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Psychological distress among staff nurses working in night shifts

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Abstract

Nurses working in the nights shift have been found to experience psychological and mental difficulties and sleep related issues. The night duty has possibly and probably negative effect on a nurse's physical and psychosocial life. The present study aimed to gain an understanding of the experiences of registered nurses working in the night shift, the impact on life outside of work, and ways of coping with home, family, and social stressors. The study was inceptive work out starts with the qualitative research approach. After obtaining Permission the final study was conducted from 3MAR 2017- 15MARCH 2017. A phenomenological research design was adopted for the study to experiences the psychological distress of registered nurses working in night shifts. Non-probability convenient sampling technique was used for selecting the sample from 10 staff nurses. The results show that Night shift does acquire negative health implications on nurses ranging from sleep deprivation, fatigue, and back pain among other. The main findings centered around sleep issues and concern.

Keywords: Psychological distress, staff nurse, night shift duty, qualitative research

Introduction

Nurses deal with emotional situations that involve stress, anxiety, joy, expectation, anger, new life and death. Nurses job, subject them to environment hazards. Besides, the nurses have to communicate with different relationships like physicians, patients, families and peer groups. This also takes them to strain. Nursing is one of the professions which require rotations in the working time and these shift works affect the nurses' physical as well as psychological health-Night working has been always one of the basic troubles of the nursing society; they will not be able to continue working. Even experienced nurses are also faced with all this Problems. Nurses as health care providers are compel to work during the day and during the night t for the care of needy and sick people. Nurses who work at night have been studied to identify how the night shift environment affects their physiological, social and professional wellbeing.

Material and Methods

A phenomenological research design was adopted for the study to experiences the psychological distress of registered nurses working in night shifts. After obtaining permission the final study was conducted from 3 MAR 2017-15 MAR2017. Non- probability convenient sampling technique was used for selecting the sample from 10 staff nurses. The Present study participants indicated the issues and stated it as one of the challenging tasks of their night duty nurses. This is similar with the study findings shown by most of the subjects highlighted that attitude toward night shift, negatively effecting the nurses families, society's and other working conditions.

Ethical clearance

Ethical approval was taken from the Teerthanker Mahaveer University Ethical Committee for conducting the study. The permission for conducting final study was taken from the Principal of Teerthanker Mahaveer College of Nursing, Moradabad. Informed consent was taken from the participants.

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Procedure of data collection

After obtaining Permission the final study was conducted from 3 MAR 2017- 15 MAR 2017. Nurses were informed regarding the purpose of study before administration of tool to obtain a free and frank response. 10 staff nurses were screened using Non probability convenient sampling technique.

Thematic analysis process was carried out in fourth steps.

First

- Study subjects were interviewed personally in a separate room.
- Informed written consent and permission were obtained from the family members to record the interview at the beginning of the interview.
- Researcher record all the interviews’ conversation.
- Researcher come across with the text and all the interviews were heard and noted down the responses as it was in Hindi and transcribed all the conversation into verbatim.
- After repeated reading of the transcribed verbatim, the interviews were read several times and,
- Then translated into English to get a general sense of the entire data material.

Second

- The data of all the study participants were re-read and re-write.
- Preliminary themes were identified by using an editing style.
- The researcher re-read the data to discriminate meaning of response / segments from the participants description focusing on the phenomena being studied.
- Common responses were taken from the conversation of the interviews.

Third

- Grouping of themes identified as clusters from the data extracted.
- Different coded groups were identified related to the responses given by the participants.
- And then responses transformed into different coded group.

	Themes	Sub themes
1	Stress due to physical problems	Shortage of nursing personnel
2	Organizational problems	
3	Over burden	
4	Personal and professional disparity	
5	Strained social relationships	
6	Appropriate opportunity	

The majority of the participants highlighted that women and particularly young girls have to be at home during the night time and considered their being out as a kind of resistance to individual, family and social values, even if they were in an authorized and formal workplace. One of the participants said: “Even if nothing happens to a person during the night shift, if she is touched by someone, it will always persist in her remembrance”. Most of the study participants indicated that their families were against their daughters’ or wives’ for night shift.

Fourth

- Tabulated themes were arranged in summary tables.
- The synthesizes of all the transformed meaning units e.g. similar codes were grouped together. In this process seven themes and one subtheme was identified using the heading of the coded group.

Result and Discussion

Table 1: Frequency and percentage distribution of staff nurses in terms of Demographic Data N=10

S. No.	Demographic Data	f(%)
1.	Gender	
1.1	Male	7(70)
1.2	Female	3(30)
2.	Age(in years)	
2.1	20-25	5(50)
2.2	26-30	4(40)
2.3	31 and above	1(10)
3	Qualification	
3.1	GNM	7(70)
3.2	B.Sc. Nursing	2(20)
3.3	PB. B.Sc. Nursing	1(10)
4	Religion	
4.1	Hindu	6(60)
4.2	Muslim	4(40)
5	Area of work	
5.1	ICU	4(40)
5.2	General wards	6(60)
6	Years of experience	
6.1	1-5 years	7(70)
6.2	6-10 years	3(30)
7	Marital status	
7.1	Married	8(80)
7.2	Unmarried	2(20)

Table 1 Depicts that majority of the participants 7(70) were male. Majority of the staff nurses 5 (50) belonged to the age group of 20-25.7(70) of the participants belonged to the Educational Qualifications were GNM and 6(60) of the study participants were Hindu. Majority of the study participants 7(70) were working in general wards.7(70) of the study participants were having 0-5 years of experience. Majority of the staff nurses 8(80) were married

Themes and sub themes of the study

On mean, participants narrate themselves as frequent nappers, meaning they napped on all of their night shifts whenever circumstances, including staffing levels and the busyness of the unit, allowed for that. The participants’ descriptions of their practices, desires, and perceptions of napping on breaks during night shift spoke to the, complicatedness, dynamic nature, and fluctuations of the critical care environment and to the challenges of remaining keen -eyed during the night shift work period.

Discussion

This study adjoins information on the stress and strains of life outside of work. Some participants felt socially isolated and had to work at conserve family life and social relationships. They admit that personal ideals may be unreachable while working nights.

In summary the findings shown that adverse work schedules increase nurses' fatigue and reduces nurses' safety. To maintain a stable workforce to cope with the increase health care demand, Both employers and nurses are required to work in control to improve the efficiency of services, the safety of nurses and patients, and the overall quality of care in hospitals.

Conclusion

The conclusion was that night duty can negatively influence personal/family life. Strong inference for self-care and in areas of family care exists. In spite sharing knowledge about the impact of night work with one's co-workers is important, the nurses in this study found that there was rarely time for this during work. It was found that, there is lack of any formal guidance and support as related to the problems expressed.

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