

The Relationship between Sleep Quality and Quality of Nursing Work Life among Emergency Nurses in Jordan

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ABSTRACT

Background: Alterations in quality of nursing work life (QNWL) and sleep quality (SQ) have been found to interfere with nurses' productivity and the quality of nursing care. Little information is known about the relationship between QNWL and SQ and the influence of numerous factors such as socio-demographic and work related factors on these concepts among nurses working in emergency room. Assessment of the QNWL, SQ and other related factors may help in better understanding and provide an evidence for any possible alteration of ER nurses work life and SQ.

Aim: This study aimed to assess the relationship between QNWL and SQ among nurses working in ER in Jordan.

Methods: A cross-sectional descriptive correlational design was employed. Data was collected from a convenient sample of nurses working in ER based on specific inclusion criteria from 4 referral hospitals located in Amman. Eligible participants were required to complete a demographic and work related variables sheet, the Brooks Quality of Nursing Work Survey (BQNWLS) and the Pittsburgh Sleep Quality Index (PSQI).

Results: A total of (186) nurses working in ER participated in the study. Study participants reported a BQNWLS mean score of (M=140.15, SD=28.34) indicating a moderate QNWL. Additionally, the participants scored moderate levels on all BQNWLS subscales. The mean score of QNWL was statistically higher among nurses who had training courses on emergency department ($t=-2.663$, $p=0.008$). However, no other statistically significant differences were found in QNWL scores in regarding to demographic and work related variables. On the other hand, participants reported a SQ

mean score of ($M=8.76$, $SD=3.18$) indicating poor sleep. In classifying good versus poor sleepers, 7.9% ($n=14$) had PSQI scores (< 5) which indicate good sleep quality, and 92.1% ($n= 172$) had PSQI scores (≥ 5) which indicate poor sleep quality. Also, there were no statistically significant differences in PSQI score in regarding to the others demographic and work related variables except for salary ($F= 3.35$, $p= 0.02$). Further, there were no significant correlations between total BQNWLS score and global PSQI score ($r=-0.063$, $p=0.393$).

Conclusion: The results of this study reported a noticeable alteration in QNWL and sleep quality among nurses working in ER. The nurses had a moderate QNWL levels and were poor sleepers. Also, the results emphasized on the importance of conducting further interventional research studies in the future to establish effective measures to enhance nurse QNWL and SQ. Consequently, this may improve the provided nursing care for the patients and their families.

Key words: Quality of nursing work life, Sleep quality, Emergency department, brooks quality of nursing work life survey (BQNWLS), Pittsburgh Sleep Quality Index (PSQI).