Covid-19 in a nursing student: Case report

Abstract

Purpose: In this case report, it was aimed to reveal the experiences of a nursing student when she was diagnosed with covid-19.

Design and Method: The study is a case report. The data were collected by interviewing a nursing student covid-19 patients with a diagnosis of Covid-19.

Finding: It was been determined to that she experience severe symptoms of covid-19 such as shortness of breath, headache, nausea and vomiting in nursing student. In addition to physiological difficulties, our case had to face psychological problems such as lack of social support, loneliness, sadness and anxiety due to its isolated environment and the desire to protect its family. In addition, she had difficulties studying due to headache and muscle pain caused by covid-19.

Results: In the case report, valuable findings about covid-19 were presented and in addition, the difficulties experienced by the nursing student when diagnosed with covid-19 were presented.

Keywords: Covid-19, Outbreak, Nursing student

Background

The coronavirus (Covid-19) infection that occurred in Wuhan, China in December 2019 has affected the whole World [1]. The transmission of the disease by droplet caused a rapid spread. Rapid spreading caused the number of infected people to be higher than expected [1]. Shortly afterwards, coronavirus (covid-19) infection was declared as a pandemic epidemic [2].

Coronovirus (covid-19) belongs to the same group of viruses that cause Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS) [3,4]. The virus causes serious acute respiratory infections and progresses asymptomatic, mild or severe symptomatic [4,5]. Nurses have been at the forefront of those who have been struggling with various diseases and outbreaks throughout history. Nursing is a professional profession with a scientific foundation Ethics, philosophy, theory, and nursing models are included in the components of nursing profession science and professionalism [6]. Nurses review the patients with these equipment, plan the steps of the nursing process and apply the care to help the patient return to normal conditions [7,8]. In this pandemic process, nurses were always at the forefront and faced with vital risks in order to fulfill their duties. Nurses in close contact with Covid-19 patients were vulnerable to infection and faced the spread of the virus to both their colleagues and family members [9,10].

It is stated that teenagers play a more role in the spread of COVID-19, which is effective not only in the elderly population but also in all age groups. Although it is thought that teenagers overcome this disease slightly, new data do not confirm this situation. In fact, the views of some experts are that in the future, teenagers
The most common symptoms at onset of COVID-19 illness are fever, cough, and fatigue, while other symptoms include sputum production, headache, haemoptyisis, diarrhoea, dyspnoea, and lymphopenia [18-21].
Conclusion

As a result of this case report, it was determined that she experienced severe symptoms of COVID-19 such as shortness of breath, headache, nausea and vomiting in a nursing student. In addition to physiological difficulties, our case had to face psychological problems such as lack of social support, loneliness, sadness, and anxiety due to its isolated environment and the desire to protect its family. In addition, she had difficulties studying due to headache and muscle pain caused by COVID-19.

References


Table 1: Blood values.

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<th>Parameter</th>
<th>Value</th>
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<tbody>
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<tr>
<td>RBC</td>
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<td>HGB</td>
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</tr>
<tr>
<td>COVID-19</td>
<td>Pozitif</td>
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Figure 1: Lung tomography