

# Chapter 3 - The impact of COVID-19 on mental health of frontline health workers in Ghana and Uganda

In **Mental Health Effects of COVID-19, 2021, Pages 37-68**

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## **Abstract:**

The COVID-19 pandemic has had devastating effects on health systems at global, national, and subnational levels. During disease outbreaks, the human resources for health are among the most affected building blocks of the healthcare system. However, there is limited data on the experiences of frontline health workers during the COVID-19 pandemic and their implications for their psychosocial wellbeing. We conducted in-depth interviews with health workers in two hospitals in Uganda and Ghana that have been at the helm of treating people who are being treated for COVID-19. This chapter discusses how COVID-19 has impacted the mental health and psychosocial wellbeing of health workers in two African countries, Uganda and Ghana. It also discusses the mechanisms employed by health workers to cope with COVID-19 and its consequences. In addition, we also discuss existing strategies the health systems of these countries have developed and implemented to promote the mental health and psychosocial wellbeing of health workers managing the COVID-19 pandemic in hospitals in Uganda and Ghana. We conclude by calling upon governments and the international community to invest in promoting the mental and psychosocial wellbeing of health workers as well as people who are being treated for COVID-19 affected by outbreaks particularly COVID-19.

**Publisher:** Science Direct – Elsevier

**Journal Title:** Academic Press

**URL:** <https://doi.org/10.1016/B978-0-12-824289-6.00014-3>

**Publication Type:** Book Chapter