

# The Nurses Role in Educating the Prevention of Transmission of the COVID-19: A Study on Improving the Healthy Living among Urban Communities

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**Research Article**

# The Nurses Role in Educating the Prevention of Transmission of the COVID-19: A Study on Improving the Healthy Living among Urban Communities

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## ABSTRACT

**Background:** The importance of health quality is the desire for everyone and generally healthcare can be done by health professionals such as nurses or paramedics. The implications of good health realization can be seen from the ability of nurses in educating the society regarding the dangers of viruses transmission from COVID-19 which is a global pandemic that occurs in almost all parts of Indonesia

**Objective:** The purpose of this study is to describe the role of nurses as an educator in overcoming the occurrence of Coronavirus transmission.

**Method:** Qualitative approach is used to explore and describe the problems of the disease-related the phenomenon that occurs in the society by educating related the transmission and how to overcome the Coronaviruses for people living in the urban areas

**Result:** COVID-19 is a new type of virus and has a fast transmission to the community. And the lack of personal protection equipment is certainly a problem of nurses or paramedics to educate the society regarding the danger's effects of virus transmission to communities that living in urban areas.

**Conclusion:** The important role of nurses as health educators for the public is certainly beneficial in helping people avoid the spread of COVID 19 viruses in urban areas. However, the lack of personal protective equipment, of course, will impact anxiety for nurses when conducting socialization on how to effectively avoid transmission of the viruses.

**Keywords:** Role of Nurses, Virus Transmission, Health Quality, Covid-19.

## INTRODUCTION

Health knowledge provided by healthcare professionals is certainly an important part of the healthcare service that aimed for individuals, families, and communities. In realizing health for people who live in urban areas, the implementation of health development is needed by all communities in achieving good health (Rappange et al., 2016). The realization of good health for the society certainly can be proved through the implementation of accountable healthcare services and also can provide the optimum health services, and should be able to be done by a well-educated health professional and equipped by the adequate health facilities as well. Based on the above problems, the importance of the government's role in addressing public health issues regarding the prevention of transmission of Coronavirus Disease (COVID-19) will become a global pandemic that can certainly a concern for all citizens of the world (Cortegiani et al., 2020). Rapidly spreading the virus is certainly a very important study for all people to always keep a social distancing so that it is not easy to spread

the disease and also always doing personal hygiene, both in the home or in the environment around where we live. The first discovered disease of the city of Wuhan, the province of China's Hubei, has spread rapidly in 72 countries caused by a coronavirus novel (Shim et al., 2020). The disease is newly identified and certainly a serious concern for all people to always maintain health to improve healthy living. Mohan et al. (2017) understand that the role of health workers to be able to educate the public about the ways to prevent and control the endemic of diseases by maintaining personal health, especially for people who live in urban areas with densely population. As an effort in realizing health for every citizen, the role of government through the health department becomes very important, as an effort to provide protection and maintain health. On the other hand, health workers are also expected to play an active role in disseminating information about the dangers of COVID-19 disease transmission (Burdick et al., 2015), and also to be able to educate people on effective prevention efforts for all communities. This is of course following the mandate of the Health law that

protects the entire nation to stay healthy to achieve the optimal health status, towards a country with a healthy society, social justice and prosperity (ACT-No. 36, 2009). The occurrence of a significant endemic to the transmission rate of COVID-19 transmission hazard occur in almost all over the world at this time, will certainly also have an impact on the of health development, especially in people living in urban areas. McKibbin and Fernando (2020) explained that the occurrence of coronaviruses that spread globally, the evolution of spreading the disease also greatly affects the economy of the country that will certainly complicate the government to create policies related to the economy that would certainly have an impact on health. Based on the above problems, as an effort to realize the importance of health for the whole community, and as an effort to realize the health for the whole community, the role of health workers indeed to be able to educate the public regarding health knowledge for the community so that the spread of infectious diseases such as the coronavirus can be solved properly.

#### **THEORETICAL FRAMEWORK**

Many studies related to public health disease in addressing the spread of the Coronaviruses that has causes many people around the world to be infected with that virus disease. The occurrence of this disease certainly also impacts on increasing public awareness to live healthy and always maintain the body's immune antibodies so as not to be infected from the virus epidemic (Cook et al., 1993; Gwatkin et al., 2004; Tan et al., 2010). Likewise, health professionals who always try to provide care and always teach knowledge about proper procedures to deal with the coronavirus so as not to be transmitted to others (Burdick et al., 2015; Waldemar and Thylen, 2019). The coronavirus outbreak in Wuhan, China was declared as a global pandemic by the world health organization (Lau et al., 2020). This is due to the knowledge regarding the virus is still limited, while the transmission caused by the coronavirus is increasingly widespread and even occurs in all part of the world (Rothan and Byrareddy, 2020), and also will have fatal to the health of people in all over the world. Based on studies conducted by Abbag et al. (2018) stated that Coronavirus occurs due to respiratory acute syndrome, so that patients feeling pain and accompanied by fever, coughing and also sore throat (Rothan and Byrareddy, 2020), and transmission can not be immediately detected (Lau et al., 2020). However, Ebrahim and Memish (2020) understand that the spread of this virus can occur due to direct contact with foreign

immigrants or wild animals that are not maintained for cleanliness so that people who have weak immune levels will certainly be easily infected. The universal development of public health is certainly inseparable from the good human resources of health, especially professional nurses who can overcome the health services and care for all people. The scope of the health care professional resources that are carried out by nurses who work in hospitals or in the community health to accelerate optimal the healthy development for all communities specifically living in urban areas (Hall et al., 2010). Based on a good understanding of how the community can improve the quality of their health, of course, highly depends on the individual who cares about his/her health. On the contrary, the importance of the meaning of healthy living for the society, certainly cannot be separated from the important role of health workers in providing holistic health care and services to the whole community, especially in improving the quality of healthcare services in hospitals. The importance of professional nurses besides they being able to care for the sick, they are also able to provide health education to the community, so that the spreading rapidly of viruses can certainly be overcome. This is important because nurses' duties are not only taking a part in protecting clients due to illness, or providing care to the community, but they are also helping the patients to provide healthcare services to the community. In working to help the patients, nurses also collaborate with other health professional workers following their competent authority in the scope of health to improve the quality of health for the whole community (Edura Wan Rashid and Kamaruzaman Jusoff, 2009). Besides, nurses as professional workers are also required to provide health knowledge to the community (Linda et al., 2019), this is because the main role of nurses is to help the whole community overcome the disease (Tebb, 1995). Therefore, nurses must be able to play an active role in educating the public in overcoming the spread of the virus and helping clients when infected with the disease virus. This is certainly needed as an effort to maintain the people's safety and people health on an ongoing basis (Alshammari et al., 2019), and nurse also can continue to play an active role in helping the community to avoid endemic viruses (Jones et al., 2017).

#### **METHOD**

A qualitative approach was used to explore the role of nurses in educating the community on the important knowledge of how effective ways to

avoid the dangers of coronavirus that currently spreading and occurring in some urban areas. Data collected based on the phenomenology that occurred in several regions in Indonesia, especially in urban areas in the Western part of the Lombok region.

## RESULT

The high number of the spread of the COVID-19 virus that occurs not only in Indonesia, but occurs in almost all over the world today, of course, should be a serious concern for all people about the dangers of spreading this virus. However, the government has given instructions to the whole community about the dangers of this virus, but there are still some people who have not paid attention to announcing this ban to avoid the danger of transmission of the virus that might occur to anyone. Some of the government's recommended ways such as by keeping the safe social distancing and physical distancing, so that the spread of the viruses do not enter into the territory area that has been closed by the society. According to the data from the world health organization regarding countries affected by the spread of COVID-19, it shows that, although the location of the virus is far from one country to another, the spread of the virus is quite fast, and almost all countries in the world are affected by the spread the virus epidemic (WHO, 2020). Based on data from the national task force to deal with the coronavirus in Indonesia, the transmission of this virus spread in all parts of the world with a total of 900,306 cases. According to data, in Indonesia, there are 1,986 confirmed cases of infection with the coronavirus. From that total 1,671 (84.1%) in the treatment period and 134 (6.74%) have been declared cured of the COVID-19 disease (Pusdalops, 2020)

In West Nusa Tenggara province, it is found that 80 patients are still in the monitoring of Corona-infected viruses. From that total number is divided into 49 (61%) who are still under supervision and 31 (39%) patients who have been declared healthy and have been finished in the possible supervision of a virus transmitting against others. According to the spread of the virus by region, as shown in table 2, West Nusa Tenggara Province (WNT) is one of the areas affected by the Coronavirus with widespread. Based on the data from the task force dealing with COVID-19, there were 80 (eighty) patients detected by the Coronavirus which indeed had to be isolated and needed to get special supervision from intensive healthcare professionals in the hospital.

As a healthcare professional worker, nurse duty is very important to overcome the spread of viruses that are very dangerous for human safety and

health for all people living in urban areas. On the other hand, health workers should be able to educate the public on how to overcome the dangers of Coronaviruses. Furthermore, health professionals must be able to provide knowledge to the public about how to dealing with the dangers of the Coronavirus if it is infected to the human being and be able to conduct treatment of infected patients in the hospital. Some important knowledge that nurses should do in addressing the spread of Coronaviruses to the public, such as: (1) helps to provide basic knowledge of nursing care to the public regarding procedures for overcoming the transmission of the coronavirus, (2) helping the community to provide the effective programs for personal health care to monitor the viruses symptoms when someone infected with COVID-19, (3) help the community to be able to conduct health screening to anticipate the occurrence of transmission to humans and educate them the ways to be able to stay healthy during the time of virus spreading. According to Cusack et al. (2010), several important criteria to help nurses overcome the disasters that are happening in the society, such as establishing a quick response service for disaster management assistance, and disseminating health volunteers throughout the affected areas.

The effective way to overcome with the recently discovered as global virus pandemic, that is by preventing and avoiding direct contact with individuals infected with the virus and by empowering urban communities or people living in urban areas. Besides, as the front line of health protection, nurses as healthcare professionals are expected to be able to know and be able to identify symptoms that occur in individuals infected with the infectious disease (Corless et al., 2018). Besides, every healthcare professional such as nurses or paramedics, they must have a communication tool whose function is to be able to communicate with other health workers, so that the transmission of the disease encountered in the community can certainly be solved safely and efficiently. In undergoing treatment for patients infected with the Coronavirus in the hospital, every nurse or paramedic personnel while performing their duties must follow the standard treatment of the operational procedure of Coronavirus infection management. The Healthcare professional must be able to protect against the transmission of virus infections following administrative or environmental control procedures, and paramedics have to use personal protective equipment to avoid the infections that might be occurring at any time, and that equipment also can be as tools of

caution against the occurrence of contacts such as droplet or Airborne (Isbaniah, 2020). Personal protection is indispensable to nurses as a professional healthcare worker to avoid the transmission of viruses to others. On the other hand, there are several ways also that healthcare professionals can do to protect their health. Komalig and Tampa'i (2019) stated that the use of self-protection equipment is a mandatory tool that must be used to avoid health risks in hospitals and can also provide nursing care following standard health care procedures. Based on this, the use of personal protective equipment must be worn by all nurses or paramedics who are performing the duties as a form of safe work behavior in the workplace (Kartika, 2014). Besides, the important thing to do by nurses, they should wash their hands quite often by using soap and water flowing after being exposed to direct contact with the sick.

Work accidents are unexpected occurrences by healthcare professionals like nurses who are very helpful to take care of patients (Zahara et al., 2017). Therefore, the effort to control the danger of transmitting to others, the use of personal protective equipment is very useful to protect against Coronaviruses. This is important and should be done by professional nurses when the nurse provides information to the public regarding the danger of virus transmitting if anyone living in the community is infected with the Coronavirus.

#### CONCLUSION

The role of nurses in overcoming the coronavirus transmission that occurs at this moment should be the main concern of the government, especially for those people living in urban areas. This is due to the coronavirus is a new kind of virus disease that has not been identified, but the transmission of the virus is very fast so that people need to be aware of its transmission. Therefore, nurses as educators and as health professionals must be able to provide the knowledge they obtain to be able to educate the public about the dangers that can occur if people do not anticipate the spread of the virus by healthy living and maintaining a safe distance from people so the transmission of infection to the carrier can be overcome.

Nurses' compliance in using personal protective equipment when providing information about the dangers of Coronavirus infection to the public is very helpful in addressing the spread of virus infections. Also, the importance of maintaining personal hygiene by washing hands with soap or antiseptics can certainly very helpful in preventing the spread of virus infections. Furthermore, nurses are expected to conduct community empowerment programs by establishing a quick

response service center for the corona-virus disaster management that is needed by the community, especially those living in urban areas. In addition, nurses must be able to implement a national health disaster management protocol program and be able to become a facilitator as well as to educate the public to stay healthy. On the other hand, motivating communities especially those living in urban areas to adhere to all regulations targeted by the government through healthcare professionals who become motivators and health educators for the whole community, and able to maintain personal health and safety for all community, especially those who live in urban areas.

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