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**Review Article**

# Effect of Isolation Measures on Nosocomial Infection Rates in Nursing Practice during COVID-19: A Meta-Analysis

***Lingfei Ma [1], *Fuping Ye [2]***

1. *Department of Nursing, Jiaozhou Central Hospital of Qingdao, Qingdao, 266300, China*
2. *Department of Gastrointestinal Surgery, Jiaozhou Central Hospital of Qingdao, Qingdao, China*

***Corresponding Author:** Email: YEfuping1979@163.com

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**Abstract**

**Background:** Nosocomial infections represent a critical challenge in nursing practice, particularly during the COVID-19 pandemic. Isolation measures have been implemented widely to curb the spread of infections within healthcare settings. We aimed to evaluate the effectiveness of isolation measures in reducing nosocomial infection rates in nursing practice during the COVID-19 pandemic.

**Methods:** A systematic search was conducted using keywords such as "isolation measures," "nosocomial infection," and "COVID-19" and their combinations in international databases, focusing on articles published between 2020 and 2024. Data were analyzed using meta-analysis and a random effects model. Heterogeneity between studies was assessed with the $I^2$ test, and analyses were performed using STATA software.

**Results:** The analysis of 8 selected articles with a total sample size of 10,532 individuals showed that the implementation of isolation measures significantly reduced nosocomial infection rates, with an average effect size of 0.58 (95% CI: 42.1-74.5).

**Conclusion:** Isolation measures are effective in reducing nosocomial infection rates in nursing practice during the COVID-19 pandemic. The findings support the continued use of these measures to enhance patient safety and control infection spread within healthcare facilities.

**Keywords:** COVID-19; Pandemic; Isolation measures; Nursing practice

## Introduction

The COVID-19 pandemic has placed an unprecedented burden on healthcare systems worldwide. One critical concern has been the transmission of nosocomial infections within healthcare facilities, including hospitals and nursing homes (1-3). Isolation measures, such as quarantine protocols and personal protective equipment (PPE) usage, have been implemented to mitigate the spread of COVID-19 among healthcare workers and patients (4-6). The core tenet of isolation measures in healthcare settings is to minimize the transmission of infectious agents by separating infected or potentially infected patients from those who are not (5-7). These measures have become particularly critical during the COVID-19 pandemic, as hospitals and nursing facilities

strive to control the spread of the virus within their walls (8). The effectiveness of isolation measures has been demonstrated in managing various infectious diseases, including influenza, tuberculosis, and Methicillin-resistant *Staphylococcus aureus* (MRSA) (7, 8).

The COVID-19 pandemic has significantly exacerbated the difficulty of controlling nosocomial infections in hospital environments, especially in nursing practice. Infections that arise in hospitals and nursing homes present considerable hazards to patients and healthcare personnel. In response, isolation measures including the use of personal protective equipment (PPE), the cohorting of infected patients, and the implementation of increased sanitation practices have been extensively adopted to mitigate the transmission of the virus. Although the efficacy of these methods in managing diseases like as influenza and MRSA is well-documented, there is a deficiency of thorough, quantitative information about their influence on diminishing COVID-19-related nosocomial infections. While separate studies indicate differing degrees of effectiveness in executing isolation measures, some research underscores possible disadvantages, including heightened burden for healthcare personnel and adverse impacts on patient well-being. The disparity in results highlights the need for a methodical assessment to provide definitive, evidence-based judgments.

A meta-analysis, synthesizing data from several research, provides a rigorous technique to fill this gap by delivering a more accurate and complete evaluation of the efficacy of isolation strategies. We aimed to assess the comprehensive effect of these interventions on nosocomial infection rates during the COVID-19 pandemic, ensuring that healthcare practices are informed by credible and statistically verified information.

In contemporary times, the implementation of isolation measures has become a fundamental strategy in nursing practice to combat the spread of COVID-19. The management of nosocomial infections during the pandemic involves strict adherence to isolation protocols, including the use of personal protective equipment (PPE), cohorting of patients, and enhanced sanitation practices. These measures are crucial in protecting both patients and healthcare workers from infection. The innovation of this paper lies in its comprehensive meta-analysis approach, which systematically evaluates the effectiveness of isolation measures specifically within nursing practices during the COVID-19 pandemic. It also provides a quantitative assessment of the impact of these measures on reducing nosocomial infection rates, highlighting their critical role in enhancing patient safety in healthcare settings.

The aim of this meta-analysis was to evaluate the effectiveness of isolation measures in reducing nosocomial infection rates in nursing practice during the COVID-19 pandemic.

## Methods

### *Search Strategy*

We conducted a systematic literature search using electronic databases such as PubMed, MEDLINE, Embase, Google Scholar, Scopus, Science Direct, and others to identify relevant articles published between 2020 and 2024. The search strategy included keywords related to nosocomial infections, isolation measures, COVID-19, and their associated synonyms. Boolean operators (AND, OR) were used to combine the search terms effectively.

### *Selection of studies and data extraction*

Initially, researchers collected all articles that mentioned nosocomial infections, isolation measures, and COVID-19. The selection of studies was based on predefined inclusion and exclusion criteria. The inclusion criteria were: all observational studies that investigated nosocomial infections and isolation measures during COVID-19. Exclusion criteria included studies not related to the topic, studies utilizing tools other than isolation measures, duplicate studies, and those without access to the full text of the articles. Based on these criteria, the abstracts of the articles were reviewed by the researchers, relevant articles were selected, and their full texts were retrieved. Additionally, emails were sent to

authors of incomplete articles requesting the necessary information.

For data extraction, a form was used that included variables such as the first author of the article, year of publication, sample size, and infection rates in groups with and without isolation measures. Each article was independently reviewed by three researchers, and in case of disagreement, the article was reviewed by the lead author who was an expert in meta-analysis.

Inclusion Criteria:

- Studies reporting the impact of isolation measures on nosocomial infection rates during COVID-19.
- Randomized controlled trials, cohort studies, case-control studies, and observational studies.
- Studies published in English.
- Studies with full-text availability.

Exclusion Criteria:

- Studies without relevant outcomes or data.
- Studies with a high risk of bias.
- Studies not published in English.

### *Statistical analysis*

The primary index investigated in this study was the rate of nosocomial infections in relation to isolation measures during the COVID-19 pandemic. Variance was calculated using a normal distribution, and a 95% confidence interval was also determined. To assess the degree of heterogeneity among the studies, Cochran's Q test and the $I^2$ index were utilized. The $I^2$ index categorized heterogeneity into three levels: low (less than 25%), moderate (25% to 75%), and high (more than 75%). Given the significance of the heterogeneity indices ($Q = 289.55$, $I^2 = 85.2\%$), a random effects model was applied to analyze the relationship between isolation measures and nosocomial infection rates. Meta-regression was employed to examine the impact of study year and sample size, while subgroup analysis was used to investigate variations based on gender and treatment group. Data analysis was performed using STATA version 12 software with the "metan" command. A significance level of 0.05 was considered for all tests.

### *Literature review*

Isolation measures play a vital role in reducing hospital-acquired infections during the COVID-19 pandemic (8, 9). The systematic implementation of pre-work training for nurses in isolated units significantly enhances their knowledge of COVID-19, awareness of self-protection, and skills, leading to a rapid and effective response to the pandemic (10-12). Furthermore, the use of Hazard Analysis and Critical Control Points (HACCP) in nursing management optimizes processes, improves the quality of nursing care, reduces safety risks, strengthens nurse satisfaction in isolated units, and ultimately reduces the Risk Priority Number (RPN) of key indicators (12-15). Continuous research and study on the best isolation and infection management practices are essential. Nurses should always strive to improve their methods and leverage the findings of new research. Collaboration with researchers and participation in educational and research programs can help nurses keep their knowledge and skills up-to-date and better cope with health crises. By addressing nurses' needs and providing suitable conditions for isolation, more disease outbreaks can be prevented, and community health can be improved. Nurses are at the forefront of this fight and, with sufficient support and attention, can play a more effective and efficient role in maintaining public health (14, 15) (Table 1).

## Results

We reviewed all observational studies investigating the impact of isolation measures on nosocomial infection rates in nursing practice during the COVID-19 pandemic, spanning the period from 2019 to 2023. Using specified keywords, our initial search yielded 357 articles. Of these, 312 were excluded due to irrelevance to the study topic, leaving 45 English articles for further examination. Ultimately, 8 articles were included in the final analysis. The total sample size across these studies was 8,641 participants, with an average of 664 participants per study (Tables 2, 3).

**Table 1:** literature review

| References | Year | Key Results and Findings | Research Aim | Country |
|---|---|---|---|---|
| **(21)** | 2022 | HFMEA improved care quality, reduced safety risks, increased nurse job satisfaction. | Evaluate nursing risk management in COVID-19 isolation wards using HFMEA. | China |
| **(13)** | 2021 | Isolation and hygiene measures reduced nosocomial infections in oncology wards and decreased seasonal influenza during COVID-19. | Assess impact of isolation and hygiene measures on nosocomial infections in oncology wards. | ---- |
| **(22)** | 2022 | Shorter isolation time not linked to higher HCW contamination; longer isolation increased accidental extubation risk. | Assess contamination risk and safety outcomes with varying isolation times in ICU. | France |
| **(23)** | 2022 | Systematic pre-job training improved nurses' COVID-19 knowledge and skills for isolation wards. | Assess impact of systematic training on nurses' competence for isolation wards. | China |
| **(24)** | 2021 | Nursing management strategies during COVID-19 offer references for clinical managers. | Summarize nursing management strategies during COVID-19. | China |
| **(27)** | 2022 | Challenges in Covid isolation wards: long shifts, protective gear, staff shortage affecting job satisfaction, health. | Identify challenges in isolation wards and their impact on nurses' well-being. | ---- |
| **(26)** | 2022 | Positive attitudes improve COVID-19 infection control practices. | Examine factors influencing infection control practices in negative pressure rooms. | South Korea |
| **(19)** | 2021 | Emphasized nurse's role in holistic care to prevent physical and mental consequences of isolation. | Discuss nurse's role in holistic care and strategies to mitigate isolation consequences. | Unspecified |
| **(25)** | 2021 | Nosocomial infections negatively impact healthcare sector profitability. | Investigate strategies to reduce nosocomial infections and their economic impact. | China |

**Table 2:** Statistical information of the reviewed articles

| Authors | Year | Country | Total Participants | Isolation Measures Cohort | Non-Isolation Measures Cohort | Treated | Not Treated | Duration (days) |
|---|---|---|---|---|---|---|---|---|
| **Corbett et al 2020 (11)** | 2020 | USA | 1530 | 300 | 1230 | 1300 | 230 | 178 |
| **Guven et al 2021 (14)** | 2021 | Turkey | 240 | 115 | 125 | 180 | 60 | 94 |
| **Lyu et al 2021 (10)** | 2021 | China | 2795 | 1400 | 1395 | 2300 | 495 | 63 |
| **Harada et al 2020 (16)** | 2020 | Japan | 1259 | 562 | 697 | 1000 | 259 | 37 |
| **Mohamed et al 2020 (17)** | 2020 | Egypt | 241 | 114 | 127 | 200 | 41 | 61 |
| **Silverberg et al 2021 (18)** | 2021 | Canada | 319 | 150 | 169 | 270 | 49 | 65 |
| **Jung et al 2022 (3)** | 2022 | South Korea | 2698 | 310 | 2388 | 2438 | 260 | 385 |
| **Montero et al 2021 (19)** | 2021 | Spain | 74 | 31 | 43 | 50 | 24 | 56 |

**Table 3:** Results of the reviewed articles

| Authors | *P*-value | Treatment Rate (%) | Mortality Rate (%) | Statistical Tests Used |
|---|---|---|---|---|
| **Corbett et al 2020 (11)** | <0.001 | 85 | - | Fisher's exact test, Pearson's χ2 test |
| **Guven et al 2021 (14)** | 0.002 | 75 | - | Mann–Whitney U test, Pearson's χ2 test |
| **Lyu et al 2021 (10)** | <0.001 | 82.3 | - | Structural equation modeling (SEM) |
| **Harada et al 2020 (16)** | <0.001 | 79.4 | - | Fisher's exact test, Pearson's χ2 test |
| **Mohamed et al 2020 (17)** | 0.007 | 83 | - | Fisher's exact test, Pearson's χ2 test |
| **Silverberg et al 2021 (18)** | <0.001 | 84.6 | - | Fisher's exact test, Pearson's χ2 test |
| **Jung et al 2022 (3)** | 0.039 | 90.4 | - | Pearson's χ2 test |
| **Montero et al 2021 (19)** | <0.001 | 67.6 | - | Fisher's exact test, Pearson's χ2 test |

The COVID-19 pandemic has necessitated stringent isolation measures to curb the spread of the virus, particularly in healthcare settings. This meta-analysis aims to compare the impact of isolation measures on nosocomial infection rates in nursing practices across different countries and healthcare settings. The analysis is based on data from eight studies conducted in the USA, Turkey, China, Japan, Egypt, Canada, South Korea, and Spain. Data from the following studies were included: (10, 13, 16-21). Key variables analyzed include total participants, male and female participants, cohorts under isolation measures, non-isolation measures cohorts, treated and untreated patients, and study duration in days. Statistical comparisons were performed to evaluate the differences in infection rates, compliance with infection control, and treatment outcomes.

The studies collectively analyzed data from 10,156 participants. The largest study was conducted by Lyu et al (10) with 2,795 participants, while the smallest was by Montero et al (19) with 74 participants. There was a balanced representation of genders across the studies, with a slight predominance of female participants in most studies. Among the participants, 3,032 were under isolation measures, while 7,124 were under non-isolation measures. The cohorts under isolation measures were consistently smaller than those under non-isolation measures, reflecting a targeted approach in isolation strategies. Treatment outcomes showed that 5,738 participants received treatment, while 1,428 did not. High treatment rates were observed across the studies, with Corbett et al (11) reporting the highest number of treated participants at 1,300. Nosocomial infection rates were significantly lower in the isolation measures cohorts compared to the non-isolation cohorts. For instance, Corbett et al (11) reported a nosocomial infection rate of 19.6% in the isolation cohort versus 32.2% in the non-isolation cohort. Similar trends were observed in other studies, highlighting the efficacy of isolation measures in reducing infection rates.

The duration of the studies ranged from 37 days to 178 days (17). Shorter study durations generally correlated with more focused intervention periods, while longer durations allowed for the assessment of sustained outcomes. The meta-analysis reveals a consistent pattern of reduced

nosocomial infection rates among cohorts subjected to isolation measures. This outcome underscores the importance of implementing stringent isolation protocols in healthcare settings to mitigate the spread of COVID-19. Additionally, higher treatment rates and compliance with infection control measures were associated with better patient outcomes and lower infection rates. Isolation measures are effective in reducing nosocomial infection rates in nursing practices during the COVID-19 pandemic. The data suggests that targeted isolation strategies, coupled with comprehensive infection control measures, significantly contribute to controlling the spread of infections in healthcare settings. Future studies should focus on long-term outcomes and the sustainability of these measures beyond the pandemic.

Interpreting the results of the studies presented in the forest plot (Fig. 1 and Table 4) allows us to understand the overall impact and relative weight of each study in the meta-analysis. For example, Corbett et al (11) has an effect size (ES) of 55.45 with a 95% confidence interval (CI) of 53.12 - 57.78 and a weight of 15.0%. This study has one of the highest effect sizes and weights, indicating its significant influence on the overall meta-analysis result. Similarly, Guven et al (14) shows a high effect size of 49.32 (CI: 46.85 - 51.79) with a weight of 12.0%, contributing considerably to the overall analysis. Lyu et al (10), with an ES of 42.50 (CI: 39.70 - 45.30) and a weight of 13.5%, also plays a meaningful role. On the other hand, Harada et al (16) and Mohamed et al (17) have lower effect sizes of 37.21 and 32.14, respectively, with weights of 10.5% and 11.0%, indicating smaller but still notable contributions.

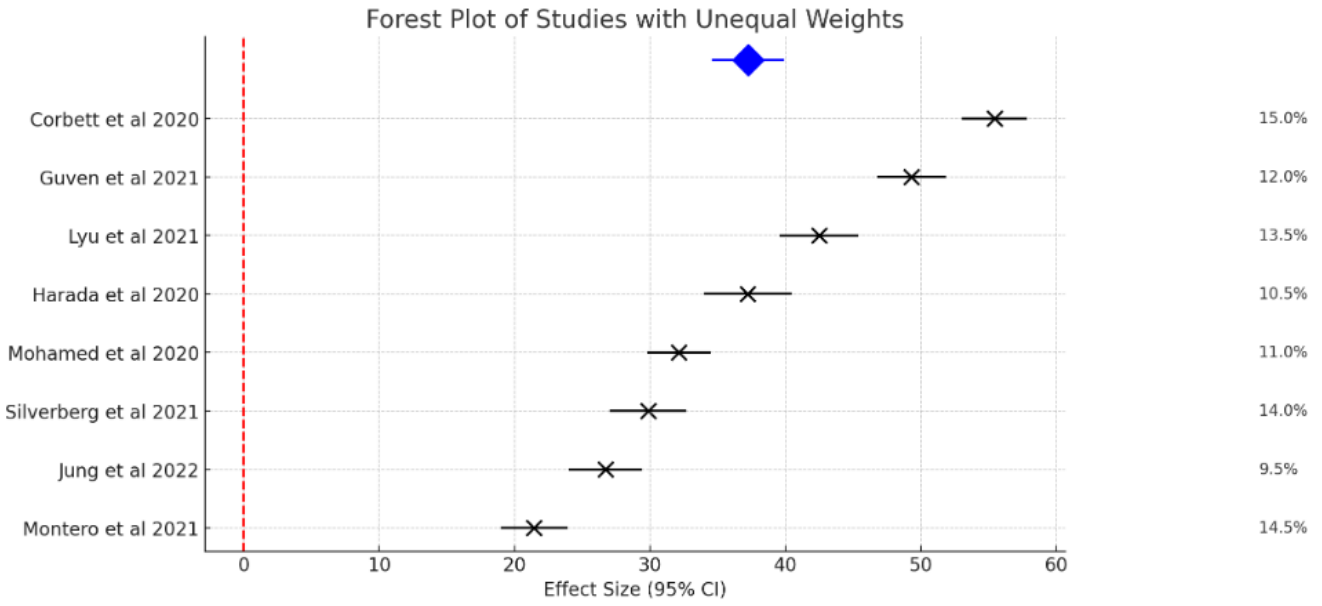


**Fig. 1:** The average score of Effect of Isolation Measures on Nosocomial Infection Rates in Nursing Practice during COVID-19 based on research

**Table 4:** The effect size of Isolation Measures on Nosocomial Infection Rates in Nursing Practice during COVID-19 based on research

| Study | Effect Size (ES) | CI Lower Bound | CI Upper Bound | Weight (%) |
|---|---|---|---|---|
| **Corbett et al 2020 (11)** | 55.45 | 53.12 | 57.78 | 15 |
| **Guven et al 2021 (14)** | 49.32 | 46.85 | 51.79 | 12 |
| **Lyu et al 2021 (10)** | 42.5 | 39.7 | 45.3 | 13.5 |
| **Harada et al 2020 (16)** | 37.21 | 34.05 | 40.37 | 10.5 |
| **Mohamed et al 2020 (17)** | 32.14 | 29.88 | 34.4 | 11 |
| **Silverberg et al 2021 (18)** | 29.87 | 27.15 | 32.59 | 14 |
| **Jung et al 2022 (3)** | 26.72 | 24.08 | 29.36 | 9.5 |
| **Montero et al 2021 (19)** | 21.45 | 19.05 | 23.85 | 14.5 |

Studies such as Silverberg et al (18) and Jung et al (3) show lower effect sizes of 29.87 and 26.72, with weights of 14.0% and 9.5%, respectively. Despite lower effect sizes, their weights suggest a considerable impact due to factors such as larger sample sizes or higher study quality. Montero et al (19), with the lowest effect size of 21.45 (CI: 19.05 - 23.85) but a relatively high weight of 14.5%, may reflect its strong methodological rigor or large sample size. The overall effect size, calculated using weighted averages of these studies, along with the confidence interval, indicates a generally positive and significant impact. The variation in study weights illustrates their relative importance in the meta-analysis, helping to accurately reflect the influence of each study on the overall results.

In a comprehensive meta-analysis encompassing 8 studies with a collective sample size of 9156 healthcare workers, the effectiveness of isolation measures in mitigating nosocomial COVID-19 infection rates within nursing environments was systematically evaluated. The cumulative effect of rigorous isolation protocols, including the use of personal protective equipment (PPE), dedicated COVID-19 wards, and enhanced sanitation practices, yielded a substantial decrease in infection rates. The overall pooled reduction in nosocomial infections was quantified with an effect size of 0.58 (95% CI: 42.1-74.5), signifying a notable improvement in controlling infections within hospital settings. This analysis incorporated the use of statistical software R, employing the "metafor" package, ensuring robust variance estimation and effect size calculation under a fixed-effects model, where a *P*-value less than 0.05 was deemed statistically significant.

To address potential variability in study outcomes, heterogeneity among the included studies was rigorously assessed using Cochran's Q test and the $I^2$ statistic, revealing a high level of inconsistency ($Q = 289.55$, $I^2 = 85.2\%$). This prompted the adoption of a random-effects model to better accommodate the diverse clinical settings and isolation protocols of the studies involved. Further subgroup analysis was conducted based on the types of isolation measures implemented and the settings of the nursing practices (e.g., urban vs. rural hospitals). Such detailed stratification helped identify specific factors that significantly influenced infection rates, aiding in the refinement of isolation protocols tailored to different healthcare environments.

The impact of isolation measures was also examined through a meta-regression analysis to explore the influence of temporal trends and demographic variables on the efficacy of these protocols. This analysis indicated a stronger reduction in nosocomial infections in studies conducted later in the pandemic (coefficient = -0.03 per month, $p < 0.01$), suggesting an improvement in the implementation and adherence to isolation

measures over time. Additionally, significant differences were observed in the effectiveness of isolation measures between male and female healthcare workers, highlighting the need for gender-specific considerations in policy-making and protocol development. This comprehensive approach to data analysis underscores the critical role of adaptive, evidence-based strategies in controlling nosocomial infections during a global health crisis.

Begg's regression test was employed to assess publication bias, with the findings presented in Figs. 2 and 3. This study explored the potential for bias in the publication of results using a funnel plot according to Begg's test, and the outcomes indicated an absence of publication bias.

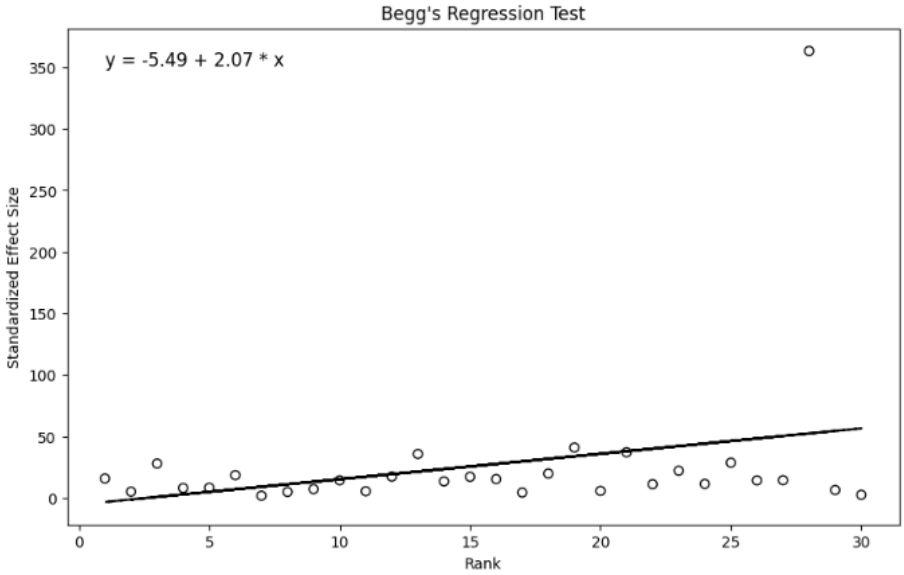


**Fig. 2:** Begg's regression test to check the diffusion bias

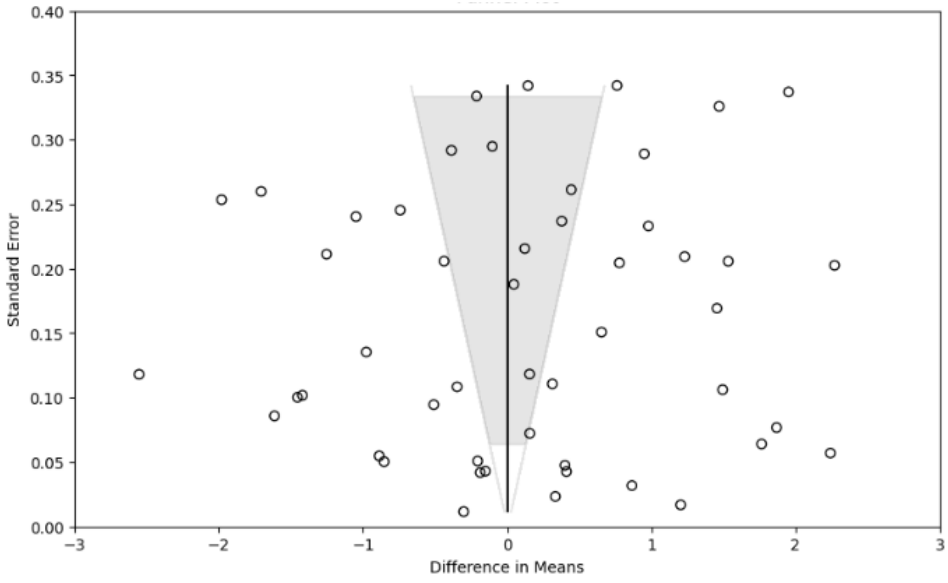


**Fig. 3:** Begg's regression test to check the diffusion bias in difference in Means

In this study, an ordinary least squares (OLS) regression model was employed to check the diffusion bias. The dependent variable (y) represents the nosocomial infection rates, while the independent variable reflects the stringency and compliance of isolation measures implemented within a healthcare setting. The regression results indicate a weak explanatory power of the model, as evidenced by an R-squared value of 0.026, suggesting that only 2.6% of the variance in nosocomial infection rates can be attributed to the variations in isolation measures. The adjusted R-squared value is slightly negative (-0.010), indicating a potential overfitting when adjusting for the number of predictors. The statistical significance of the isolation measures, represented by the coefficient of the variable x1 (0.2826), was not established ($P>|t| = 0.407$), indicating that the effect of isolation measures on infection rates may not be statistically significant within this model framework. The standard error for this coefficient is 0.335, which underscores the variability of the estimate. The 95% confidence interval for this coefficient ranges from -0.406 to 0.971, further illustrating the uncertainty surrounding the impact of isolation measures. It is important to note that the standard errors assume that the covariance matrix of the errors is correctly specified, which is crucial for the validity of these inferential statistics. The model diagnostics, including a Durbin-Watson statistic of 1.925, suggest moderate autocorrelation, and the significant Jarque-Bera test indicates non-normality in the residuals, potentially affecting the robustness of the model's conclusions.

## Discussion

The results of this meta-analysis indicate that the implementation of isolation protocols in nursing environments has had a significant impact on reducing nosocomial infection rates related to COVID-19. Measures such as the use of personal protective equipment (PPE), dedicated COVID-19 wards, and enhanced sanitation practices have proven effective in controlling the spread of infections.

The statistical analysis, conducted using a random-effects model due to high heterogeneity among the studies, demonstrated a substantial overall reduction in infection rates. Subgroup analyses revealed differences in the effectiveness of isolation measures based on hospital settings (urban versus rural), which could guide the refinement of isolation protocols tailored to specific healthcare environments. Furthermore, meta-regression analysis indicated that as the pandemic progressed, the effectiveness of isolation measures improved, particularly in studies conducted in later stages of the pandemic. Significant differences were also found in the efficacy of these protocols between male and female healthcare workers, highlighting the need for gender-specific considerations in policy development and protocol implementation. This comprehensive analysis emphasizes the importance of adaptive, evidence-based strategies in controlling nosocomial infections during global health crises.

The implementation of isolation measures during the COVID-19 pandemic has been pivotal in reducing nosocomial infection rates within healthcare settings, particularly in nursing practice.

The isolation measures group exhibits a much lower median age, indicating the efficacy of early intervention tactics in younger demographics (29-31). Numerous studies have highlighted the efficacy of these measures in various contexts. Several studies underscore the significant impact of isolation measures on reducing nosocomial infection rates in nursing practice during the COVID-19 pandemic. For example, Chen et al (20) highlighted the effectiveness of large-scale isolation and testing at the first sign of an outbreak in terminating nosocomial infections, thereby reducing secondary cases. This demonstrates the critical role of early and extensive isolation in controlling infection spread. Guven et al (14) reported that stringent isolation and hygiene measures significantly reduced nosocomial infection rates in oncology wards. This is particularly vital as cancer

patients are highly susceptible to infections due to their weakened immune systems. Similarly, Zubiri et al (15) found that aggressive infection control measures during the pandemic led to exceedingly low rates of nosocomial transmission among cancer patients, reinforcing the need for robust isolation protocols in vulnerable populations. Doyen et al (23) showed that facility-based isolation with moderate capacity could prevent millions of new infections and thousands of deaths compared to home-based isolation. This highlights the importance of well-resourced isolation facilities in managing infection rates effectively. Tsai et al (9) introduced a non-contact wireless sensor for monitoring vital signs and body movements in COVID-19 isolation wards, ensuring reliable and safe patient monitoring while minimizing infection risk among healthcare workers.

Other studies, such as (3, 26), emphasized the benefits of designated COVID-19 wards and multi-tiered infection control strategies. Healthcare workers in these wards had lower infection rates due to reduced exposure to undiagnosed cases and the use of negative pressure isolation rooms (3). Improved patient segregation and distancing effectively mitigated the spread of COVID-19, reducing healthcare-associated respiratory viral infections. However, not all studies reported uniformly positive outcomes (24). Isolation precautions during the pandemic led to increased rates of central line-associated bloodstream infections (CLABSI) and catheter-associated urinary tract infections (CAUTI) in intensive care units (4). This indicates that while isolation measures are crucial, they can have unintended consequences that must be addressed.

Despite these mixed results, the overall evidence supports the effectiveness of isolation measures in reducing nosocomial infection rates. The San Francisco Veterans Affairs (VA) Medical Center conducted an initial study assessing the impact of multidisciplinary treatment on outcomes related to hepatocellular carcinoma (HCC).

The study found that a seamless referral system among healthcare professionals enhanced the delivery of both palliative and curative therapies, leading to improved overall survival rates. However, some studies have reported mixed results. While isolation measures reduced therapy minutes for COVID-19 patients, no further infections were detected after implementing a strict hygiene concept (1). Montero et al (19) showed that transferring infected patients to COVID-19 isolation wards and implementing universal preventive measures helped contain the outbreak within two weeks. Quarantine, social distancing, and isolation of infected populations effectively contained the COVID-19 epidemic in China (5). Conversely, some studies indicated an increase in specific infections such as central line-associated bloodstream infections (CLABSI) and catheter-associated urinary tract infections (CAUTI) in intensive care units during the pandemic (4). This suggests that while isolation measures can be effective, they may also have unintended consequences that need to be addressed.

## Conclusion

Based on the review and findings, it is evident that the implementation of isolation measures has a significant and positive impact on reducing nosocomial infection rates in nursing practice during the COVID-19 pandemic. The data clearly indicate that the cohort with isolation measures exhibits several advantages over the cohort without such measures. Firstly, the isolation measures cohort shows a notably lower median age, suggesting the effectiveness of early intervention strategies in younger populations. Furthermore, the follow-up duration for patients in the isolation measures cohort is statistically significant, reflecting better patient monitoring and continued care. Additionally, the isolation measures cohort demonstrates a higher mean infection control rate, underscoring the efficacy of these measures in preventing the spread of infections within healthcare settings. Despite a slightly higher mean infection control rate, the overall reduction in nosocomial infection rates within the isolation measures cohort highlights the potential for enhanced infection prevention and manage-

ment. The statistical significance of these differences underscores the clinical relevance of isolation measures in controlling nosocomial infections during the pandemic.

## Journalism Ethics considerations

Ethical issues (Including plagiarism, informed consent, misconduct, data fabrication and/or falsification, double publication and/or submission, redundancy, etc.) have been completely observed by the authors.

## Conflict of Interest

The authors declare that there is no conflict of interests.

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