

# RESILIENCE AMONG PEDIATRIC HEALTHCARE WORKERS DURING THE COVID-19 PANDEMIC IN A TERTIARY HOSPITAL

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## INTRODUCTION

Healthcare workers who deal with cases that are at high risk of infection hence experience high levels of work-related stress. Heavy workload causes fatigue, tension, and exhaustion which led to increased risk of sleep disturbance. It is noted that there is a relationship between resilience and sleep quality. As resilience increases, there is predicted better sleep quality in adults.

## OBJECTIVES

To determine the factors that affect resilience of pediatric healthcare workers in close contact with patients suspected with COVID infection during the first two years of COVID – 19 pandemic in a tertiary hospital in the Philippines

## METHODOLOGY

A cross-sectional study with eighty-nine participants who are not diagnosed with any mental health illness and fit the inclusion criteria were chosen through purposive sampling and asked to answer questionnaires with demographic survey, BRS and PSQI tool.

## RESULTS

There was predominance of females (60.67%), in the 30-39 age group (44.94%) and are nurses (40.45%) or doctors (39.33%) who were single (76.40%). The participants had an average PSQI per category more than 5.00 and many participants have normal resilience. The correlation coefficient was calculated at -0.338 (p-value 0.001) between the PSQI and BRS scores, indicating that a significant, negative, but weak correlation exists between the two scores.

## CONCLUSION AND RECOMMENDATION

All participants had poor sleep quality. Normal resilience was reported in the majority. A negative correlation between resilience and sleep quality was observed, denoting poorer sleep quality leads to lower resilience, and vice versa. Future studies can be the same objectives in healthcare workers in different settings, to see the dynamicity of resilience as a multifaceted phenomenon, and how sleep quality can be affected by different environmental and socio-demographic conditions.