

The Relationship Between Sleep Quality and Quality of Nursing Care Among Jordanian Critical Care Nurses

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Abstract

This study aimed to assess the relationship between sleep quality and the quality of nursing care among Jordanian critical care nurses from the nurse's perspective. This study recruited a descriptive correlational design. A convenient sample of 250 Jordanian critical care nurses participated in the study. Results revealed a total mean score of Pittsburg sleep quality index ($M = 13.43$, $SD = 4.64$) which indicates a bad sleep quality. Also, the findings showed that levels of quality of nursing care was ($M = 86.17$, $SD = 35.12$) which is slightly below the expected middle value (87.5). Regarding the quality of nursing care domains, the nurses have a higher psychological relation ($M = 18.28$, $SD = 8.99$), whereas, they have the lowest competence development ($M = 11.44$, $SD = 5.56$). There was a significant and negative relationship between total global Pittsburg sleep quality index and quality of nursing care ($r = -0.59$, $P < 0.001$).

Additionally, workplace noise, workplace source of noise and sleep quality were identified as significant predictors of quality of nursing care ($P < 0.001$). Based on these results, policymakers and executives should pay closer attention to nurses' sleep quality in order to provide better nursing care and enhance patient safety.

Keywords: Sleep quality, quality of nursing care, critical care units, nurses, Jordan

