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The Challenges of The Multiprofessional Team in Facing Covid-19: a Literature Review

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ABSTRACT

Objectives: to review in the literature the role and challenges of the multidisciplinary team in confronting Covid-19 and to collaborate to improve health approaches. **Methods:** this is an integrative literature review, carried out from July to August 2020. The data collection took place between the years 2019 to 2020, in the electronic databases PubMed and VHL (Virtual Health Library), through of the descriptors “multidisciplinary team at Covid-19”, present in the DeCS (Health Sciences Descriptors), in Portuguese and English. **Results:** After collecting the data, 112 (BVS = 109; PubMed = 03) scientific articles were identified, of which 100 (review = 10, duplicates = 8, outside the theme = 82) were excluded, resulting in 12 research eligible for the final sample and discussion of this work. Among the main approaches discussed, remote classes, professional training, the creation of team service protocols, the use of technology as a way to reduce the risk of contagion and optimize therapeutic approaches, disposition and guidance on the correct use of personal protective equipment and psychosocial support for health professionals, due to physical and emotional overload during the pandemic. **Conclusion:** Therefore, it is clear that the pandemic due to the new coronavirus poses great challenges to the entire social situation. Until then, the extent of its effects on the world population is immeasurable. Thus, it is highlighted that the integration of health professionals is considered the foundation and the most important strategy for facing Covid-19.

Keywords: COVID-19. Team. Mulprofessional. Strategies. Cheers.

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INTRODUCTION

The world is going through a time of countless socioeconomic and, mainly, health difficulties. The 25th Brazilian Epidemiological Bulletin, released by the Ministry of Health ^[1], informs that, until August 1, 2020, 17,580,163 cases of COVID-19 were registered on the planet, where Brazil occupies the 2nd place with 2,707,877 notifications. In the case of deaths, the world witnesses 679,501 cases, until the date of July 18, in which Brazil also occupies the second position with 93,563 deaths, behind only the United States, which exceeds a number of 153,314 deaths.

COVID-19 is a highly contagious disease, caused by the new coronavirus SARS-CoV-2. It should be noted that the first occurrences were found in the city of Wuhan, China, around December 2019. The disease, in turn, spread rapidly around the world, becoming a pandemic, as declared by the World Health Organization, on March 11, 2020 ^[2]. Given this seriousness, significant changes were observed in the way people live, changing their behavioral, psychological, social and economic habits.

It is considered that the multiprofessional team occupies and experiences two roles: the leading role in facing the health crisis and the challenge in dealing with the intrinsic and extrinsic difficulties brought by Covid-19. Despite the obstacles, the front line professionals play a fundamental role and, for this reason, it is essential that there is operational and psychological support that guarantees, respectively, safety in the work environment and minimizes the emotional damage of those involved, in order to strengthen the public health system and overcome the pandemic ^[3].

In the midst of this, this work aims to review in the literature the role and challenges of the multiprofessional team in facing Covid-19 and collaborate with relevant findings that can improve health approaches.

METHODS

This research is an integrative literature review, carried out from July to August 2020. The data survey took place between the years 2019 to 2020, in the electronic databases PubMed and VHL [Virtual Health Library], through of the keywords “multidisciplinary team at Covid-19”, present in the DeCS [Health Sciences Descriptors], in Portuguese and English.

The methodological design, developed by the authors of this study, adopted the following criteria: exclusion [review studies, duplicates, incompatible and paid / unavailable themes] and inclusion [works compatible with the proposal, available for reading and within the time limit]. The procedure for searching, selecting and evaluating articles was based on the PRISMA model [Main Items for Reporting Systematic Reviews and Meta-analyzes] ^[4,5] and in common agreement by the authors, by reading the titles and abstracts. After the selection, those included in the final sample were read in full so as to formulate the discussion.

RESULTS

The path relevant to the search, selection, evaluation and eligibility of studies is described below [figure 1], as shown by the methodological model ^[4,5]. After collecting the data, 112 [BVS = 109; PubMed = 03] scientific articles were identified, of which 100 [review = 10, duplicates = 8, outside the theme = 82] were excluded, resulting in 12 eligible researches for the final sample and discussion of this work.

Among the main approaches analyzed in the literature, it appears that 11.11% of the studies remote classes and the training of the entire team were suggested by the authors ^[6,7]. Meanwhile, 22.22% state that the creation of team care protocols is an effective strategy to mitigate the risks of contagion and optimize therapeutic approaches ^[7,8,9,10].

Likewise, 33.33% of the articles argue that telehealth is an important ally to ensure health care and ensure greater safety not only for patients, but also for the family and the multidisciplinary team ^[10,11,12,13,14,15]. Already

27.79% of the surveys recalled that it is essential to have and provide guidance on the correct use of personal protective equipment [PPE] in areas for monitoring people with Covid-19 [8,11,12,14,17].

Consequently, 5.55% demonstrates that psychosocial support to health professionals is of paramount importance, given the physical and emotional overload during the pandemic [16].

Figure 1: Flowchart for data identification and selection.

Since the beginning of the pandemic for the new coronavirus, health professionals, who work on the front line, have faced numerous physical and emotional challenges, this is what a survey conducted at the University Hospital in Augsburg, Germany, where 75 nurses participated and 35 doctors. The questionnaires applied to them reveal that psychosocial stress is caused by the sum of factors such as: intense workload, technical unpreparedness in dealing with the characteristics of the virus, fear of contagion and the lack of hospital structure due to the large flow of patients [16].

With the Covid-19 pandemic advancing, hospitals had to reorganize themselves to meet the demand for the virus, as well as relocate patients with other pathologies and needs. The

role of the multiprofessional team has undergone a new formulation, mentioning telehealth strategies [11,12,13] and staff training [6].

In view of this scenario, the team's assistance via telephone, e-mail or video conference has become crucial, both in the interpretation of the exams and in the analysis of their reports, in order to continue the service and reduce the hospital flow [11]. Thus, telehealth care, exemplified in a patient with cutaneous manifestations resulting from the virus, has become an effective tool in the provision of multidisciplinary health practices, which contributes to the diagnosis and safety of the patient and professionals [13].

This situation was also observed in some health institutions in the United Kingdom, which had to

reduce the capacity for surgical care as a preventive measure to reduce the spread of the pandemic and redistribute professionals to assist emergency rooms and intensive care. In addition to these, the same study mentions team training strategies for intubation, resuscitation, pronation, placement and removal of PPE, gas analysis, remote modulation sessions and ventilator monitoring, as well as team preparation to assist infected patients in movie theaters and critical areas [6].

Another important point for the development of teamwork is the stratification of risk. In addition, hospitals in India reaffirm the need to implement guidelines for the correct use of PPE, guaranteeing the protection of professionals and patients, especially those diagnosed with cardiovascular diseases. In this link, these individuals fall into the risk group, and when presenting cardiac or respiratory symptoms, the team should consider them as suspected cases of the new coronavirus and keep them under monitoring until possible confirmation and, therefore, treat them [12].

A study by professionals at a hospital in Massachusetts reported the importance of updating and professional training, as one of the biggest problems was the lack of knowledge of the health team in the face of Covid-19 infection. Soon, they brought that the creation of care protocols and the quick exchange of information between the team, became indispensable for the management and care of the patient. In the meantime, the protocols adopted enabled greater safety in therapies applied by the team, such as training for pronation, care in the application of oxygen therapy and non-invasive ventilation, in order to avoid the spread of virus aerosols in the environment [7].

Professional training, care protocols and multiprofessional decision-making were also found in the literature. In this, in turn, the authors demonstrated the team's experience in the care of 10 contaminated patients, in order to carefully select the subjects to the tracheostomy. It should be noted that the tracheostomy surgical

procedure is a process that generates aerosol dispersion, being a factor that aggravates the professionals' exposure to the disease [9].

The use of PPE, such as N95 mask, gloves, dress, facial and eye protection, is a way to prevent the contagion of professionals. Studies portray the care of professionals in the management of these individuals, as well as in the proper selection of patients suitable for tracheostomy, precisely because it is an effective procedure that reduces the length of stay in the intensive care unit [9,17]. However, it should be noted that there is no clear recommendation that tracheostomy improve the clinical condition of infected subjects [17].

It is necessary to reformulate health care through cultural, structural and strategic change. Such measures, applied in health units in Toronto and Madrid, sought to reduce nosocomial transmission by distributing services in areas [red, green and blue] and by restricting professionals to their respective areas. They also sought to alleviate the effects of isolation, making telephone equipment, tablets and photographs available to hospitalized people, to enable social communication, and also to optimize the use of PPE, relocate the team and alternate the workload and rest of workers, aiming at decreased fatigue and reduced exposure to the virus [8].

Another important perspective is the creation of applications that enable family monitoring of patients in palliative care. This conduct of the hospital team aims to support family members as it reduces contact between people in environments conducive to contamination. Therefore, studies suggest that health teams hold meetings periodically in order to outline strategies to bring patients closer to their families, enabling telephone consultations, collection and notification of information via e-mail and adoption of platforms for video visits [10,14].

An innovative model of monitoring is the self-management system, in which it clarifies the care of two infected patients by filling in a form

developed by several specialists for online monitoring ^[15]. This form of action translates the observation of the symptoms described by the patients, making it possible to assess the daily clinical condition and, thus, design the therapeutic plan for home continuity or referral to the hospital unit.

CONCLUSION

Therefore, it is clear that the pandemic for the new coronavirus poses great challenges to the entire social situation. Until then, the extent of its effects on the world population is immeasurable. Therefore, it is emphasized that training, issues of biosafety and integration of health professionals are considered the primary strategies for coping with the pandemic.

One of the great challenges for carrying out this research was the small number of works found, since the time margin is still narrow. It is considered that the production and dissemination of more research on the subject is indispensable, with greater methodological rigor and that can significantly contribute to the performance of the interdisciplinary team in the face of various health problems, especially regarding Covid-19.

Finally, in line with this perspective, the work of the multiprofessional team must be supported by operational and psychological supports, as they deal with the intrinsic and extrinsic impacts of the pandemic on a daily basis. It should be added that technology is a necessary tool for health care, capable of accelerating the exchange of information between professionals and of bringing those who are far away because of social isolation.

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