

# Impact of COVID19 on Vulnerable Population: Role of Social Support

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## INTRODUCTION

The World Health Organization declared the Coronavirus (COVID-19) outbreak a pandemic on March 11<sup>th</sup>, 2020. Social distancing and stay-at-home sanctions were part of the efforts to decrease the spread of the virus. Isolation from family and friends and the social atmosphere became a common ground for the community.



**Social support** was impacted by the need to limit social interaction. The impact on **vulnerable populations** such as the children emphasized the importance of the role of **social support** in **promoting well-being** and **healthy behaviors**. The changes in the delivery of education from school to the home environment make it challenging for disadvantaged families to effectively provide social support amidst a pandemic.



## SOCIAL SUPPORT CONCEPT

Social support entails that a dependable individual or group of people provide support. The support involves being available for the other person. Social support comes in different forms and may be either perceived or received. **Perceived social support** refers to one's personal feelings while **received social support** is based on objectivity. Social support may also facilitate coping by **strengthening** people's ability to realistically appraise stressful events and develop alternative coping strategies. Numerous other studies show a relationship between **social support** and **mental health**.



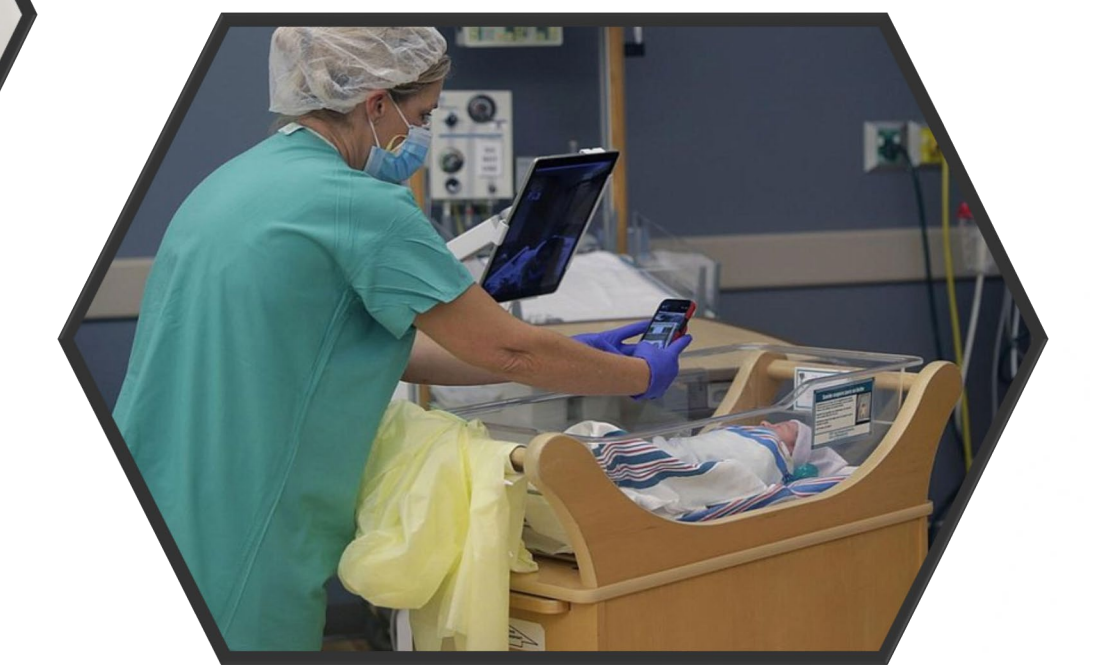
### SOCIAL SUPPORT NETWORK

- ✓ FAMILY
- ✓ FRIENDS
- ✓ ROMANTIC RELATIONSHIPS
- ✓ WORKPLACE
- ✓ COMMUNITY TIES

## TELEHEALTH and REMOTE PATIENT MONITORING



## VIRTUAL HOSPITAL



## NURSE TAKES PHOTOS FOR MOTHER WITH COVID-19



## IMPLICATIONS IN NURSING

Nurses have a significant impact on the client's well-being, especially during this pandemic. A vulnerable population presents a greater need to maintain and promote one's health. The **role of social support** in meeting the vulnerable populations' demand for healthy outcomes must be incorporated into the nursing process. The ability to obtain social support in this unprecedented time is yet another focus of research.

## VULNERABLE POPULATION and ROLE of NURSING

**Assessment** of perceived social support or received **social support** among the **vulnerable population** is important in understanding how they are **coping in stressful situations** such as the current pandemic. Available **advanced technology** can be wisely utilized to assist the vulnerable population cope with **social isolation**. Individuals who are confined in the hospital due to **COVID-19** were initially isolated from their families due to the **pandemic restrictions**. Nurses find ways to allow **social interaction** between hospitalized patients and their families through electronic devices.

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