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

Lydia Maruniak BSN, RN  
Lehigh Valley Health Network, lydia.maruniak@lvhn.org

Courtney J. Graetzer BSN, RN  
Lehigh Valley Health Network, courtney_j.graetzer@lvhn.org

Kelly A. Rice BSN, RN  
Lehigh Valley Health Network, kelly_a.rice@lvhn.org

Elizabeth M. Nicolai BSN, RN  
Lehigh Valley Health Network, elizabeth_m.nicolai@lvhn.org

Stephanie E. Destafney BSN, RN  
Lehigh Valley Health Network, stephani_e.destafney@lvhn.org

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PREVALENCE OF STRESS AND FATIGUE PERCEPTIONS AMONG RNS WORKING IN A CRITICAL CARE SETTING
Lydia Maruniak, BSN, RN, Courtney Graetzer, BSN, RN, Kelly Rice, BSN, RN, Elizabeth Nicolai, BSN, RN, Stephanie Destafney, BSN, RN

Lehigh Valley Health Network, Allentown, Pennsylvania

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 caffeine 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 date from survey responses to draw conclusions in fatigue study.

RESULTS

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.

REFERENCES:

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.

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