Mitigating the Health Consequences in Shift Working Nurses

Haley S. Sweet

Abstract

Shift work has been linked to multiple chronic health disorders and reduced quality of life, relating to social dysfunction, insomnia, anxiety, and depression. Additions to the literature have identified factors which mitigate (E.g., personality factors, time away from work, sense of control and ability to recover) and potentiate (E.g., workplace stress, staff conflict and nurse perceptions of fatigue) the health consequences related to shift work by improving shift work tolerance (SWT). This paper identifies interventions to improve SWT on an individual and managerial level. Barriers have been identified to the implementation of interventions including, nursing culture and organizational support.

Keywords: night shift, shift work tolerance, recovery, health risks, interventions, individual, manager, sleep, fatigue.