

## Prevalence of Stress and Fatigue Perceptions Among RNs Working in a Critical Care Setting

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# PREVALENCE OF STRESS AND FATIGUE PERCEPTIONS AMONG RNS WORKING IN A CRITICAL CARE SETTING

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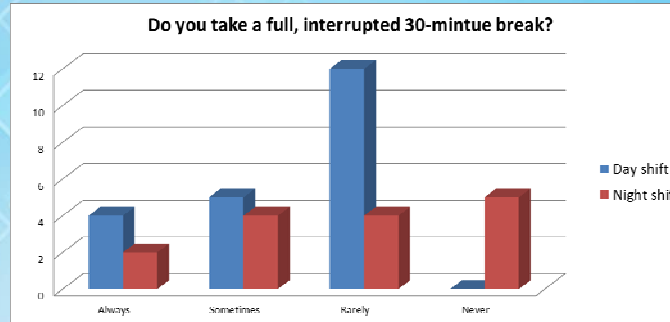
## BACKGROUND

- Education is necessary to help RNs learn about fatigue management thereby increasing patient safety
- Fatigue from working nights decreases nurses' probability of exercising (Persson & Martinsson, 2006).
- Lack of time due to increased sleep needs from fatigue when working nights increases likelihood of eating fast food (Persson & Martinsson, 2006)
- Peer pressure (to eat healthily or unhealthily) is a strong factor in night shift nurses' eating habits (Persson & Martinsson, 2006).
- Sleepiness and fatigue are significantly increased for night shift workers (Ozbay, Dieperink, & Tulleken, 2015).
- Participants with young children at home had a greater tolerance for night shift (Ozbay, Dieperink, & Tulleken, 2015).
- The best way for decrease fatigue is to avoid working extended shifts (>12 hours, >40 hours per week) (Ozbay, Dieperink, & Tulleken, 2015).
- The benefits of napping during night shift break is positively linked to patient and nurse safety (Fallis, 2011).
- Ability to nap is affected by the demands of patient care and safety, staffing needs, and organizational and environmental factors Fallis, 2011).
- Additional strategies, such as Melatonin use and caffien plus napping, provide various benefit to individuals working night shift (Liira, et. al., 2014).

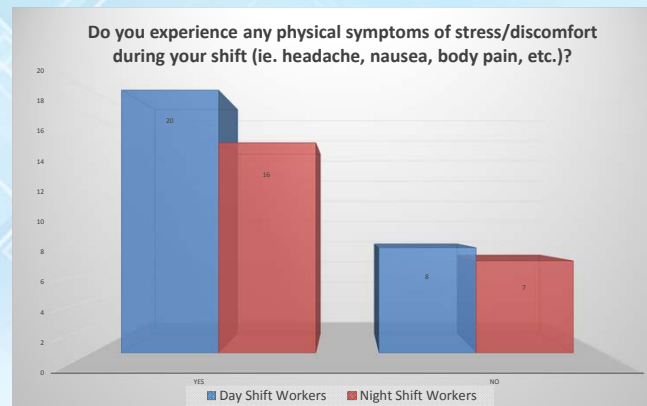
## METHODS

- Administered a survey questionnaire to all RNs working in MICU/SICU.
- Compiled data from survey responses to draw conclusions in fatigue study.

## RESULTS



LVHN encourages nurses to take a 30 minute lunch break, but it is not required. Nurses working 12 hour shifts are entitled to one 15-minute breaks and one 30-minute break under network policy.



LVHN Nurses working both night and day shifts reported experiences physical symptoms of fatigue.

## OUTCOMES

- 13% of nurses working night shift said they always take an uninterrupted lunch break, and 33% said they never take an uninterrupted lunch break.
- 19% of nurses working day shift said they always take and uninterrupted lunch break, and 0% said they never do.
- 46% of night shift workers reported that night shift negatively impacts their life and they are learning to adjust.
- 65% of night shift workers said that night shift is not their preferred shift, as compared to 5% of day shift workers who said that day shift is not their preferred shift.

## CONCLUSIONS

- Further investigation is needed to determine the reasons why night shift staff does not take an uninterrupted break during the shift.
- Increased education of staff on fatigue reduction techniques.

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