

Stress and Fatigue: Impact on Nurses and Patients

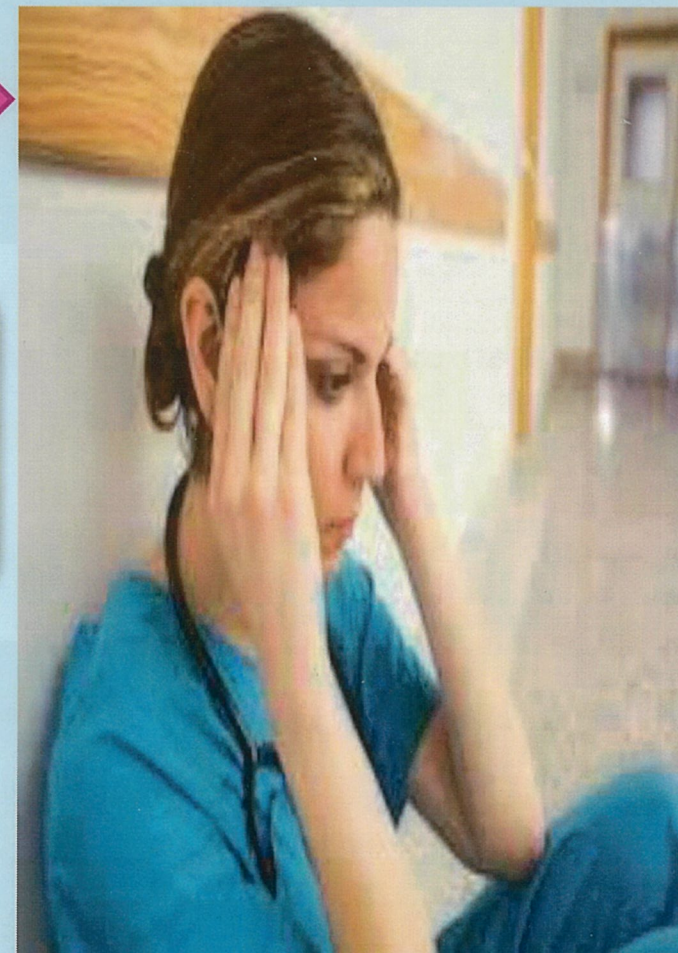
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Does nurses' stress and fatigue have a negative impact on nursing performances?



Introduction

Historically, it is posited that nurses are subject to physical health demands and great levels of stress in their work, job satisfaction issues, and some are overweight or obese, and there is an increasing incidence of metabolic syndrome as a result of working night shifts in comparison to those who work daytime (Rice, Glass, Ogle, & Parsian, 2014).



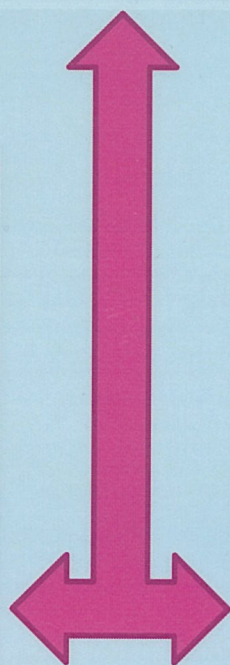
Impact of stress and fatigue on nurses and patients

In New Zealand excessive workload which lead to work stress is one of the reason why some nurses want to leave their job (Lawless, Wan, & Zeng, 2010).

Studies have shown that working long hours, rotating shifts, and night shifts can result in nurses' fatigue (Raftopoulos, Charalambous, & Talias, 2012).

Nurses who work above 40 hours or work more than the number of scheduled hours, make errors during their shift (Rogers, Hwang, Scott, Aitken, & Dinges, 2004).

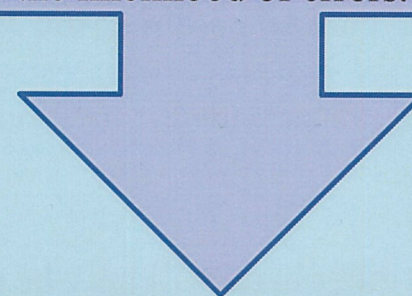
The effect of fatigue as a result of sleep loss can interfere with nurses' ability to concentrate, make observations, affect their memory and decision making, lengthen their reaction time, and ultimately lead to disordered communication with patients and other health professionals (Howard, Rosekind, Katz & Berry, 2002).



Recommendations

Nurses should engage in social activities that will improve their mood when they are off the job. They should also do exercise that reduces stress and fatigue, which in turn reenergises them before returning to work.

Nurses and employers should endeavour to minimise trigger factors of stress that will probably impact on job performance. When this is put in place as checks, it will in turn improve delivery of care to patients and decrease the likelihood of errors.



Conclusion

The effect of rotational shifts has been confirmed by research to be a very strong stressor of fatigue, and is also seen as a basis of stress for individuals and their families.

References

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PICOT Model

Picot category	Information relating to clinical question.	Explanation
Population	All nurses doing rotational, extended and night shift.	If rotational, extended and night shift leads to fatigue and stress in nurses.
Intervention/Exposure	Reducing the factors that trigger stress and fatigue in nurses doing rotational, extended and night shift.	I will be looking for articles that discuss the impact of stress and fatigue on nurses' everyday life activities and job performance.
Comparison	Nurses who are doing rotational, extended and night shift will be compared to those doing only day shift.	This is to compare whether nurses doing rotational, extended and night shift experience more stress and fatigue than nurses doing only day shift.
Outcome	Whether there is shown to be a link between stress and fatigue on nurses "job performance".	What can I hope to accomplish, measure, improve, or affect?
Time	Not applicable	Not applicable

Rationale

The reason for choosing a poster instead of a submission is that a poster provides an effective way to generate interest in a topical issue and appropriate way to raise awareness about the impact of stress and fatigue on nurses and patients.

Secondly, a poster forms an avenue to draw attention of the audience which will generate interest in the topic. It can be read at the audiences' convenient time (ilic & Rowe, 2013).

Thirdly, a well design poster with an attention grabbing image is also a good way of conveying topical information (Ionita & Pastae, 2015).

A submission on the other hand will only be read by the person or the organisation you send it to, and this will prevent a larger audience from receiving the information or message. When a poster is well designed and presented it will be read by the members of public and will go a long way to make lot of difference and changes. This poster will also create awareness of the impact of stress and fatigue on nurses and patients so that the public may lobby government for funding changes.

References

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