

Interventions to improve the quality of life of night-shift nurses

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The health industry relies heavily on night-shift nurses to provide round the clock care. Nonetheless, night-shift work is linked to poor sleep quality, increased risk for cardiovascular disease and metabolic syndrome, decreased job performance and increased risk for medication errors. Nurse managers must advocate for interventions to improve the quality of life of night-shift nurses

Background: Despite ample research focused on interventions to improve nursing night shift performance, more evidence is needed on the effectiveness of institutional based interventions that decrease fatigue and sleepiness during working hours.

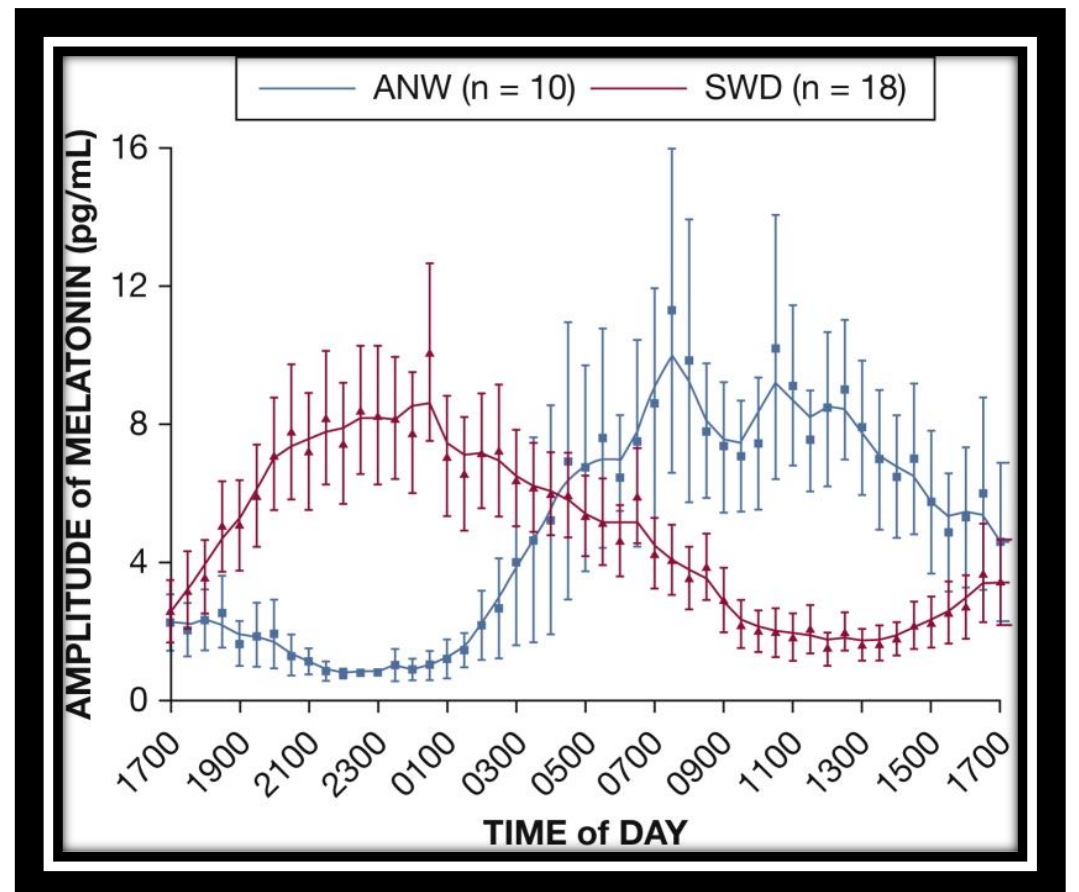


Figure 1. Melatonin profiles of asymptomatic night workers (ANW) vs workers with shift work disorder (SWD). [Reproduced from Gumenyuk et al., (2014)]

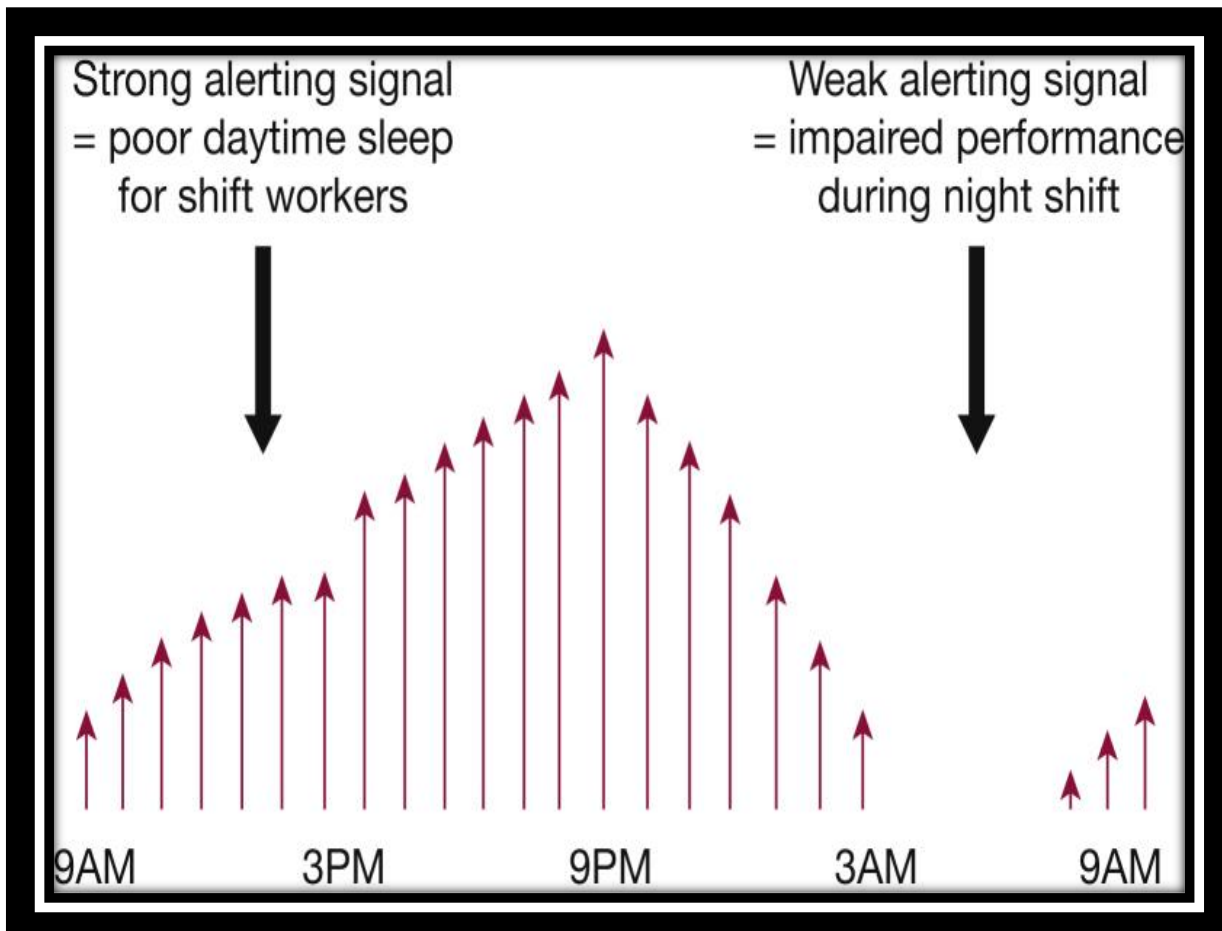


Figure 2. Circadian alerting signal levels throughout a 24-hour period [Reproduced from Wirkwire (2016)].

Methods: a sample of night-shift nurses will receive bright light exposure or access to a designated napping break room as interventions to explore the relationship between these variables and self-reported levels of fatigue and sleepiness.