

Relationship between Shift-Work and Life-style Behaviors among Emergency Department Nurses in Jordan

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Abstract

Work-shift can alter the nurses' lifestyle behaviors, which can be one of the possible causes behind negative health effects. Thus, a cross-sectional, descriptive correlational design was used to assess the relationship between shift-work and lifestyle behaviors (e.g., dietary habits, physical activity, and nicotine dependence), and its effect on body mass index, stress, and sleep quality among emergency department nurses in Jordan. A total of 275 nurses from the emergency department in Jordanian hospitals in the military and government sectors in Amman, Karak, Tafila, Ma'an and Aqaba were participated in the questionnaire. The results showed that more than half of the nurses suffered from poor dietary habits, more than two-thirds of the nurses were physically inactive, and more than one-half were nicotine dependent. Also, almost 50% of the nurses had abnormal body mass index (overweight/ obesity), 81.8% of them had moderate stress, and 94.5% had poor sleep quality. There was a correlation between work- shift, dietary habits, physical activity, and nicotine dependence. Also, there was a significant effect of work-shift on the body mass index and stress. Therefore, these lifestyle behaviors and the effects of work-shift should be considered when planning and developing interventions to reduce these unhealthy behaviors and harmful effects of work-shift.

Keywords: Body mass index, emergency department, dietary habits, lifestyle behaviors, nicotine dependence, nursing, physical activity, shift-work, sleep quality, stress