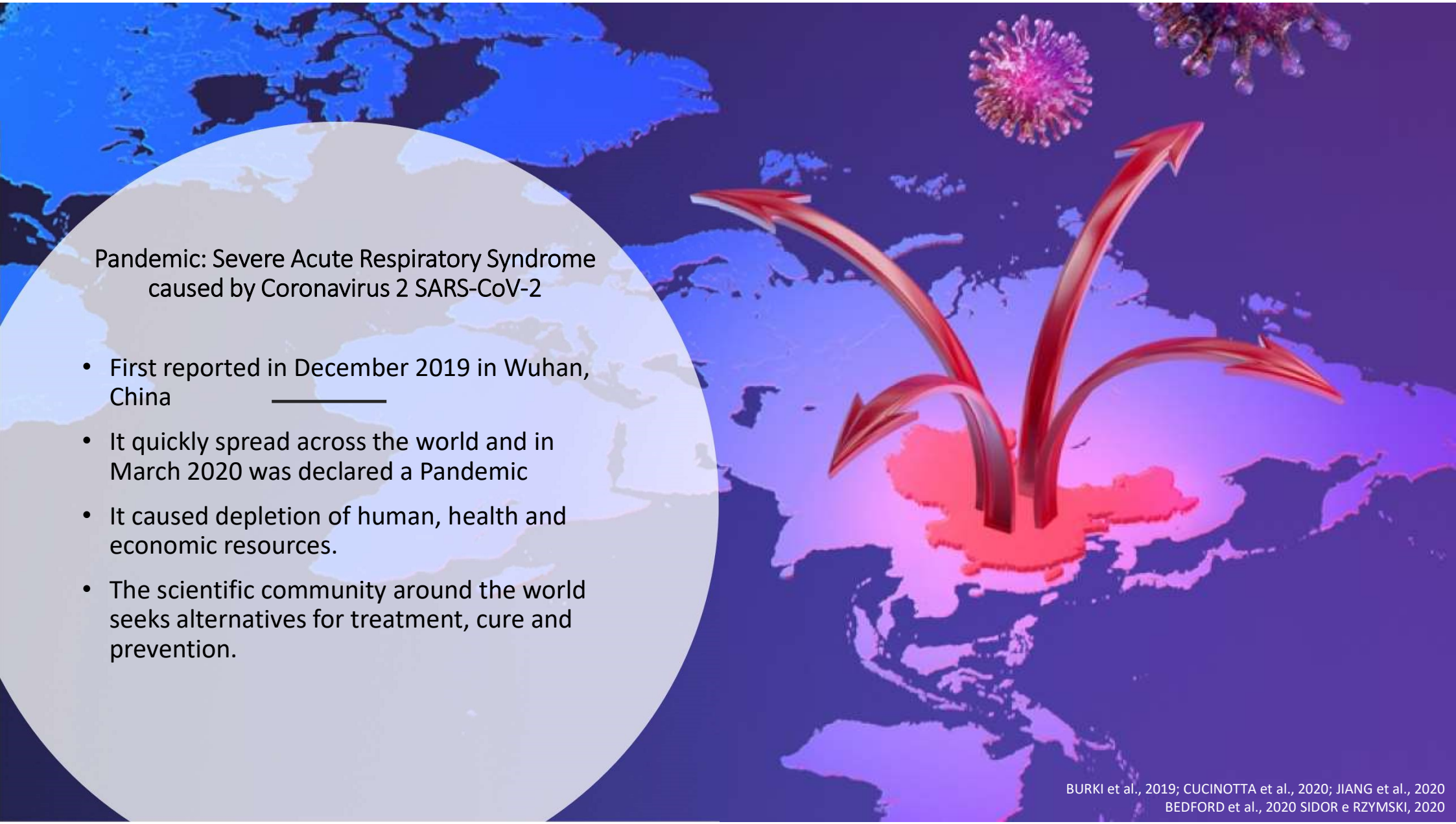
Quality of Life

WHOQOL GROUP, 1995

WHOQoL-BREF

- Instrument to measure quality of life– OMS 1998.
- Derived from WHOQoL-100.
- It can be used in a variety of cultural settings.
- Itens evaluated in a five-point scale – Likert scale (1932):
  1 – “totally disagree” ⇨– “totally agree”
- The domains evaluated are: PHYSICAL, PSYCHOLOGICAL, SOCIAL RELATIONS AND ENVIRONMENT

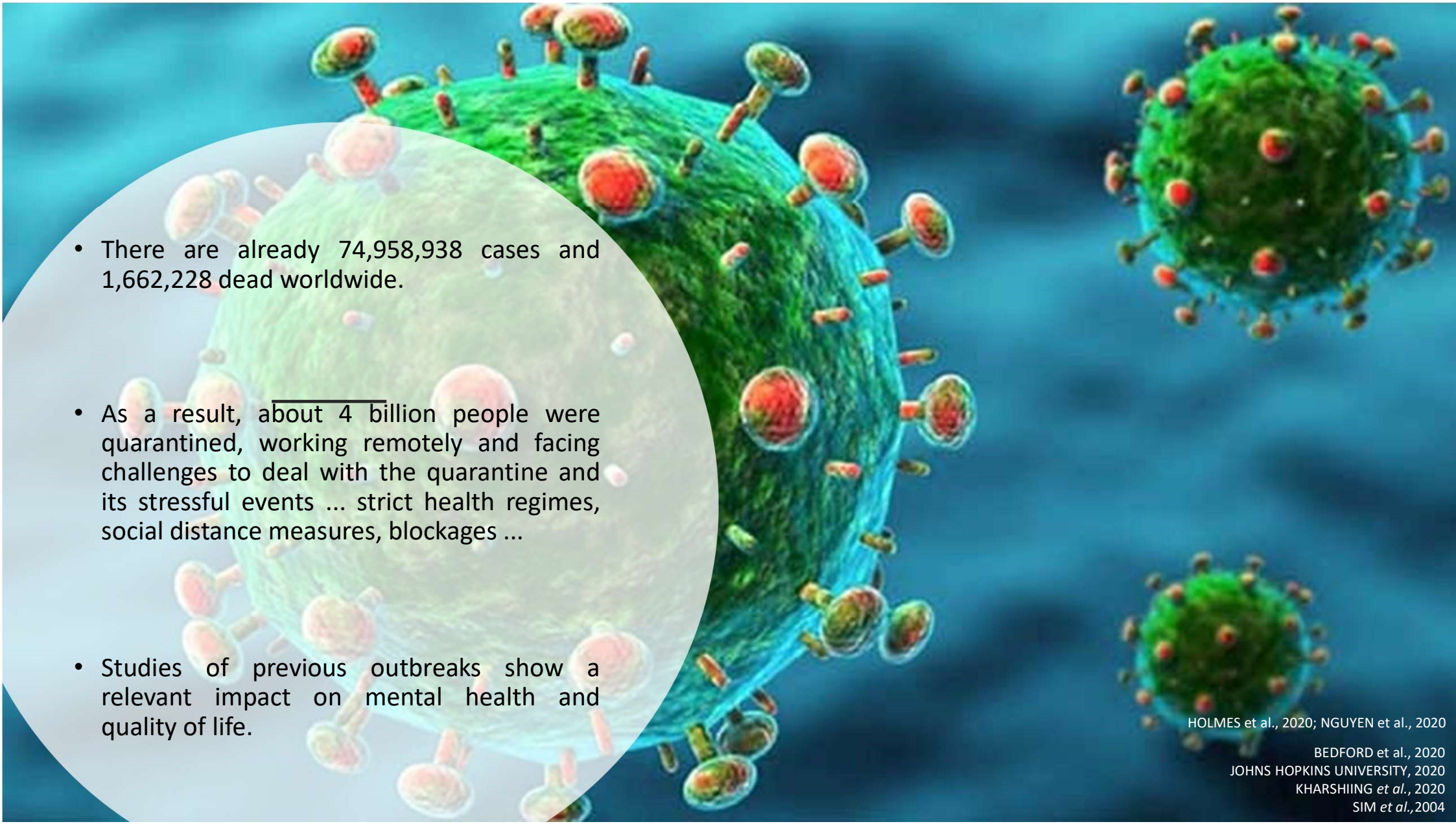
LIKERT, 1932; WHOQOL GROUP, 1995



Pandemic: Severe Acute Respiratory Syndrome caused by Coronavirus 2 SARS-CoV-2

- First reported in December 2019 in Wuhan, China
- It quickly spread across the world and in March 2020 was declared a Pandemic
- It caused depletion of human, health and economic resources.
- The scientific community around the world seeks alternatives for treatment, cure and prevention.

BURKI et al., 2019; CUCINOTTA et al., 2020; JIANG et al., 2020
BEDFORD et al., 2020 SIDOR e RZYMSKI, 2020



- There are already 74,958,938 cases and 1,662,228 dead worldwide.

- As a result, about 4 billion people were quarantined, working remotely and facing challenges to deal with the quarantine and its stressful events ... strict health regimes, social distance measures, blockages ...

- Studies of previous outbreaks show a relevant impact on mental health and quality of life.

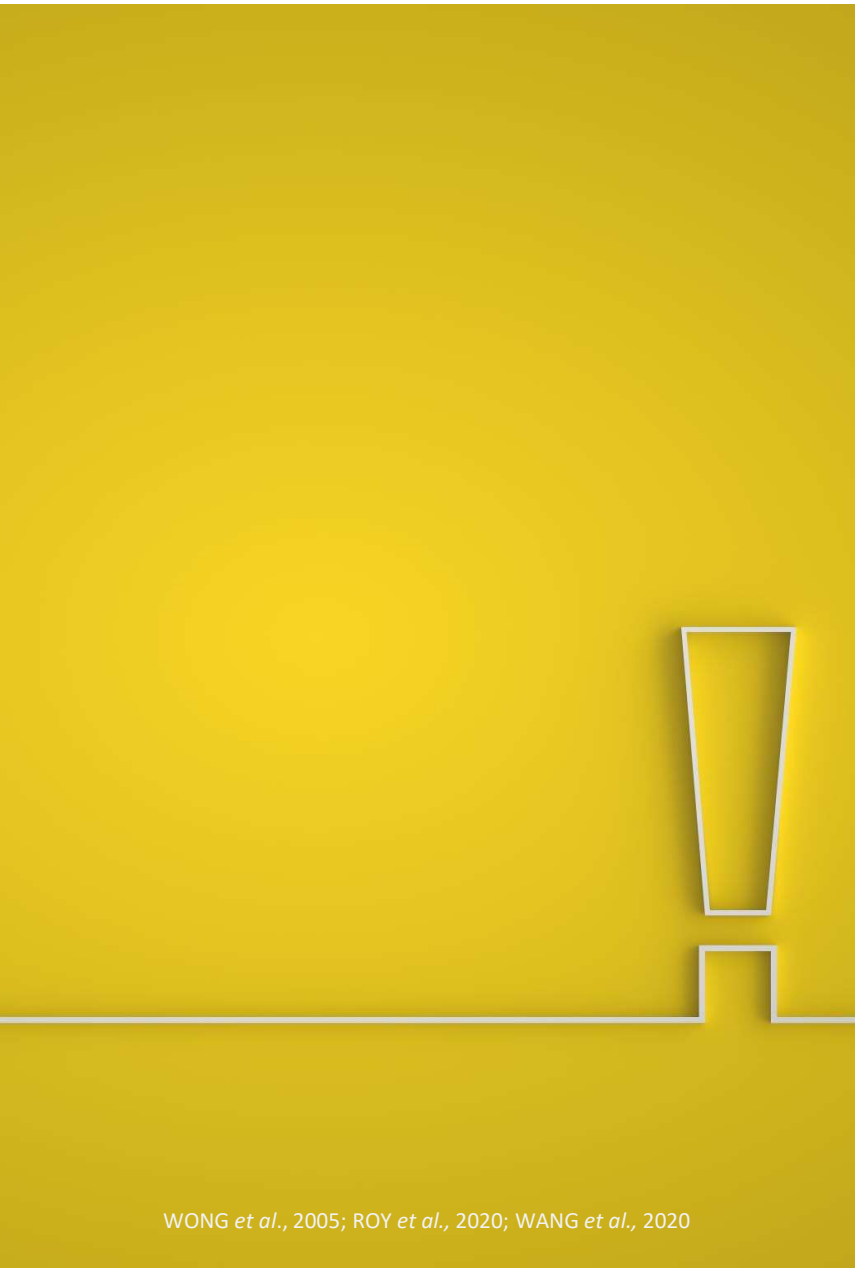
HOLMES et al., 2020; NGUYEN et al., 2020

BEDFORD et al., 2020
JOHNS HOPKINS UNIVERSITY, 2020
KHARSHIING *et al.*, 2020
SIM *et al.*,2004

Restrictive measures

- Psychological suffering
- Bad mood
- Irritability
- Emotional disorders
- Exhaustion
- Rage
- Panic
- Stigma and xenophobia to those infected
- Suicides ...

BEDFORD *et al.,* 2020; GALEA *et al*., 2020; SAMLANI *et al.,* 2020; REHMAN *et al.,* 2020; BROOKS *et al*., 2020; SHIMIZU, 2020; BAO *et al.,* 2020; BAO *et al.,* 2020; WANG *et al.,* 2020; WANG *et al.,* 2020; XU *et al.,* 2020; ZHANG *et al*., 2020; ABDEL-MONEIM, 2015; JACK, 2015; MAMUN e GRIFTHS, 2020.



WONG *et al.*, 2005; ROY *et al.*, 2020; WANG *et al.*, 2020

SARS-CoV-2

The mental health response to a pandemic depends on:

- clinical evidence
- media reports
- number of cases
- fatality rates
- the transmissibility of the disease
- isolation policies

And what is the context of health professionals in this pandemic?

Frontline professionals in the fight against SARS-CoV-2

need to be SAFE

Missing PPE

Too many patients

Increased workload / fatigue

Fear of infection

High risk of exposure

Excessive losses

Anguish over difficult decisions

Family isolation

Burnout

AGIUS *et al.*, 2020; COOK, KURSUMOVIC e LEANNE, 2020; MEDICAL DEVICE NETWORK, 2020; ZHANG e MA, 2020

Quality of life health professional

Patient safety depends on the safety and health of the professional who takes care of him.

Constant changes and unclear safety protocols for healthcare professionals

More than 570 thousand infected health professionals

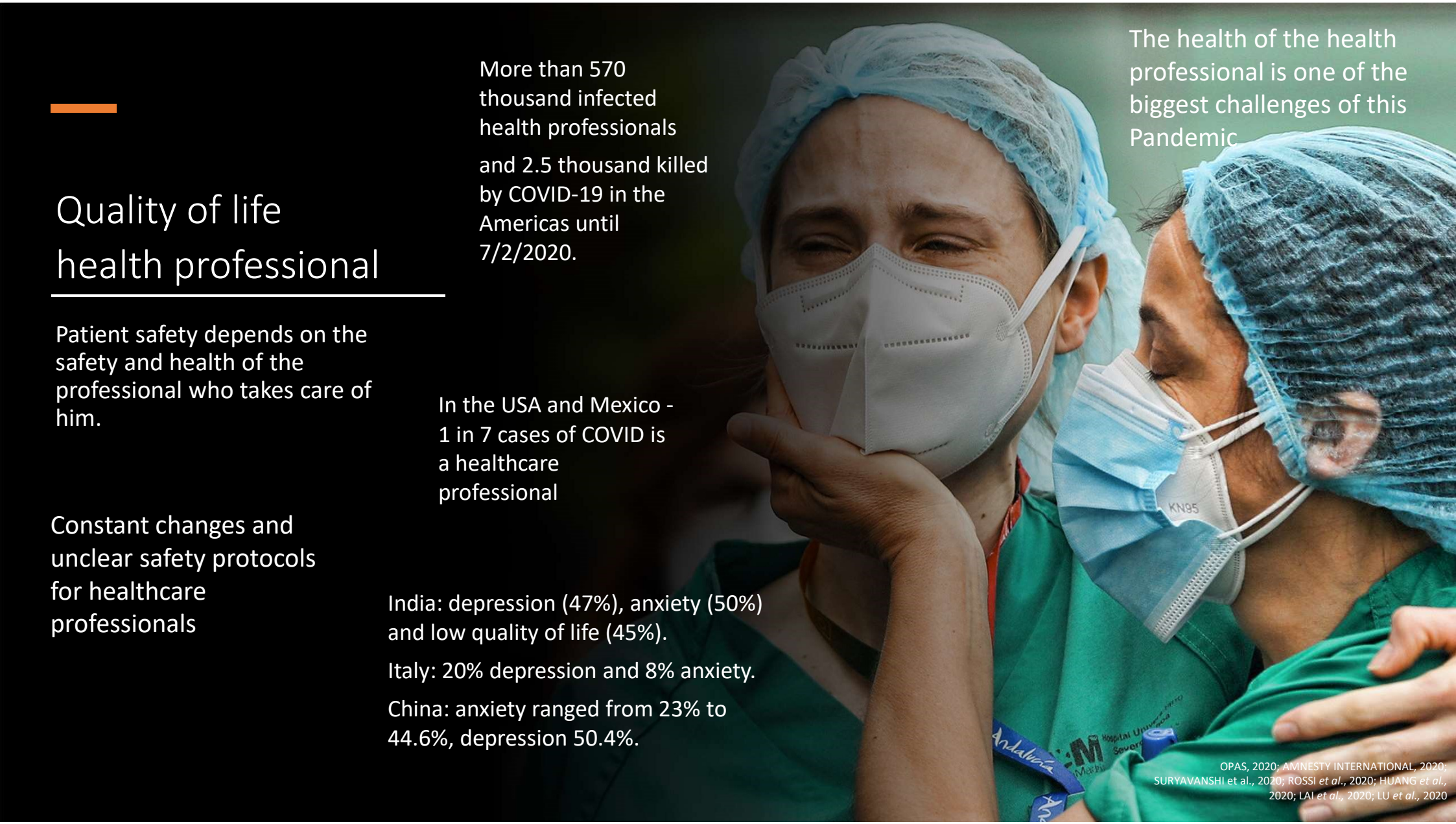
and 2.5 thousand killed by COVID-19 in the Americas until 7/2/2020.

In the USA and Mexico - 1 in 7 cases of COVID is a healthcare professional

India: depression (47%), anxiety (50%) and low quality of life (45%).

Italy: 20% depression and 8% anxiety.

China: anxiety ranged from 23% to 44.6%, depression 50.4%.



The health of the health professional is one of the biggest challenges of this Pandemic

OPAS, 2020; AMNESTY INTERNATIONAL, 2020; SURYAVANSHI et al., 2020; ROSSI *et al.*, 2020; HUANG *et al.*, 2020; LAI *et al.*, 2020; LU *et al.*, 2020

Objectives

- To evaluate the quality of life of Brazilian dietitians before and during the SARS-CoV-2 pandemic.
- To characterize Brazilian dietitians working during the SARS-CoV-2 pandemic.

Participants

- Brazilian dietitians and residents in Brazil
- 129.134 professionals in Brazil
- Sample calculated considering an error (e) of 3% and a level of significance (α) of 5% = 1,059

HAIR, 2009

CFN – ESTATÍSTICAS, 2020

1

Sociodemographic characterization of the sample

- region of Brazil,
- sex,
- age,
- marital status,
- children,
- religion,
- number of individuals living in the household,
- family income,
- schooling,
- graduation time,
- type of institution where you graduated,
- service time,
- occupation area,
- type of company you work for.

1

COVID-19

- Threee questions about COVID-19 were also included:

- Did you continue to work during the COVID-19 pandemic?
- Have you tested positive for COVID-19? and
- Did anyone in your family test positive for COVID-19?

2

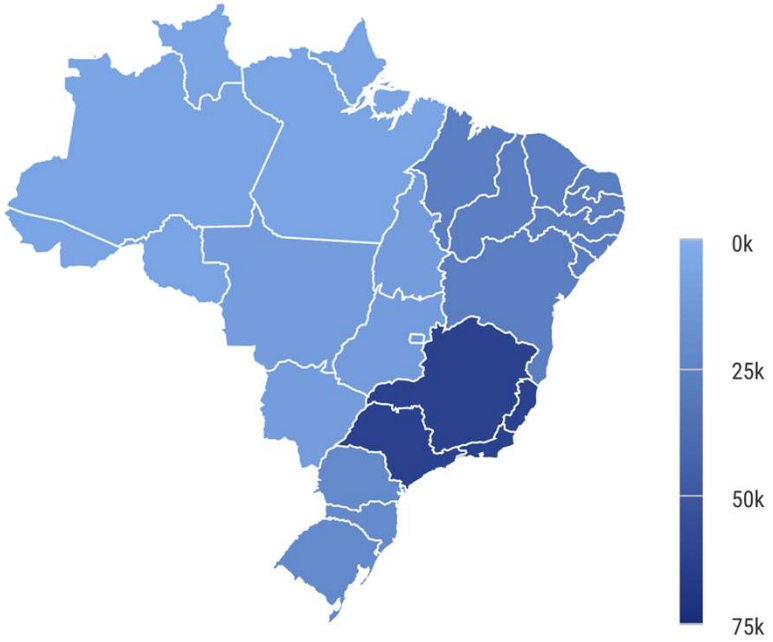
WHOQoL-BREF

- OMS, 2011
- Fleck
- Escala Likert de 5 pontos

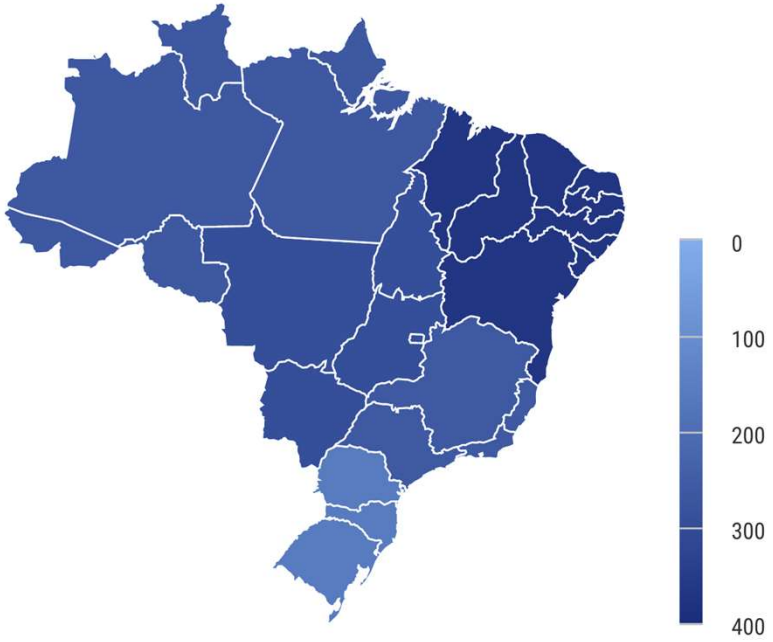
The application of the Instruments

- The volunteers received the survey link, the invitation to participate and the informed consent form
- GoogleForms® tool
- Applied in the period from May 26 to June 7, 2020
- Sent via email, messaging apps and social networks

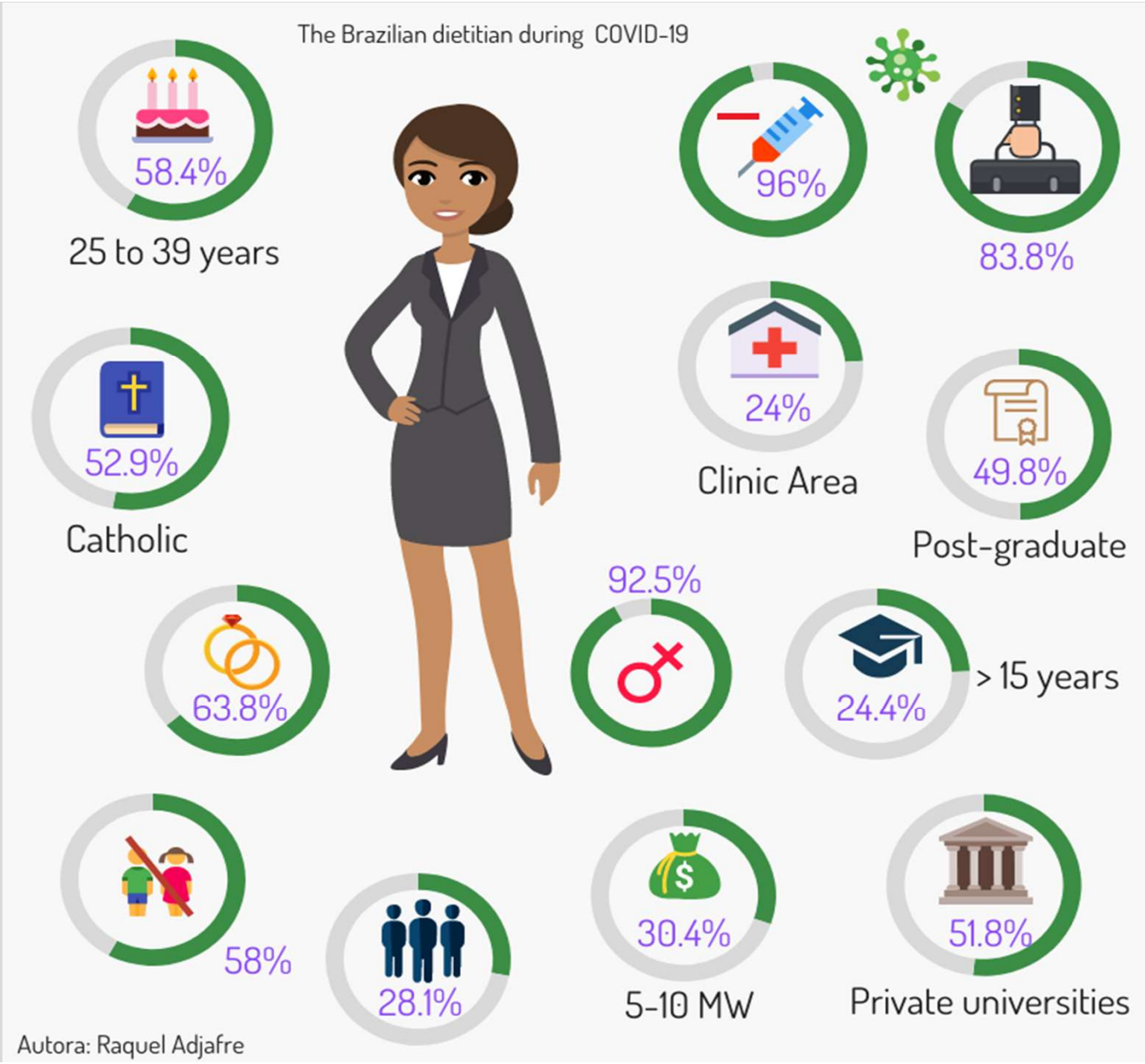
Dietitians by region



Sample by region – 1,290 dietitians



Who is the Brazilian dietitian?



Schooling x Income

< 1 MW

Dietitians

1 Undergraduates

35.9 %

2 Post-graduates

56.4 %

> 20 M.W

Dietitians

1 Master and PhD

52.2 %

2 PhD n=144

95.1 %

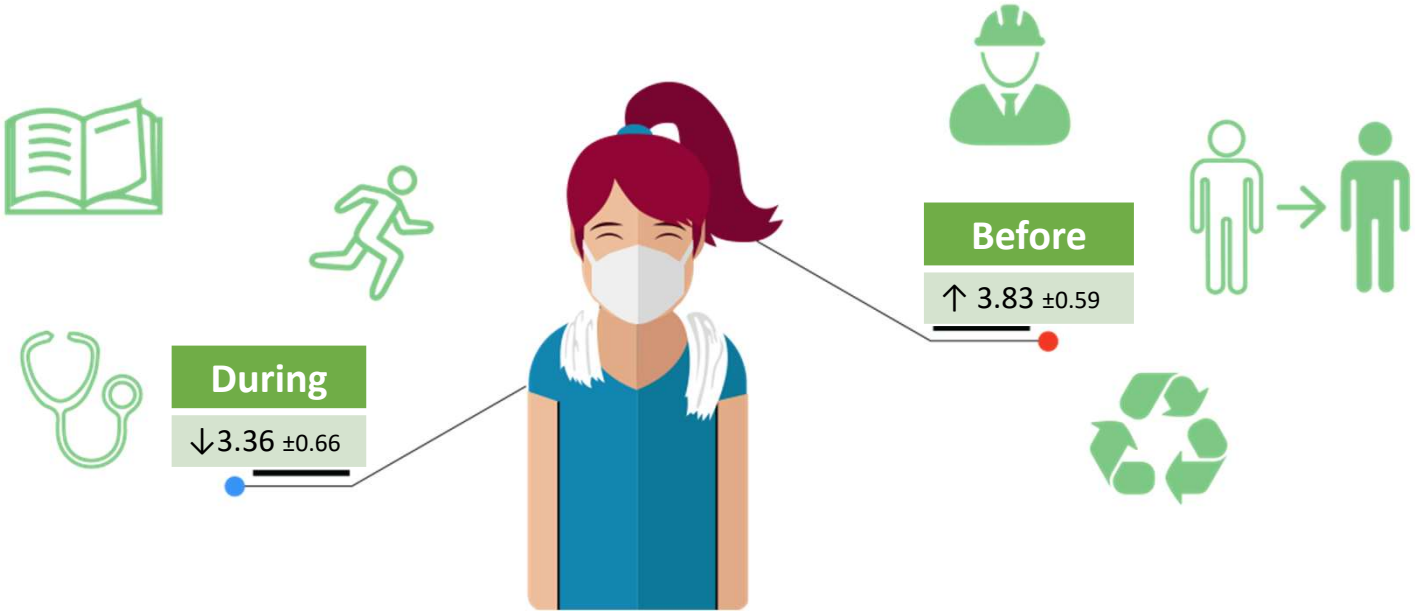
Autora: Raquel Adjafre

1st study on the quality of life of nutritionists AND comparing the period before and during the SARS-CoV-2 pandemic.

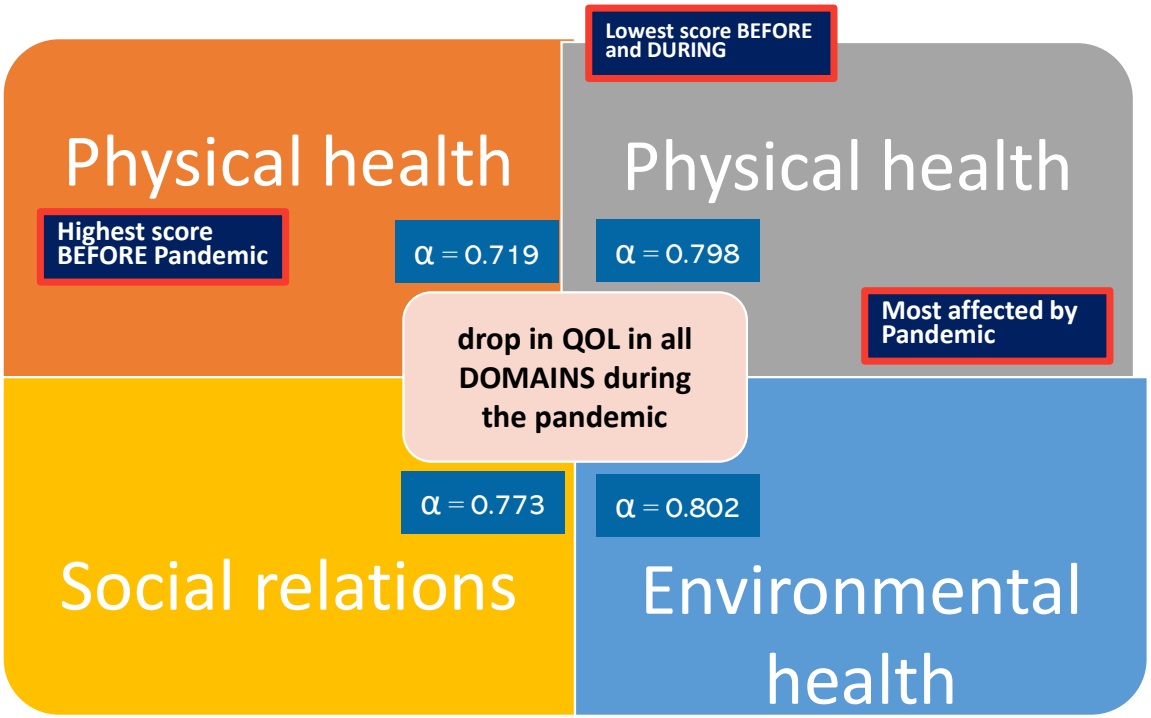
Quality of life of Brazilian nutritionists before and during the COVID-19 pandemic

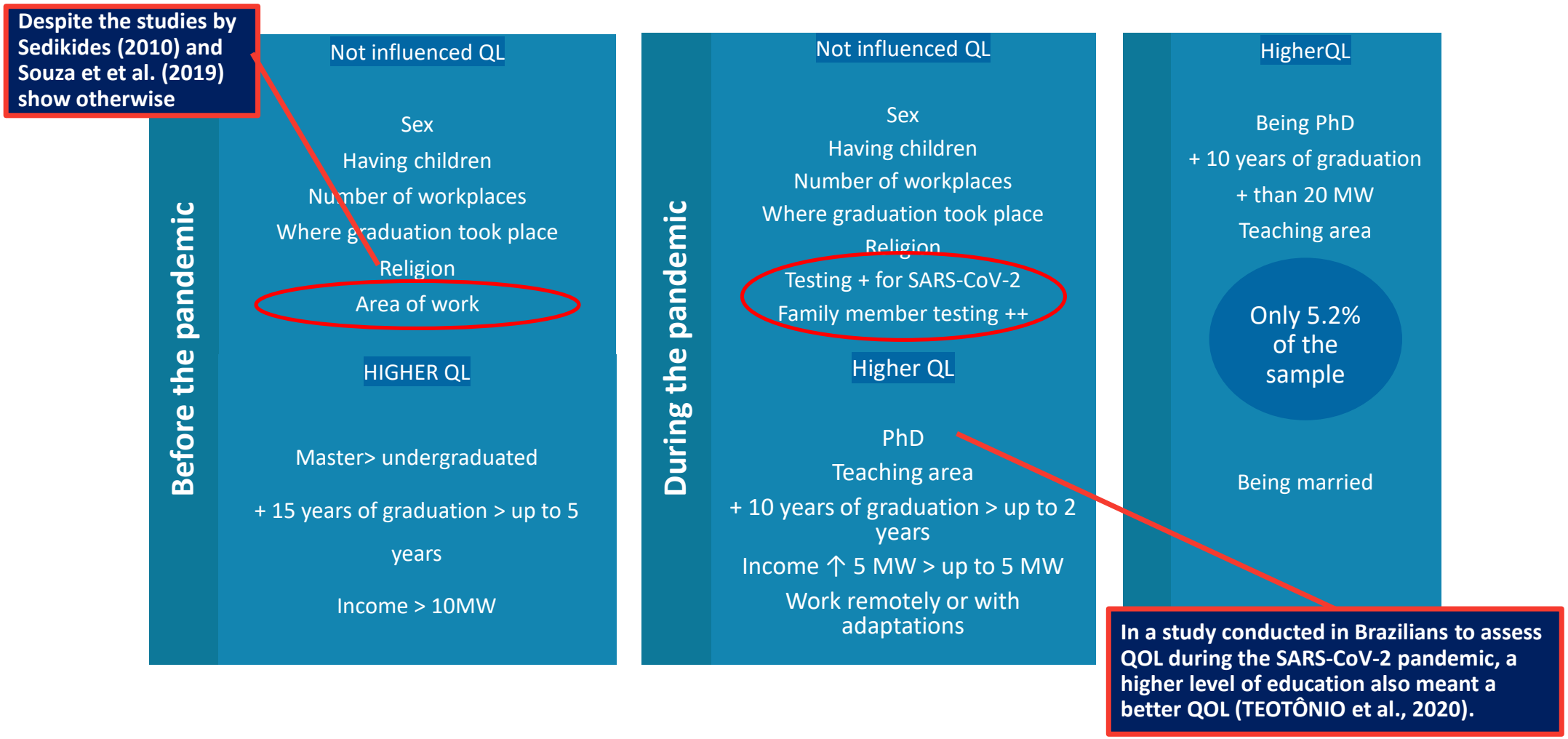
Statistical difference between ALL variables: WORST during Pandemic

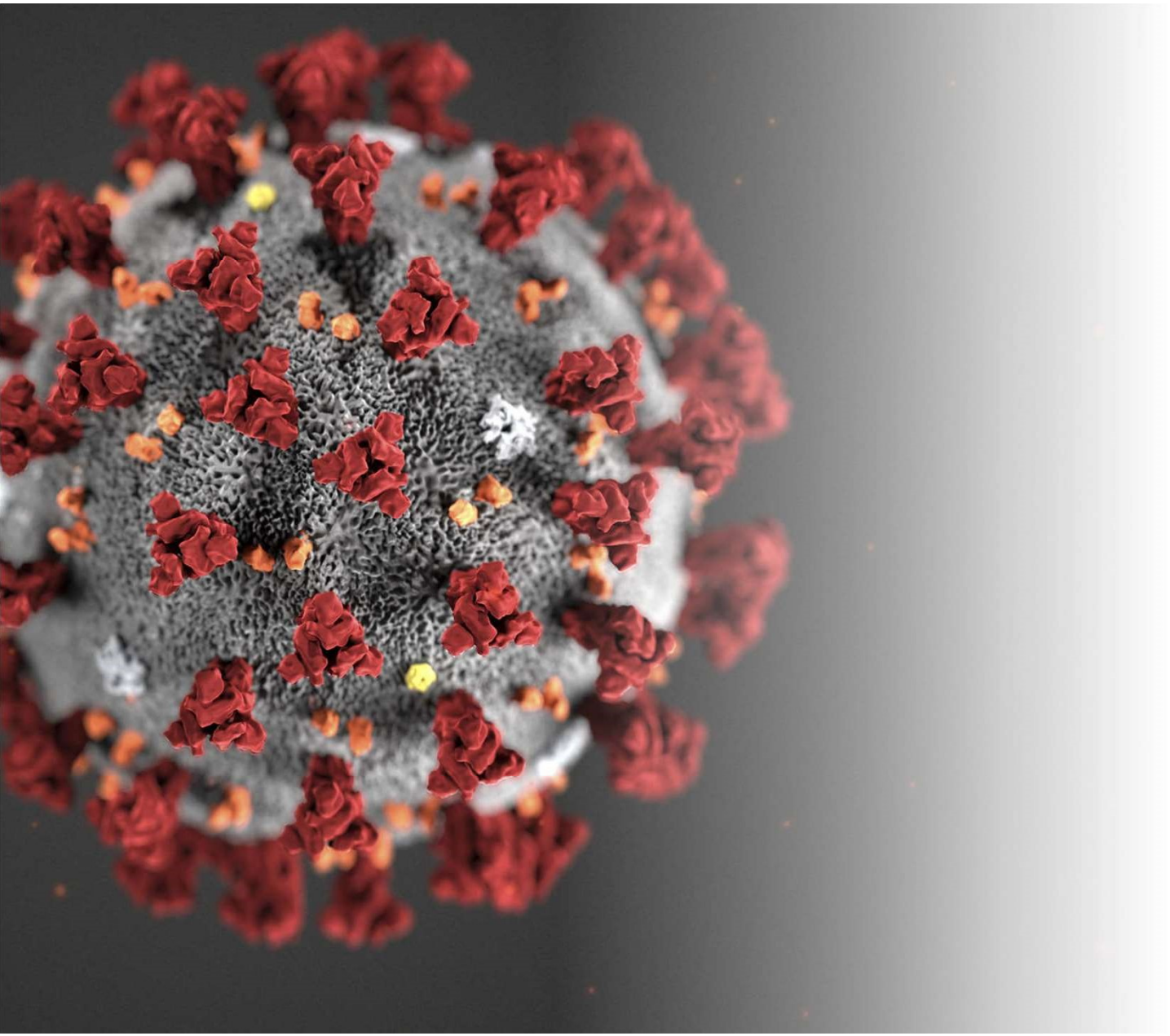
it brought fear and risk of death, psychological pressure, fear of losing family members, social isolation, unemployment, and several other unexpected changes in normal life (CAO et al., 2020; LAI et al., 2020).



Cronbach alfa = 0.925




Despite the studies by Sedikides (2010) and Souza et et al. (2019) show otherwise
Before the pandemic
Not influenced QL
Sex
Having children
Number of workplaces
Where graduation took place
Religion
Area of work
HIGHER QL
Master> undergraduated
+ 15 years of graduation > up to 5 years
Income > 10MW
During the pandemic
Not influenced QL
Sex
Having children
Number of workplaces
Where graduation took place
Religion
Testing + for SARS-CoV-2
Family member testing ++
Higher QL
PhD
Teaching area
+ 10 years of graduation > up to 2 years
Income ↑ 5 MW > up to 5 MW
Work remotely or with adaptations
HigherQL
Being PhD
+ 10 years of graduation
+ than 20 MW
Teaching area
Only 5.2% of the sample
Being married
In a study conducted in Brazilians to assess QOL during the SARS-CoV-2 pandemic, a higher level of education also meant a better QOL (TEOTÔNIO et al., 2020).



Conclusions

- The Quality of Life of Brazilian Nutritionists decreased with the Pandemic.
- The worst was the phycological health.
- More studies in the world evaluating this professional are needed.