



Mask Mandates and the wellbeing of Healthcare workers



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Research Question

- How did mask mandates influence the wellbeing of healthcare professionals during the COVID-19 pandemic ?
 - systematic literature review

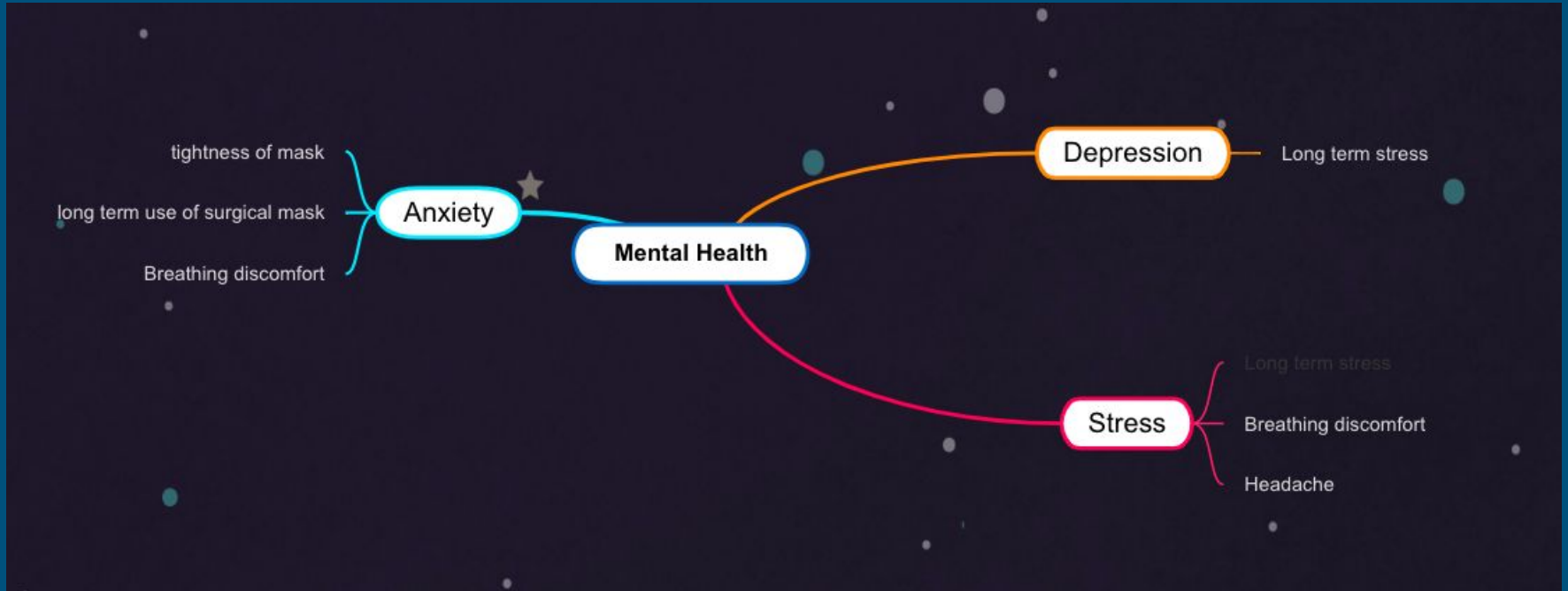
Background

- Mask mandates → rules, regulations regarding masks
 - healthcare sector
- Previously applied during the COVID-19 pandemic
- Protective measure
 - against the spread of the virus
 - healthcare sector → most exposed
- Differences between countries

Physical Health



Mental Health



Communication

Communication:

- Fatigue influences communications (Saccomano et al., 2022)
- Solution by a speech language pathologist
 - o Breathing at a rate of six breaths per minute, which entails inhaling for four seconds and expelling for six, maximizes a number of crucial physiological processes and activates the nervous system's relaxation regions (Saccomano et al., 2022)

Recommendations

Figure 3. Recommendations for wearing respiratory protective equipment (RPE) (surgical masks and respirators).



References

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