Epidemiology

Comparative Study of Shift Work Effects and Injuries Among Nurses Working in Rotating Night Shift & Day Shift in India

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Abstract

Introduction

Labor shift can have an impact on the physical and psychological well-being of the health care worker. The impact can be manifold in developing countries like India, where health sector already suffers due to the poor doctor: nurse: population ratio. This study was conducted to compare the health outcomes and injuries, along with associated risk factors between the nurses working in Rotating Night Shift (RNS) as compared to Day Shift only (DS).

Methods

It was a cross-sectional study conducted from June to November 2016 in a tertiary care hospital of Delhi. It involved 275 nurses working in rotating night shift and 275 nurses from day shift of various departments, selected through simple random sampling. Standard Shift Work Index Questionnaire (SSI) was used as the study instrument, with selected variables (according to objectives of the study). Data were analysed using descriptive statistics, chi-square, t-test and multivariate regression.

Result

The nurses working in rotating night shifts were found to have significantly lower mean scores in job satisfaction (p=0.04), sleep (p<0.001) and psychological well-being (p=0.047) as compared to day shift workers. Working on a contractual basis, rotating night shift and living outside the hospital campus were associated with higher odds of having needle stick injury (NSI).

Discussion

This study revealed some modifiable targets for improving shift work adaptation, e.g sleep, job satisfaction and general health. These can be modified by including appropriate interventions in their training itself, such as behavioural changes for good sleep hygiene, counselling and periodic screening. Prevention of needle stick injuries is the best strategy, but setting up of adequate surveillance mechanism in every hospital is also necessary. Fixed timing and duration of duty hours in case of rotating shifts can also contribute to lesser human errors and better job satisfaction.

Migrant Workers and Occupational Health in Norway: A Profile

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Abstract

Introduction

Norway has since 2006 experienced an increase in migrant workers. Migrant workers are providing a valuable labour force that is contributing to the economy. But, there are several challenges that these workers face with regards to occupational health. We have limited data on migrant workers, and aim to provide a profile of occupational health challenges as they concern these workers.