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

By

Tariq Adnan Alkhateeb
Supervisor

Dr. Khaled Hasan Suleiman

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