

A photograph of a man with curly hair and a beard, wearing a blue and white plaid shirt, and a young girl with blonde hair wearing a white long-sleeved shirt and a straw hat with a pink band. They are both looking down at something in their hands in a lush green forest setting.

The World Health Organization in the European Region and **Bosnia and Herzegovina**



Nursing – World Health Day 2020 – Covid-19

9 April 2020

WHO's areas of work

- Provides leadership on global health matters
- Shapes the health research agenda
- Produces guidance and standards (e.g. salt consumption, physical activity, antiretrovirals, quality of care for children and young adolescents in health facilities, pandemic influenza prevention...)
- Articulates evidence-based policy options
- Provides technical support to countries – on the ground
- Monitors and assesses health trends, shifting focus
- Responds to health emergencies, on constant alert

Dr Hans Kluge

Regional Director, WHO Europe

“A European Programme of Work, United Action for Better Health”

DIRECTOR-GENERAL

RD EURO

DEP
DIRECTOR

State of the World Nursing 2020

Investing in education, jobs and leadership

Current status of evidence in 2020:

- The global nursing workforce is 27.9 million, of which 19.3 million are professional nurses
- Nursing is the largest occupational group in the health sector, 59% of the health professions.
- Global shortage of nurses, estimated to be 5.9 million nurses in 2018
- Nursing workforce is relatively young, but there are older age structures in the American and European regions
- To address the shortage by 2030 in all countries, the total number of nurse graduates would need to increase by 8% per year on average, alongside an improved capacity to employ and retain these graduates.
- 86% countries have a body responsible for the regulation of nursing (chief nursing officer position and the existence of a nursing leadership programme are associated with a stronger regulatory environment for nursing

State of the World Nursing 2020

Investing in education, jobs and leadership

Future direction for nursing workforce

- Increase funding to educate and employ more nurses;
- Strengthen capacity to collect, analyze and act on data about the health workforce;
- Monitor nurse mobility and migration and manage it responsibly and ethically;
- Educate and train nurses in the scientific, technological and sociological skills they need to drive progress in primary health care;
- Establish leadership positions including a government chief nurse and support leadership development among young nurses;

State of the World Nursing 2020

Investing in education, jobs and leadership

Future direction for nursing workforce

- Ensure that nurses in primary health care teams work to their full potential, for example in preventing and managing noncommunicable diseases;
- Improve working conditions including through safe staffing levels, fair salaries, and respecting rights to occupational health and safety;
- Implement gender-sensitive nursing workforce policies;
- Modernize professional nursing regulation by harmonizing education and practice standards and using systems that can recognize and process nurses' credentials globally; and
- Strengthen the role of nurses in care teams by bringing different sectors (health, education, immigration, finance and labour) together with nursing stakeholders for policy dialogue and workforce planning.

Nurses promote health

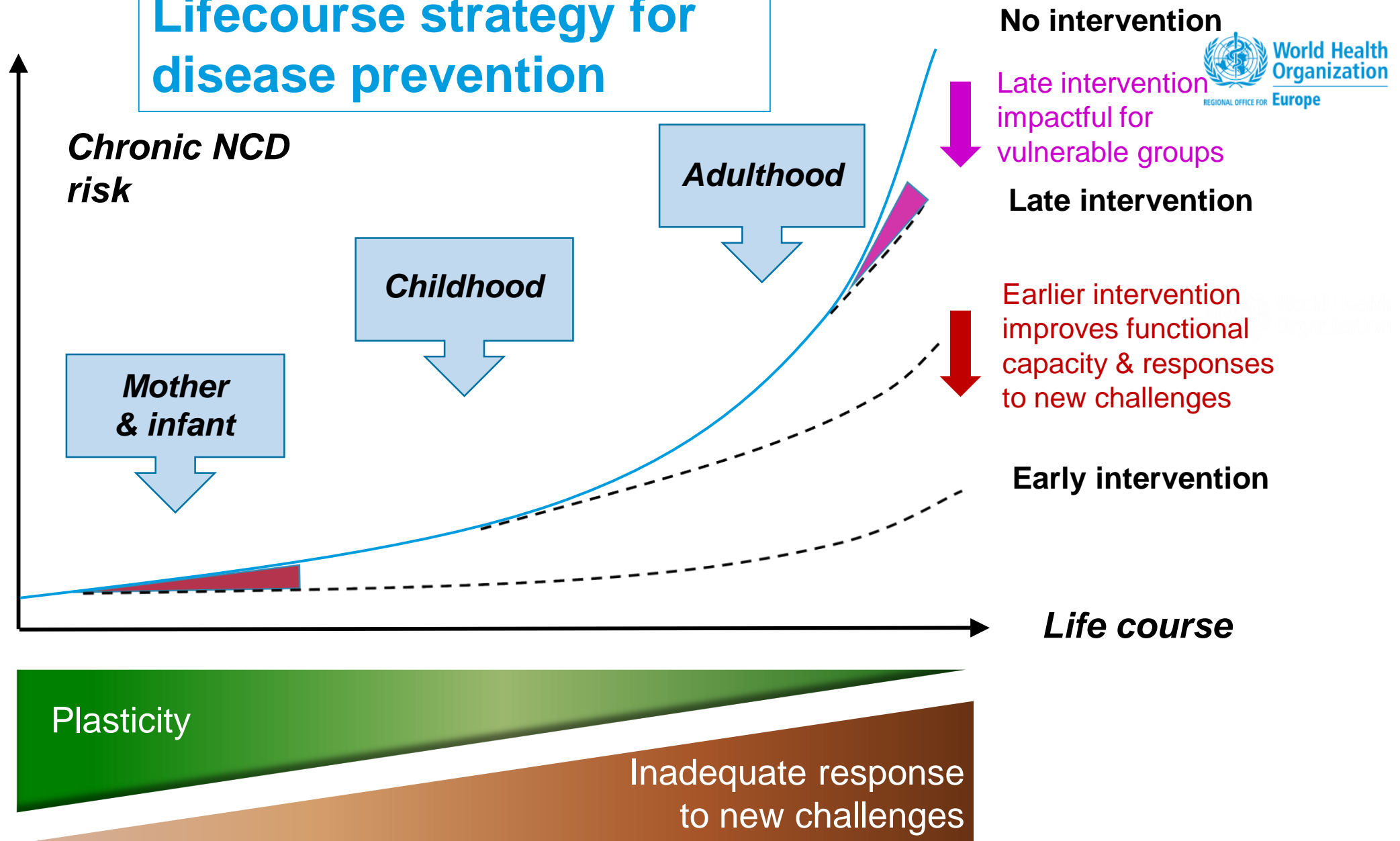


Nurses preserve health

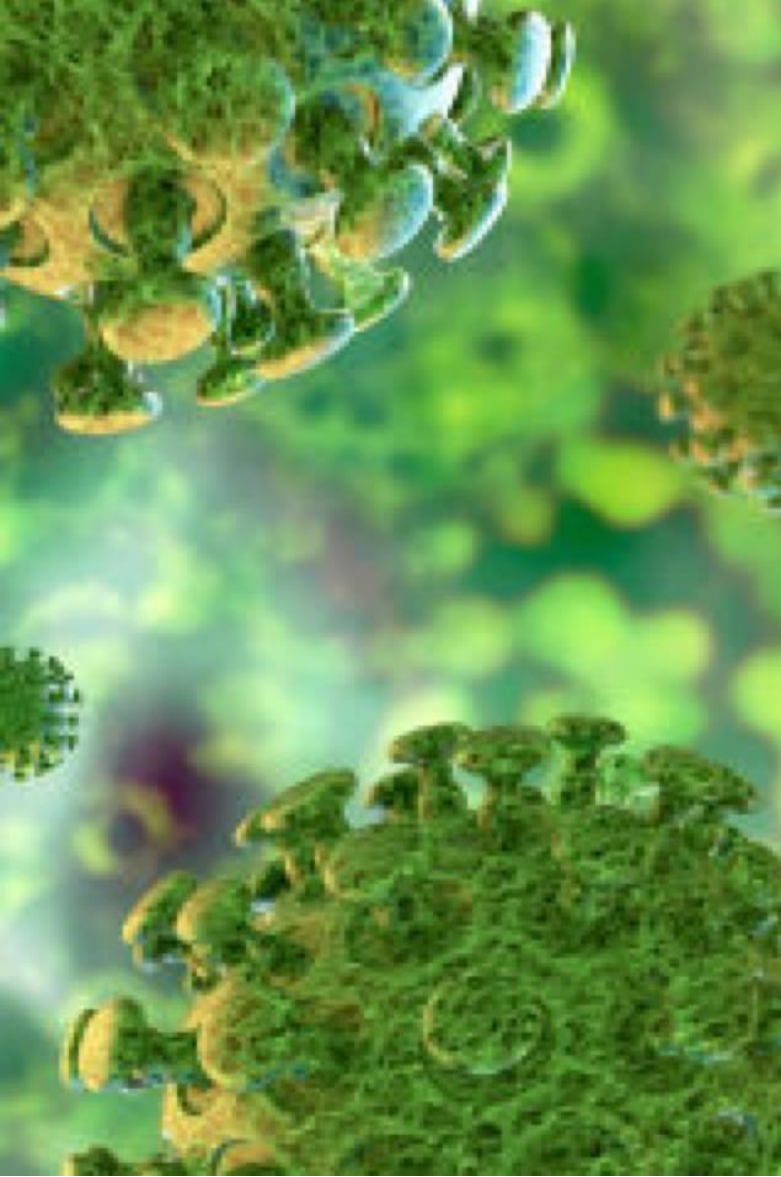
Change in risk factors: GBDS 1990 to 2010

1990		2010		
Mean rank (95% UI)	Risk factor	Risk factor	Mean rank (95% UI)	% change (95% UI)
1.1 (1-2)	1 Childhood underweight	1 High blood pressure	1.1 (1-2)	27% (19 to 34)
2.1 (1-4)	2 Household air pollution	2 Smoking (including SHS)	1.9 (1-2)	3% (-5 to 11)
2.9 (2-4)	3 Smoking (including SHS)	3 Household air pollution	4.6 (3-7)	-37% (-44 to -29)
4.0 (3-5)	4 High blood pressure	4 Low fruit	5.0 (4-8)	29% (25 to 34)
5.5 (3-8)	5 Suboptimal breastfeeding	5 Alcohol use	5.1 (3-7)	32% (17 to 47)
7.4 (6-8)	6 Ambient PM pollution	6 High body-mass index	6.1 (4-8)	82% (71 to 95)
7.5 (6-8)	7 Low fruit	7 High fasting plasma glucose	6.6 (5-8)	58% (43 to 73)
7.7 (6-8)	8 Alcohol use	8 Childhood underweight	8.5 (6-11)	-61% (-66 to -55)
9.7 (9-12)	9 High fasting plasma glucose	9 Ambient PM pollution	8.7 (7-11)	-7% (-13 to -1)
10.9 (9-14)	10 High body-mass index	10 Physical inactivity	10.0 (8-12)	0% (0 to 0)
11.1 (9-15)	11 Iron deficiency	11 High sodium	11.2 (8-15)	33% (27 to 39)
12.3 (9-17)	12 High sodium	12 Low nuts and seeds	12.9 (11-17)	27% (18 to 32)
13.9 (10-19)	13 Low nuts and seeds	13 Iron deficiency	13.5 (11-17)	-7% (-11 to -4)
14.1 (11-17)	14 High total cholesterol	14 Suboptimal breastfeeding	13.8 (10-18)	-57% (-63 to -51)
16.2 (9-38)	15 Sanitation	15 High total cholesterol	15.2 (12-17)	3% (-13 to 19)

Lifecourse strategy for disease prevention



Introduction



What is a coronavirus?

Coronaviruses are a family of viruses that infect both animals and humans. Human coronaviruses can cause mild disease similar to a common cold, while others cause more severe disease (such as MERS - Middle East Respiratory Syndrome and SARS – Severe Acute Respiratory Syndrome). Some coronaviruses that are found in animals can infect humans – these are known as zoonotic diseases.

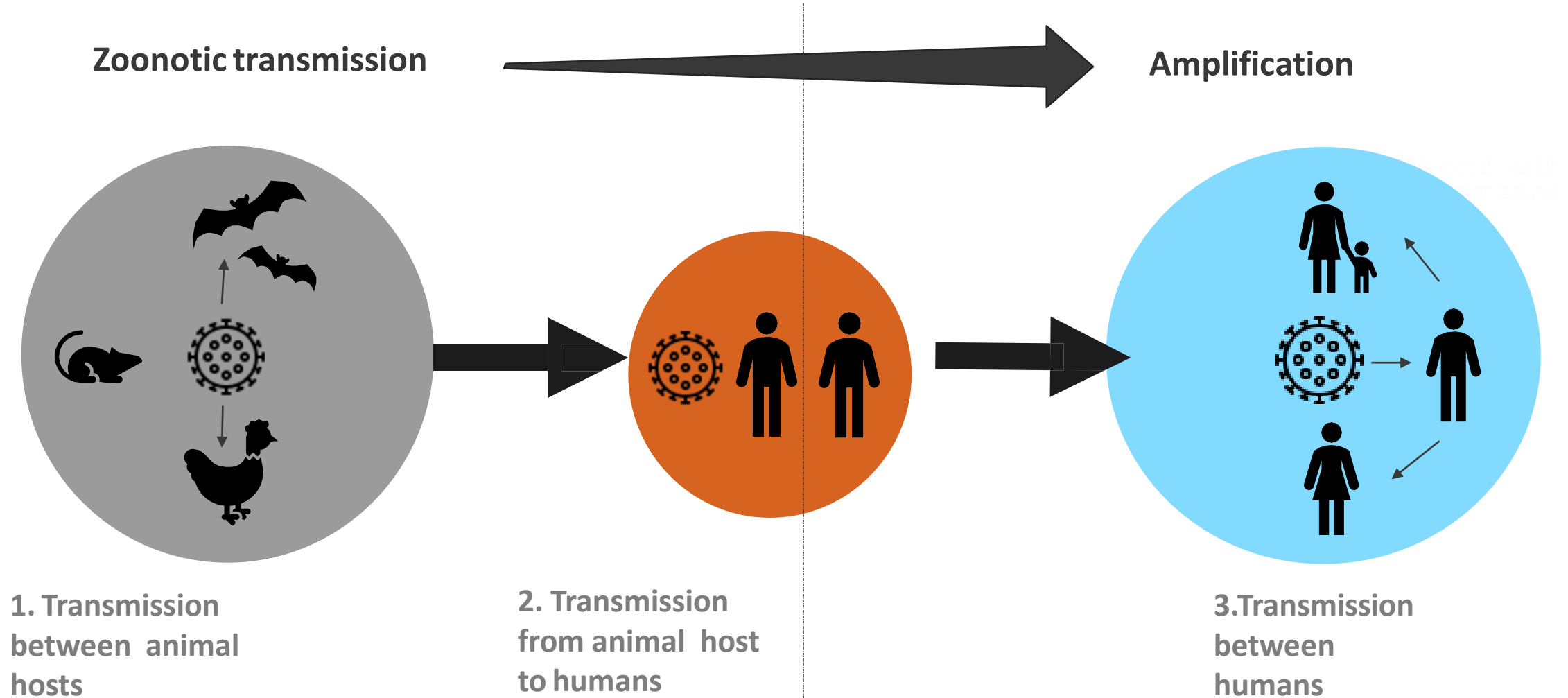
How are coronaviruses spread?

Human coronaviruses are usually spread through by droplets (coughing) and close personal unprotected contact with an infected person (touching, shaking hands).

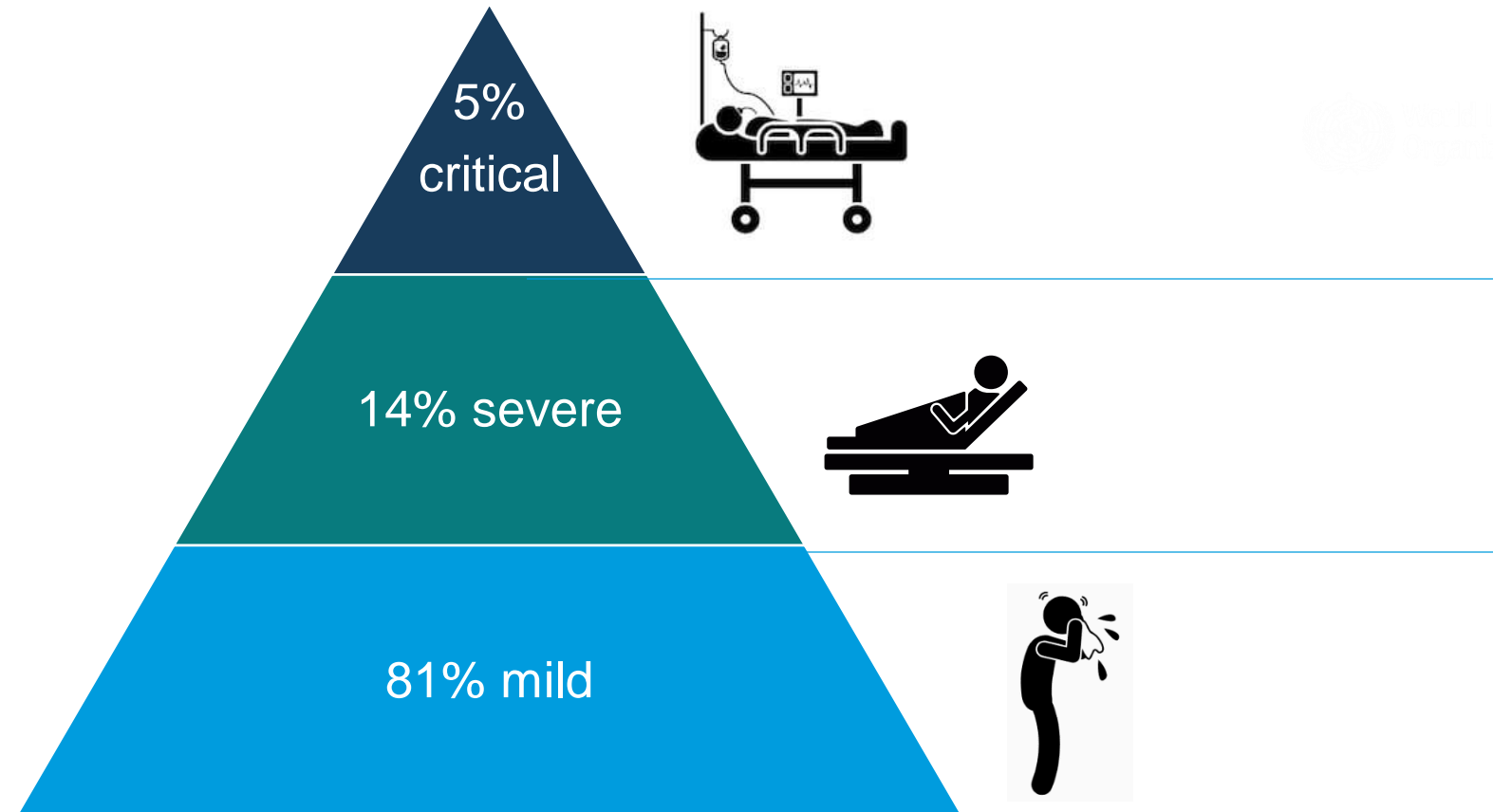
What are the symptoms?

Signs and symptoms are typically respiratory symptoms and include fever, cough, shortness of breath, and other cold-like symptoms.

Zoonotic diseases and human spread



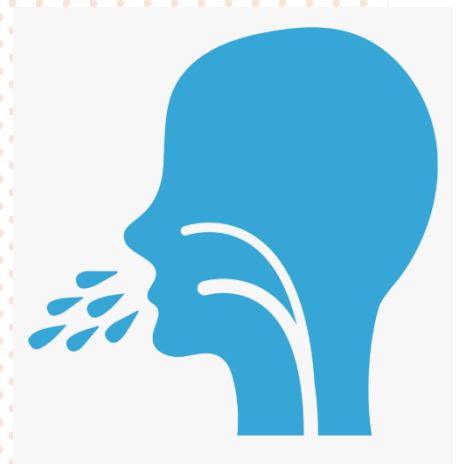
Largest, most recent study from China CDC



Transmission of COVID-19

The spread of COVID-19 between humans is being driven by droplet transmission

- The virus is transmitted from a sick person to a healthy person through respiratory droplets, when the sick person coughs, sneezes or talks close to another person.
- This is why it is important to stay more than 1 meter away from a person who is sick.
- If you are in an area where there is an outbreak of COVID-19 you need to take the risk of infection seriously. Follow the advice issued by national and local health authorities. Although for most people COVID-19 causes only mild illness, it can make some people very ill. More rarely, the disease can be fatal. Older people, and those with pre-existing medical conditions (such as high blood pressure, heart problems or diabetes) appear to be more vulnerable



HOW LONG DOES THE VIRUS SURVIVE ON SURFACES?



Credit: Packari

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

Protecting your community and family members

Risk Communication

Make sure your information comes from reliable sources – your local or national public health agency, the WHO website, or your local health professionals.

Educate yourself about COVID-19

- Everyone should know the symptoms:
 - For most people, it starts with a fever and a dry cough, not a runny nose
 - Most people will have mild disease and get better without needing any special care

What can I do to prevent the spread of COVID-19?

If you feel unwell, **stay home**

Do not go to work, to school or to public spaces to avoid transmission of COVID-19 to others in the community.



If you are unwell, you should **self-isolate** and **self-monitor** to avoid possible transmission to people in your community and family.

Question: What is self-isolation?

Answer: Self-isolation is when a person who is ill (i.e., fever or respiratory symptoms), voluntarily or based on his/her health care provider's recommendation, stays at home and does not go to work, school, or public places.

What can I do? If you feel unwell, stay home, and do not go to work and to public spaces.

Explanation

*

Self-isolation is an important measure in order to avoid transmission of infection to others in the community, including family members.

*

If a person is in self-isolation it is because he/she is ill but not severely ill (requiring medical attention).

*

The person in self-isolation should ideally have a room at home that is separated from other family members. If not possible, spatial distance of at least 1 meter (3 feet) from other family members and the use of a medical mask is recommended for the ill person with respiratory symptoms. The person in self-isolation should have dedicated utensils, plates, cups, towels and linens.

*

The duration of self-isolation for a person with confirmed diagnosis of COVID-19 should be discussed with the healthcare provider and may require additional laboratory testing.

Question: What is self-monitoring?

Answer: Self-monitoring is done when a person is asymptomatic, and it includes daily measurement of temperature and monitoring for development of clinical symptoms such as cough or difficulty breathing.

What can I do? Self-monitor yourself if you think that you might have been exposed to COVID-19

Explanation

*

Self-monitoring is recommended for those who have been exposed to an individual known to have COVID-19 or who have been in a COVID-19 affected country.

*

Self-monitoring is recommended for 14 days after the date of last exposure.

*

If any symptoms appear, stay home and practice self-isolation. Call your health-care provider or hotline, explain your symptoms and possible exposure and follow the advice provided. Contact your medical provider urgently if you have difficulty breathing.

If you feel unwell

It's not usually a runny nose. In 90% of cases it's a fever and in 70% of cases a dry cough.

Stay at home and call your doctor or local health professional

At home, stay separately from your family, use different utensils and cutlery to eat.

If you develop shortness of breath, call the your doctor/emergency team and seek care immediately.

Its normal to feel anxious, especially if you live in a country or community that has been affected.

Discuss how to stay safe, with your workplace and aspects of your life, help your community.





World Health
Organization

Reduce risk of **coronavirus** **infection**

1



Frequently clean hands by using alcohol-based hand rub or soap and water

2



When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands

3



Avoid close contact with anyone that has fever and cough

Public health advice: summary

*Stay healthy and protect
yourself from infection*



Frequently clean hands by using alcohol- based
hand rub or soap and water



Cover mouth and nose with a medical mask, tissue, or
flexed elbow when coughing or sneezing. Wash hands
afterwards and discard mask or tissue.

Avoid unprotected close contact with people
with fever and cough and seek medical care if
you have a fever, cough and difficulty
breathing



If you become sick while travelling,
inform crew, seek medical attention
early and share travel history



When visiting live markets, avoid direct
unprotected contact with live animals and
surfaces in contact with animals

Practise food safety

Even in **areas**
experiencing outbreaks,
meat products can be
safely consumed if these
items are **cooked**
thoroughly and
properly handled during
food preparation.



Practise food safety

Use different **chopping**
boards and knives for
raw meat and cooked
foods



Wash your hands
between handling raw
and cooked food.

Practise food safety

Sick animals and
animals that
have died of
diseases **should**
not be eaten



Working in wet markets? Stay healthy!



Frequently **wash your hands** with soap and water after touching animals and animal products

Disinfect equipment and working area at least once a day



Shopping in wet markets? Stay healthy!

Wash hands with soap and water after touching animals and animal products



Avoid touching eyes, nose and mouth

Avoid contact with sick animals and spoiled meat



Avoid contact with stray animals, waste and fluids in market

Working in wet markets? Stay healthy!



Wear protective gowns, gloves and facial protection while handling animals and fresh animal products

Remove protective clothing after work, wash daily and leave at the work site



Avoid exposing family members to soiled work clothing and shoes

Thank you!

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