

P11: How does sleep deprivation, due to night work, affects health care professionals' quality of life

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Introduction: Sleep deprivation in health care professionals, as a result of night shifts, is a very popular subject nowadays due to resulting consequences on their quality of life, both on a personal and social level. Lack of organization of night shifts working schedules with no consideration for personal needs represent a physical and mental risk for healthcare professionals and for patients who benefit from the health care service (Niu, S., et al., 2011).

Objectives: The main objective of this study is to establish the implications of night shifts in health care professionals' quality of life and to determine the personal and social impact on their lives, through the review of life quality surveys.

Materials and Methods: Life quality (SF-36v2 surveys) and sleepiness (the ESS) were evaluated on 18 night and day shift workers and 19 day shift workers. Additionally, we used a personal information survey for demographic data. The study took place in Centro Hospitalar do Porto- Hospital Geral de Santo António.

Results and Discussion: Night shifts have a negative influence in health care professionals' quality of life, specifically body pain, general health, vitality, emotions and mental health. Significant differences were found on ESS between night and day shift workers and day shift workers. Additionally, we found a direct relationship between night shift's working hours and daytime sleepiness.

Conclusion: Health care professionals who work night shifts and, therefore, more work hours tend to have limitations on their personal life and day-time activities, as well as consequences in both mental and physical health. Night shift workers tend to have more episodes of daytime sleepiness, which has repercussions on social activities and within the familial relationships.

References:

1. Niu, S., Chung, M., Chen, C., Hegney, D., O'Brien, A., Chou, K., (2011). The Effect of Shift Rotation on Employee Cortisol Profile, Sleep Quality, Fatigue, and Attention Level: A Systematic Review. *Journal of Nurs Res*, 19, 68-80.