

"Transition to Night Shift-Learning from the Experts: Night Shift RN Council Sharing Best Practices With Nurse Residents"

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<p>Adjusting Sleep Patterns</p> <ul style="list-style-type: none"> ○ Take a proactive role in establishing regular patterns of sleep, work and leisure (Kahnoski, 2000) ○ Take responsibility for obtaining enough sleep to feel rested: 7 to 8 hours are recommended, but 6 hours are the minimum (National Sleep Foundation, 2005) ○ Do not work more than 48 hours in a 7-day period (Rogers, 2008) ○ If you are scheduled to work a 12-hour shift, do not work more than three shifts without a day off. Have at least 10-12 hours off between shifts so that you can obtain sufficient sleep. (Rogers, 2008). 	
<p>Describe your sleep/wake routine:</p> <ul style="list-style-type: none"> ● on your first night back to work after one or more nights off: (Carney, 2013) 	<ul style="list-style-type: none"> ● Wake up at a normal time in the morning, but try to take a nap before work in the evening. ● Get up early that day; increase physical activity; take a 2 hour nap in the afternoon ● Sleep in until 12noon or 1p.m. or I wake up at 8 a.m. and take a nap from 3 to 5 p.m. ● (Before kids) I usually tried to sleep a regular night's sleep the night before and sleep in until around 11 a.m. (After kids) I sleep the night before my shift, then get up, get the kids ready for school/preschool. Then I go back to sleep once the kids are at school. During preschool years (no school), I was able to hire a family member to watch the kids in my home for a 4 hour block of time so that I could sleep.
<ul style="list-style-type: none"> ● on your “turnaround” day (you just worked the night shift and have the following night off): (Carney, 2013) 	<ul style="list-style-type: none"> ● Go home in the morning, have breakfast, then go to sleep for no more than 4 hours. This way I am awake enough during the day after my nap, but am still tired enough to sleep the following night off without a problem. ● I work weekends, so I go right back to “normal” hours. I have always found that I must go to bed by 10p.m. or else I automatically go into “night shift” mode. ● I go to bed as soon as I get home and sleep no more than six hours. I then get up and go for a brisk walk or jog. I try to stay up fairly late that night, at least to 11 p.m. and then sleep as long as my body feels necessary. ● Sleep until 3p.m. Try to minimize lost sleep. I flip back to a day schedule so I will go to bed at about 11 p.m. ● Sleep until around 5 p.m. then go to sleep for the night around midnight or 1a.m. ● Seep until noon or 1p.m and then return to normal sleep patterns for the night—go back to sleep about 10 p.m. ● Sleep from 9 a.m. to 2 p.m. I am awake the rest of the day and fall asleep about 11:30p.m.
<ul style="list-style-type: none"> ● Between consecutive night shifts when you work two or more nights in a row: (Carney, 2013) 	<ul style="list-style-type: none"> ● I try to sleep 6 hours when working consecutive night shifts. I try to get 6 hours at one time then get up, eat and get ready for work. ● If I go to the gym after work in the morning, I shower there, come home by 10 and I'm in bed by 10:30 a.m. I sleep until 5:15 p.m. , eat dinner and go to work! ● Sleep each number of hours that you usually sleep at night between each night shift... Ex. If you sleep 7 hours a night and feel generally refreshed, attempt to sleep 7 hours between your night shifts. ● I go to bed as soon as I arrive home and try to get at least 7 hours of sleep; before getting up and going back to work. ● In bed by 8 a.m. and up at 4:00p.m. In nice weather, I get outside and walk/bike. In winter, I use a stationary bike. Out of the door by 6:30 P.M. No screen time! ● Keep routine! I sleep from 9 a.m. until 3 p.m. every night that I work... ● I usually like to work consecutive days because you are able to get into a pattern, work 12 hour nights, then sleep from 9 a.m. to 3 p.m.

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<ul style="list-style-type: none"> • between consecutive nights off: (Carney, 2013) 	<ul style="list-style-type: none"> • I try to sleep a normal night but usually cannot fall asleep till pretty late at night or early morning • I go to bed by 10 p.m. otherwise I will be wide awake until 4 am. • I sleep at night, going to bed around 11p.m. and sleep no later than 10 a.m. the next morning. • I sleep 2200 until 0700 (I have three young children at home). • If you don't get to bed by 11 pm you are going to run into a problem. You will be awake until 4 am. I take over the counter sleeping aids (Melatonin, Benadryl). No screen time (computer) 2 hrs. before bed. Warm bath. Climb into bed read 1/2 hr and then lights out. If you are going to flip back to a day shift life on your days off, you to have this bedtime routine otherwise you will have a permanent date with Netflix.
<ul style="list-style-type: none"> • <u>List strategies that you utilize to promote sleep:</u> 	<ul style="list-style-type: none"> • I make the room dark, quiet and cool. I turn the phone off and put my cell phone on vibrate • I usually take Benadryl or Melatonin. I don't utilize black out curtains, once I'm asleep, I'm asleep. • Eye mask and earplugs work wonders...even on nights off. Room darkening shades are great and some kind of white noise/fan. The darker the room the better. Also, stay off of Facebook before you try to go to sleep. It tends to stimulate my mind to think about all the things you should be doing instead of sleeping between shifts (gym, family time, fun activities etc). • I don't look at cell phone or electronic gadgets 30 minutes before sleep. Drink herbal extra sleepy time tea, read a book in bed (NOT on kindle). If I wake up early I will get up and eat then usually after one hour I am sleepy enough to return to bed. • Turn off the phone in the bedroom, wear earplugs and darken the room. If it is a sunny day, I wear a sleep mask to keep the increased light in the bedroom from awakening me. • Decrease caffeine a few hours before trying to go to sleep. Drink herbal tea. • Earplugs, eye mask, room dark, fan for "white noise". I do not drink caffeine after 0400. I do not eat or drink after 0600. Phones off, note on door asking not to ring bell between the hour of 0900 and 1500 for deliveries. Melatonin, SL, 1 tab prior to laying down. Sometimes a hour nap right prior to work. Exercise prior to start of your shift. Keep routine! • Sometimes I take Tylenol PM to help me sleep. • I make sure I eat a good breakfast before I go to sleep, warm tea. <p>Seek exposure to bright light (sunlight is best) as soon as possible after waking (Burgess et al.). Wear dark glasses that block blue light when driving home after night work (Burgess et al.). Discuss the use of Over-the-Counter sleep medications/melatonin/herbal products (valerian, lavender) with a primary care provider.</p>
<p><u>Describe how you cope with sleepiness while driving home after working a night shift:</u> (Carney, 2013)</p>	<ul style="list-style-type: none"> • Radio on, windows down. • I don't keep the car real warm. I turn the radio on loud and I'll even open a window. • Chewing gum or some kind of snack is always helpful. Sing along to the songs on the radio. Roll windows down or keep the car kind of cold. Call someone on the phone. Pull over (somewhere safe) for a 10 minute nap if you are really struggling. • I listen to interesting CDs of books and keep a snack in the car to munch on while I drive. • This can be difficult. I suck on ice chips—this works the best for me. Play music loudly, windows open, talk with a friend or family member. • Radio, windows down, lots of music, Dunkin' Donuts Hot Chocolate.

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<p><u>What are your practices for maintaining a healthful eating pattern?</u></p>	<ul style="list-style-type: none"> • I attempt to plan what I will be eating for the week-decreases my stress. • I try to bring lots of fresh fruits and veggies in my lunch and I don't eat during the day except for dinner. • I eat dinner before work and then snacks during work. I try to eat veggies and fruit as well as Special K bars. I also try to avoid at all costs fried foods from the caf! Once in a while I will get a grilled cheese. I try to stay healthy! • I like to eat breakfast when I wake up from sleeping between shifts. This makes me feel like I am starting my “day.” Then when I eat at work, I try to have something more like a lunch or dinner type of food. • Small meal before work, small dinner at work (eat by midnight). When co-workers ask you if you want to order out in the middle of the night, say “NO!” Small snack at 4 a.m. Light breakfast once I am home. • I try and make healthy meals the morning before going to sleep so I don't grab junk food on the way to work. • Energy shake when I first wake up. Whatever I make for dinner for my family, I take to work for my dinner. Small healthy snacks throughout the night. Drink lots of water!!! Limit caffeine to two 12 ounce cups in 24 hours. • I try to make a simple dinner prior to going to work, packing lunch for at work. I do not go to the cafeteria a lot.
<p><u>How do you incorporate exercise into your night-shift schedule?</u></p>	<ul style="list-style-type: none"> • I try to take walks on my days off. • I usually plan to go to the gym in the morning after working since I'm awake. There are nights that I'm just too exhausted go to work out, so I just go right home. There are also times that I wake up early than normal (4pm) and run or sometimes take a class at the gym depending on the day. I do prefer to go to the gym in the morning because I can shower there and come home and go right to sleep. • Mondays after working I set an alarm for 1pm. Go to gym at 2pm (meet a friend to keep motivated). Run in the evening. I am a lifetime jogger and I do my best to exercise every day except for the days when I have worked the night before and will work again that night. I have recently replaced at least one day of jogging with Physique 57 for strength training. • I exercise in the evening prior to going to work.
<p><u>Shift-work interferes with activities occurring during the day and often conflicts with the opportunity to sleep. What strategies have proven successful in fostering work/life balance?</u></p>	<ul style="list-style-type: none"> • I let my family and friends know my schedule for the month, so they understand when I need sleep and then know my days off. • With working 3-12 hour shifts I can usually schedule myself off when I have plans. If not, I can sleep around the event • I definitely nap on the weekends when I'm off, because I feel like that's when my lost sleep during the week "catches up to me." • I try to schedule events either right in the morning when I get home, or as late as I can before my shift starts. I do not attend events at all between 10AM-4PM between night shifts. I also make sure my phone is turned on silent because regular people who haven't worked night shift tend to "forget" that you are sleeping between shifts. • I schedule doctor/ dental appointments and other appointments on Mondays because my schedule rarely includes working Sunday nights. • Don't schedule anything on the day you're coming off night shifts. Allow yourself to sleep. You can't capture that lost sleep and this minimizes your irritability. No appointments that require decisions or lots of interactions with others. Treat yourself to a pedicure or get your hair done (after you have slept for 8 hrs). Work out. Go late to events. If you have to have an appt. on that day schedules it for ~ 10:00 and don't sleep until after the appointment... NO important decisions when you are deprived of sleep. • I don't go to activities during the day if I'm working that night. If it's my "turn around" day I might do something directly after work... • It is continuous learning process/different things work on different days. I usually make all of my appointments first thing in the morning and plan to sleep later. • Usually making up sleep on your night off if you can. I sleep approximately 6 hrs. when I work, but will sleep 10-12hrs on my night off. Flexibility is a must, as well as power naps, to get you through the night and safely home.

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<p><u>How do you keep your professional development plan on track?</u></p>	<ul style="list-style-type: none"> • I try to do most of these activities on my night off. • I develop goals for myself and timelines. • By taking CE courses online • I think it's all about dedication and passion for your career. I often spend days off reading articles and I'm active on our PI committee. • Continuing education on line and I listen to CDs which have professional relevance (to listen to in the car on the way home after working at night). • I am presently in an online program for my MSN. I also attend at least two conferences a year and function in small roles on committees. • Setting aside time on your days off, would be my suggestion.
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American Nurses Association’s **Healthy Nurse** website:

<http://www.nursingworld.org/MainMenuCategories/WorkplaceSafety/Healthy-Nurse>

American Nurses Association CE: Your Mind and Body on Fatigue (1.5 Contact Hours)

<http://ananursece.healthstream.com/Pages/Product.aspx?ID=3e326acc-0b4f-e411-b549-005056b10e33&DisplayName=Your Mind and Body on Fatigue>

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