

参与救治新型冠状病毒肺炎的医护人员心理健康影响因素及应对策略

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【摘 要】：随着新型冠状病毒肺炎（novel coronavirus pneumonia, NCP）疫情的爆发，繁重的工作强度和高危的职业暴露风险给医护人员带来了一定程度的心理压力。加强疾病知识及感控知识的培训、针对不同个体特征给予及早有效的心理干预，能有效纾解一线医护人员的心理压力。本文作者之一为援鄂一线医护人员，结合工作实际探讨一线医护人员心理健康影响因素并提出应对策略。

【关键词】：新型冠状病毒；医护人员；心理健康

Mental Health Influencing Factors and Coping Strategies of Health Care Workers Involved in the Treatment of COVID-19

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Abstract: With the outbreak of novel coronavirus pneumonia (NCP), heavy work intensity and high-risk occupational exposure risk have brought a certain degree of psychological pressure to medical staff. Strengthening the training of disease knowledge and sense and control knowledge, and giving early and effective psychological intervention according to different individual characteristics can effectively relieve the psychological pressure of front-line medical staff. One of the authors of this paper is a first-line medical and nursing staff in Hubei Province. Combining with the actual work, the author discusses the influencing factors of psychological health of first-line medical and nursing staff and puts forward coping strategies.

Keywords: Novel coronavirus pneumonia; Medical staff; Mental health

1 新型冠状病毒概述

2019 12

2020 2 22

2019 novel coronavirus

38000

2019-nCoV

2020 2 11

WHO

2019

corona

2 一线医护人员心理状况

virus disease 2019 COVID-19 [1]

2.1

2003

SARS

2004

H5N1

2009

[2]

H1N1

2012

MERS-CoV

WHO
[3]
10% SARS
2-3
SARS
SARS SARS
SARS
SARS
Zung SDS
50 3.4
1990
2.2
SARS 2
20% IES ≥ 30
2009 H1N1 3.5
3635
IES
10 H7N9
80-84.6% SARS
SARS
4 干预措施
ASD
PTSD 8.92
30 -50
3 影响一线医护人员心理负荷的因素
3.1
20 4.1
40
3.2
2003 SARS
4.2
3.3
[4] Wu P 2006
549 2003 SARS
[5]

5 总结

4.3

[6]

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