

**The effect of fluctuated working-shift on sleep quality among
emergency department nurses in Jordan**

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ABSTRACT

Background: Little is known about the effect of fluctuated shifts on sleep quality among nurses in the emergency room (ER).

Aim: This study aims to identify the effect of shift fluctuations on sleep quality among nurses working in the ER.

Methods: A cross-sectional descriptive design was employed. Sleep quality data was collected by the Pittsburgh Sleep Quality Index (PSQI) from a convenient sample of nurses working in the ER in Jordan.

Results: A total of (179) nurses working in a rotating shift schedule in ER participated in the study. There were no significant differences in sleep quality in terms of shift fluctuation ($F=0.84$, $p=0.43$) or significant correlations between global PSQI scores, and demographical variables, and work-related variables except for work satisfaction ($t=-2.92$, $p=0.004$), the ability of nurses to work under pressure ($t=-2.95$, $p=0.004$), number of shifts at the last month ($r=-0.18$, $p=0.017$), and the years of experience ($r=-0.15$, $p=0.04$).

Conclusion: The results of this study reported that nurses were poor sleepers and fluctuated shifts had no effect on SQ scores.

Keywords: Emergency room, Fluctuation shift, Nurses, Sleep quality