

Diamond, the New Form That COVID-19 Chose for Nurses!

Dear Editor,

COVID-19, a deadly disease that started in December 2019 following a severe epidemic of severe respiratory disease in Wuhan, China,^[1] and nearly two years later, on November 8, 2021, it swept across the world and infected more than 249 million people and caused more than 5 million deaths.^[2] From the beginning of the disease in the world, the role of nurses in different parts of hospitals and helping to provide treatment for them has been very important, and nurses have been at the forefront of the fight against this pandemic.^[3] Everyone knows the role of nurses in hospitals is providing health care, but after two years, COVID-19 seems to have taken on a more important role for nurses. We all expect nurses to provide services to patients because nurses in hospitals have always faced chronic and contagious diseases that are limited in scope, and this is the first time we have to consider that they need to take care of themselves. Do nurses themselves get infected? Also, is there a possibility of death in nurses? Yes, this time, the first line of defense itself is in danger of being attacked. According to the International Council of Nurses (ICN), 115,000 health care workers (HCWs) were reported to have died during the COVID-19 epidemic between January 2020 and May 2021. This statistic is considered a conservative estimate of the number of actual deaths.^[3] This statistic shows that our first line of defense against COVID-19 is also vulnerable and fragile and could jeopardize treatment for other patients in the community.

Explaining the above, the rationale is that nurses should stop their treatment in medical centers and hospitals to save their lives, but despite all the risks, lack of facilities, lack of effective payment, exhaustion, and fatigue, nurses, according to their moral and human duty and according to the standards of compassionate care, selflessly performed their actions continuously and helped to treat patients regardless of the mentioned problems, and such a diamond was formed!

To understand the subject, we must first define diamond: Diamond is derived from the word “adamas” (meaning unbreakable). Diamond is one of the precious stones and one of the allotropes of carbon that is stable at high pressures. Now let us describe diamonds as follows: Nurses are one of the most valuable members of the health team who have withstood the high pressure of COVID-19. Although such a description of nurses’ actions against COVID-19 is at least a fair description for these health fighters, attention to nurses, difficult conditions, and

maintaining their health in difficult COVID-19 conditions should be considered by health policy makers.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

**Mohammad-Rafi Bazrafshan,
Hakime Akbari¹, Masoud Mohammadi¹**

Department of Nursing, School of Nursing, Larestan University of Medical Sciences, Larestan, ¹Cellular and Molecular Research Center, Gerash University of Medical Sciences, Gerash, Iran

Address for correspondence:

*Dr. Masoud Mohammadi,
Cellular and Molecular Research Center, Gerash University of Medical Sciences, Gerash, Iran.*

E-mail: masoud.mohammadi1989@yahoo.com

Received: 17 Dec 21 **Accepted:** 31 Jan 22

Published: 22 Jun 23

References

1. Jalali R, Mohammadi M. Rumors and incorrect reports are more deadly than the new coronavirus (SARS-CoV-2). *Antimicrob Resist Infect Control* 2020;9:68.
2. World Health Organization. WHO Coronavirus Disease (COVID-19) Dashboard. Available from: <https://covid19.who.int/>. [Last accessed on 2021 Nov 08].
3. The International Council of Nurses. Available from: <https://www.icn.ch/news/icn-says-115000-healthcare-worker-deaths-COVID-19-exposes-collective-failure-leaders-protect>. [Last accessed on 2021 Oct 21].

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

Access this article online

Quick Response Code:



Website:

www.ijpvmjournal.net/www.ijpm.ir

DOI:

10.4103/ijpvm.ijpvm_524_21

How to cite this article: Bazrafshan MR, Akbari H, Mohammadi M. Diamond, the new form that COVID-19 chose for nurses! *Int J Prev Med* 2023;14:88.

© 2023 International Journal of Preventive Medicine | Published by Wolters Kluwer - Medknow