

Introduction

Nurses working shift work and night shifts put their own health and well-being at risk to ensure hospital departments are staffed 24 hours a day. The Royal College of Nursing stated that employers should consider evidence and support power napping during the night shift (*A shift in the right direction*, 2009). This poster summarises my literature review around the initiative of napping (specifically in ED and ICU) during the night shift.

Literature Review

- Nurses working shift work experience poor sleep quality and quantity which creates difficulty for decision making in emergency situations (Harrison & Horne, 2000).

- 10/13 nurses already took naps during their breaks in ED and ICU but not in a supportive environment (Fallis et al., 2011).

- 56.2% of naps made nurses feel alert and refreshed during a implemented nap study (Brown et al., 2016).

- Nurses felt improved energy, mood, decision making, vigilance and less fatigue during shifts when they were able to have a nap (Smith Coggins et al., 2006).

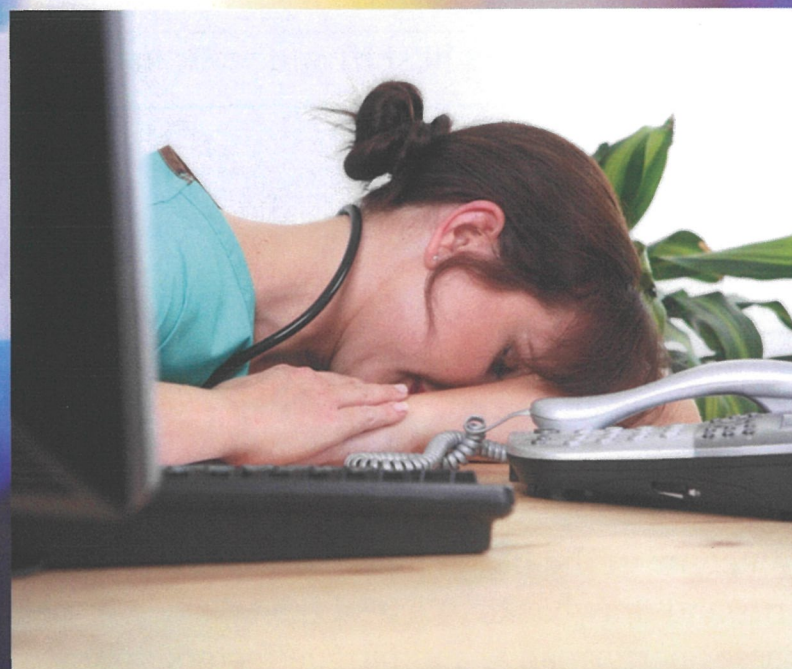
- ICU and ED nurses reported uncertainty in clinical judgement and safety concerns when they weren't able to have a nap (Fallis et al., 2011)

- Majority of sleep latencies were under 5minutes (Smith Coggins et al., 2006).

- Only 1.3% of naps ended in nurses feeling very groggy or sluggish relating to sleep inertia (Brown et al., 2016).

Napping on the night shift

“Do nurses in ED and ICU need a designated sleep/nap during the night shift?”



Implications

Brown et al., (2016) showed that hospitals were resistant to allow research into napping during the night shift due to manager perceptions and fear of safety for patients. Only one of six hospitals that were approached undertook the napping study. Nurses felt that naps were discouraged by management and also worried about how the public would view them taking naps during the night shift. Nurses also felt as though they had to work harder to make sure they weren't compromising patient safety and continually question whether it was suitable to have a nap (Fallis et al., 2011).

Recommendations

- A greater body of evidence is needed to show the benefits of a designated nap during the night shift to further show why it should be implemented.

- More extensive research needs to be undertaken to establish the best length and time for naps and how naps could be implemented into a shift effectively.

- Encouragement at an organisational level to allow studies to be undertaken in hospital departments such as ED or ICU in order to determine the cost and health benefits for its nurses.

- Encourage written policy for designated napping to show a strategy of dealing with the health implications related with nurses working shift work.

Conclusion

This review showed that a designated sleep during the night shift may be beneficial to nurses well-being, practice and long term health. More evidence needs to be collected to change perceptions of a nap during night shifts and prompt policy makers with more evidence based research. The literature reviewed shows that a designated nap during night shifts has the potential to be a health and safety strategy, safeguarding nursing practice and patient care.



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References

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PECOT Category	Information Relating to Question	Explanation
Population	Nursing staff in public tertiary hospitals in ED and ICU	Nursing staff in public tertiary hospitals are under a lot of stress throughout the night shift. These nurses need to be alert and responsive throughout the entirety of the shift to reduce the risk of compromised patient safety and their own safety.
Exposure	Nurses who work the night shift and work in ED or ICU	The literature to be reviewed will have studied nurses who work the night shifts as well as exposure to having a designated sleep or nap during their shift. ED and ICU are known for high workload, patient numbers and pressure, so a designated nap could have the biggest impact on their practice.
Comparison	Nurses who continue to work the night shift without a nap break or designated sleep	By looking at the control group of nurses it will show the compassion and differences between having a nap or designated sleep compared to those nurses who didn't have a nap or designated sleep.
Outcome	The outcome of the literature review will be to show the benefits and drawbacks of a designated sleep or nap on the nurses performance and fatigue factors.	Overall I want this literature review to show if implementing a nap or designated sleep into a nurses night shift will improve nurses performance and alertness and reduce fatigue while working the night shift. I think that this would make working the night shifts more enjoyable and could help boost morale on the night shifts.
Time	N/A	N/A

Search Question

“Do nurses in ED and ICU need a designated sleep/nap during the night shift?”

Rationale

My literature review focused on designated napping for nurses on the night shift. I chose to showcase my findings of this review on an academic poster to strike interest with the potential viewers of my work as well as sparking a conversation about the topic. Designated naps during the night shift is an initiative that may be unknown to some viewers so a poster will be able to summarize the research and findings from my literature review as well as being a visual tool to accompany my discussion with viewers. My poster will lead to a transfer of knowledge for the viewers, increasing the awareness of the conclusions I have made.

Posters are used as a medium of knowledge transfer by a large audience of health care professions and they are to attract attention and to convey intended messages (Rowe & Dragan, 2011). The audience of a poster benefit because as they walk by they can study the poster, ask questions and exchange ideas (Hand, 2010). The use of a poster for the findings of my literature review will be valuable to emphasize my conclusions I have made. Miller (2007), states that using a poster for presenting information gives the author practice at explaining quickly and clearly the importance of the topic and the meaning of the findings. I think a poster will increase my development in sharing information and literature findings in my nursing practice.

References

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