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Stress of the Health Workers at Night Shift in Al Basrah Teaching Hospital

A research

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

((قَالُوا سُبْحَانَكَ لَا عِلْمَ لَنَا إِلَّا مَا عَلَّمْتَنَا إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ))

صدق الله العلي العظيم

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الاهداء

اهدي هذا البحث الى من ساندتني في صلاتها و دعائها الى من سهرت الليالي تنير دربي الى من تشاركني افراحي ومأساتي الى نبع الحنان و العطف الى اجمل ابتسامة في حياتي.

الى ارواح امراءة في الوجود : امي الغالية

الى من علمني ان الدنيا كفاح وسلاحها العلم والمعرفة الى الذي لم يبخل علي بأي شيء الى من سعى لأجل راحتني ونجاحي الى ابي العزيز .

الى الذي ظفرت بهم هدية من الاقدار اخوتي الاحباء واخواتي العزيزات و اقدم اهداء خاص الى براعم العائلة والى كل طالب علم يسعى لكسب المعرفة والى كل الطلبة المشاركين في

البحث.

الى كل هؤلاء نهدي بحثنا.

Supervisor's support

I certify that this project of research

" Stress of the Health Workers at Night Shift in Al Basrah Teaching Hospital "

Was prepared under my supervision at the college of nursing,

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Prof Dr. Abdulameer Abdullah Almosawi

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Abstract

Background

Work related stress is an undesired factor causing discomfort for healthcare workers. Stressors in work can lead to dissatisfaction and in turn, this may affect patient care adversely.

Objective

The aim of the present study is to assess the stress that occurs in the night shift healthcare workers and find strategies in order to cope with negative consequences.

Methods

This cross-sectional study was conducted from November 2021 to the beginning of April 2022 in the wards of Al Basrah teaching hospital. This study involved 50 sample (35 males, 15 females) working at the night shift, the data was collected using a questionnaire and then data were statistically analyzed.

Results

This study reach to: the majority of health workers suffer from stress during night shift ,their percentage was (76%) as well as the stress increases with increasing age and the amount of monthly income.

Conclusion

The common cause of stress at night shift according to the opinions of participants in our study is workload and also the participants agree with the fact that stress at night shift affects work performance.

Keywords

Sress , night shift , health workers.

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Chapter one

Introduction

1.1 introduction

Stress is a part of daily life. It is a psychological state or the process that occurs when a person is faced with an event he perceives as threatening to his physical and psychological welfare. It stems from interactions with one's environment and inconsistencies between the pressures of a situation and one's resources.^{[1][2]}

Stress has become significantly important in occupational health with globalization, promotion of competition, increased movement between nations, and changing employment relationships. Moreover, it has been identified as a major cause of economic loss throughout the world.^[3]

Health workers are continually exposed to stress because of the sensitive nature of their profession. Health workers in parts of a hospital are regular, sympathetic, and interested people when they enter their profession; after a few years of working and facing a lot of occupational stress, they become fatigued and tend to withdraw from their work.^[4]

Night-shift working is the work time stretching out to all or part of the night, which can be ceaseless to involve all days of the week or intermittent that can be varied by the number of working nights/week or month ^[5].

Night-shift working is common among healthcare workers and the nighttime activities requested by shift work schedules in hospitals cause disruptions of the normal sleep-wake cycle, exposure to artificial light at night , occupational and psychosocial stress ^[6].

Many studies have analyzed the impact of night shift work on the physical health of workers. In particular, some authors identified a maladaptation syndrome related to shift work, characterized by impaired sleeping/waking gastrointestinal disorders, and an increased risk of cardiovascular diseases. Recently, a syndrome called "shift work

disorder” has been identified by the presence of the following symptoms: alteration of circadian rhythm of sleep/wake, insomnia, excessive day sleepiness, and fatigue.^{[7][8][9]}

There are Some techniques to manage the stress such as :

Relax in any situation, taking break from the work, do proper diet and exercise, gaining control over the work, negotiating home responsibilities, manage the time perfectly, listening to music, make better decisions during crises and conflict, Adaptability to change, bring stress energy under control, team productivity, turn negative feelings in positive feelings,Self-confidence,increase self-awareness.^[10]

1.2 Importance of the study

This study aims to assess the stress that occurs to the healthcare workers during the night shift in Al Basrah Teaching Hospital.

1.3 Statement of the problem

Stress of the health workers at night shift inAl Basrah Teaching Hospital.

1.4 Objective of the study

To assess the stress during the night shift.

1.5 Definition of terms

Stress , health workers , nightshift.

Stress : - Stress is described as a sense of being overwhelmed, worry, destruction, press, exhaustion, and lethargy. Therefore, stress can

influence people in every age, sex, race, and situation and can result in both physical and psychological health.^[11]

Health workers :- A healthcare worker is one who delivers care and services to the sick and ill people either directly as doctors and nurses or indirectly as aides, helpers, laboratory technicians, or even medical waste handlers.^[12]

Nightshift: - Night shift term defined as work performed after 6pm and before 6am the next day^[13].

Chapter two

Literature review

Previous studies

In Jordan 2008, a descriptive exploratory study was conducted to describe the effect of night shift on Jordanian nurses at critical care units. A convenience sample of Jordanian nurses working at six critical care units in a teaching hospital (N=100) were studied using a structured questionnaire that describe the effect of night shift among nurses working in critical care units. The findings showed that female nurses had a significant difference on sufficient sleep, and interpersonal conflicts. In addition, the results indicated that nurses experience health problem and their work performance affected by the night shift. The study findings indicated that night shift affect critical care nurses well being. Consequently, this study emphasizes and urges the need to design proper nursing manager interventions that help nurses to improve nursing care quality.^[14]

In Iran 2012, a qualitative study conducted by researchers in different specialties aimed to describe the novice nurses' perception of working night shifts. This study carried out on 20 novice nurses working in two university hospitals of Jahrom, Iran. The study data were collected through focus group interviews. All the interviews were recorded, transcribed, and analyzed using constant comparative analysis and qualitative content analysis. The results of the study revealed five major themes of value system, physical and psychological problems, social relationships, organizational problems, and appropriate opportunity.^[15]

In Iraq 2013, A descriptive study conducted by Rami Ramadhan aimed to assess the effect of night shift on nurses in intensive care units at some hospitals of Nineveh governorate. This study was conducted at five

hospitals, which are Al-Salam hospital, Al-jumhory hospital, Ibn-Sena hospital, Al-hamdania hospital, and General Mosul hospital, (50) male and female nurses were chosen, A constructed questionnaire was used to collect the data from the 1st January 2013 to 1st March 2013. Data were analyze by using descriptive and inferential statistical. The results of the study showed that there are significant relationship between the working at night shift and exposure of the nurses to some problems such as sleep disorders (32%), muscle strain (64%), persistent tiredness (32%), and exposure to needle stick injury (30%).^[16]

In Tehran 2014, a cross-sectional study conducted by researchers in different specialties aimed to investigate the outbreak of shift work-related disorders and the relationship between shift work and job satisfaction in order to help identify potential strategies for improving the quality of life of shift-working nurses of Ilam University's subsidiary hospitals. The study carried out on 84 shift-working nurses at three hospitals were randomly selected. The Survey of Shift worker (SOS) questionnaire was used as the major study tool. The nurses' demographic and work condition data were collected using a research-made questionnaire. Chi-square test was used for inferential analysis of the data. The results was Psychological disorder (96.4%) was found to be the most prevalent shift work-related problem followed by social life (84.5%) and digestive problems (81%), respectively.^[17]

In France 2015, a study conducted by Ghislaine Tirilly aimed to describe night shift resting and napping strategies and to examine their beneficial effects on sleepiness and quality of work. The study was carried out with 16 nurses working in an intensive care unit. The results showed that the number of rests and naps depended on the job demands. Resting

and napping lowered the levels of sleepiness at the end of the shift. There was no direct relationship between sleepiness and the quality of work score. Discussions about the choice of indicators for the quality of work are necessary.^[18]

In Egypt 2017, a study conducted at Sohag university by Thorea Mohammed aimed to assess the impact of night shift work on health status of nurses. This study carried out on 44 staff nurses working in Sohag university hospital. The results was both intensive care unit (ICU) unit and Emergent outpatient department (EOPD) all of the study sample were females, (72.7%), aged less than 30 year, and (59.1%) had less than 10 years of experience. About (81.8%) at ICU and (90.9%) at EOPD were not enough sleep after night shift. More than two third at ICU and EOPD there is workload at the night shift. And (54.6%) at ICU and (77.3%) at EOPD the night shift were high effect on their behavior and mood. Also about (87.5%) at ICU and all nurses at EOPD agreed night shift increase conflict in their family. Lastly (40.9%) at ICU and (68.2%) at EOPD mentioned the night shift work affects their health.^[19]

In India 2017, a study conducted by Yashodhan Mahajan, aimed to find out the effectiveness of stress in night shift worker in private Hospital. The study carried out on 60 health workers whose working at the night shift The results was 73% of employees agree upon the fact that the night shift effect on stress level as compare to morning and evening shift.^[10]

Chapter three

Methodology

Methodology:

This chapter presents the research design used in this study, the design of the study, the instrument of the study, the setting of the study, a sample of the study, and statistical analysis.

3.1 Design of the study

A cross-sectional study has been carried to assess the stress on the health workers at night shift in Al Basrah teaching hospital from the period of beginning of November 2021 to the beginning of April 2022. The sample was collected using a questionnaire by interviewing randomly in the wards of Al Basrah teaching hospital.

3.2 The instrument of the study:

We adopted an assessment tool to assess the stress on the health workers at night shift in Al-Basrah teaching hospital. A questionnaire was made to study the stress that faced by them after reviewing several research studies ^[10]After completing, the questionnaire was distributed and presented to a panel of experts .The data was collected through interviewing with health workers on the subject of the study. Research Study Tool (Questionnaire): The questionnaire consists of:

Part 1: The first section is the socio-demographic characteristics sheet consisting of (8) items: age, gender, education level, residence, place of work ,social status, years of experience and Monthly income.

In the second part, there were some questions to assess the stress on the health workers at night shift .All health workers answered about (12) question through interviewing that included the times of night shift, if they faced stress while night shift ,if the health workers have(family problem, health problem, work pressure, children education ,or other

problems),if they feel the rest is enough for them or not ,if the health institution provided them with any facilitates to relieve stress during night shift ,if the night shift effect on the efficiency of health care services ,if there is cooperation between staff in the workplace during night shift ,if the working in the night shift affect social relationships, if they are satisfied with working in the night shift ,numbers of sleep hours ,if the health workers think that the salary is fit for them effort and work ,and if the health institution provided them with food meal.

3.3 setting of the study:

This study take place at Al Basrah teaching hospital from the beginning of November 2021 to the beginning of April 2022 carried out on the health workers who working at night shift.

3.4 the sample of the study:

The study involved(50 sample of 35 males and 15 females) health workers in AL-Basrah teaching hospital at night shift. A simple random sampling method was used when selecting the sample to be used for the purpose of collecting data.

3-5 statistical data analysis

For data analysis:

data were analyzed using SPSS version 26 (statistical package for social sciences), and the data is expressed in (frequency and percentage). The mean score and significance were used to assess the correlation between the different variables.

Chapter Four

Results

Results:

This chapter deals with analysis of data through statistical procedure.

Table (4.1): social demographic characteristics

	frequent	percentage
Age:		
20-30 years	23	46%
≥31years	27	54%
Gender:		
Male	35	70%
Female	15	30%
Education level:		
Nursing school	17	34%
deploma	21	42%
bachelor	12	24%
Place work:		
emergency	12	24%
surgical department	16	32%
medicine	8	16%
operation	8	16%
intensive care unit	6	12%
Years of experience:		
Less than 5 years	11	22%
5-10years	11	22%
More than 10 years	28	56%
Monthly income level:		
Less than 500000	2	4%
500000-1million	35	70%
More than 1million	13	26%
Place of resident :		
Center of the city	44	88%
countryside	6	12%
Social status:		
married	39	78%
single	11	22%

According to this table the majority of the participants above 30 years old.70% of the participants were males. Most of the participants' education level were Diploma.24% of them were working in the emergency department,32% in the surgical department,16% in the Medicine department,12%in the intensive care unit and 16% in the Operation department. Majority of the participants there monthly income were (500,000 -1000,000).80% of them living in the city center and majority of them were married.

Table (4.2):Frequency of study sample according to stress:

	frequency	percent
No stress	12	24%
Stress	38	76%
total	50	100%

According to this table the majority of health workers suffer from stress at night shift.

Table (4.3):The relationship between demogragraphic characteristics and stress

		Mean(binned)		total	value
		No stress	stress		
age	20-30years	7	16	23	0.508
	≥31 years	5	22	27	
Gender	Male	5	30	35	0.027
	Female	7	8	15	

Education level	Nursing school	4	13	17	0.742
	Diploma	6	15	21	
	Bachelor	2	10	12	
Place work	Emergency	1	11	12	0.064
	Surgical department	4	12	6	
	Medicine	1	7	8	
	Operation	5	3	8	
	ICU	1	5	6	
Years of experience	Less than 5 years	4	7	11	0.457
	5-10 years	3	8	11	
	More than 10 years	5	23	28	
Monthly income	Less than 500,000	2	0	2	0.004
	500,000 – 1000,000	10	25	35	
	More than 1000,000	0	13	13	
residence	City center	11	33	44	0.553
	Countryside	1	5	6	
Social condition	Married	7	32	39	0.037
	Single	5	6	11	

As detailed in this table (16 from 23) of health workers whose their age 20-30 years suffer from stress, and the health workers whom aged more than 31 years also suffer from stress. Also This table shows that the males of the health workers suffer from stress more than females.(13 from 17) of the health workers of nursing school suffer from stress, (15 from 21) of health workers with diploma degree also suffer from stress, (10 from 12) of the health workers with Bachelors suffer from stress at night shift.(11 from 12) of the health workers whose working at the

emergency department suffer from stress, (12 from 16) of the health workers whose working at the surgical department suffer from stress, (7 from 8) of the health workers whose working at the Medicine department suffer from stress, and only (3 from 8) of the health workers whose working at the Operation department suffer from stress, (5 from 6 of the health workers whose working at the ICU also suffer from stress.(7 from 11) of the health workers with less than 5 years of experience suffer from stress, (8 from 11) of the health workers with 5-10 years of experience suffer from stress and (23 from 28) of the health workers with more than 10 years suffer from stress. Health workers whose their monthly income less than 500,000 don't suffer from stress, and (25 from 35)of others whose their monthly income 500,000 -1000,000 suffer from stress and all the health workers whose their monthly income more than 1000,000 suffer from stress.(33 from 44) of the health workers whose living at the city center suffer from stress and (5 from 6) of the health workers whose living at the Countryside suffer from stress.(32 from 39)of the health workers who are married suffer from stress and (6 from 5) of the health workers also suffer from stress.

Table (4.4) questions to assess the stress at the night shift:

Q1/ how often do you work in the night shift ?	Frequency	Percent
Less than week	13	26%
7-10 days	4	8%
More than 10 days	33	66%

Q2/did you feel stress during night shift ?		
No	17	34%
To some extent	9	18%
yes	24	48%
Q3/did your organization provided you with facilities to relieve stress in the night shift ?		
Yes	10	20%
For some extent	13	26%
no	27	54%
Q4/did you take enough rest at night shift?		
often	10	20%
sometime	8	16%
never	32	64%

Q5/does the stress at night shift affect the efficiency of health services ?		
Yes	22	44%
For some extent	14	28%
no	14	28%
Q6/is there cooperation between health staff in the workplace during night ?		
Yes	40	80%
For some extent	10	20%
no	0	0%
Q7/does work in the night shift effect on social relationships?		
Yes	19	38%
For some extent	9	18%
no	22	44%

Q8/are you satisfied on the night shift work?		
Yes	17	34%
For some extent	24	48%
no	9	18%
Q9/how many hours do you sleep?		
Less than 6 hours	36	72%
6-8 hours	9	18%
More than 8 hours	5	10%
Q10/do you think that the amount of your salary is equal to the amount of your effort and work?		
Yes	7	14%
For some extent	5	10%
no	38	76%
Q11/ does your health institution provide with food meal?		

Yes	3	6%
no	47	94%

According to this table 66% of the participants working more than 10 days at night shift in the month, most of them feel stressed during night shift. 54% of them declared that their organization does not provide them with facilities to relieve stress in the night shift .64% of them think that they do not take enough rest at night shift. 44% of the participants think that stress at night shift affects the efficiency of health services. 80% of the participants told that there is a cooperation between the staff in the work place at night .44% of the participants don't think that working at the night shift affect social relationships. 48% of the participants satisfied with working at the night shift to some extent. 72% of them sleeping less than 6 hours and 76% of them think that their salary does not fit with their submitted effort and hard work. 94% of the participants told that their health institutions don't provide them with a food meals.

Chapter five

Discussion

Discussion

In the healthcare system, shift work is considered necessary and indispensable to ensure continuity of care in hospitals and residential facilities. Rotating and scheduling are the main characteristics of shift work and health workers are largely locked into schedules that provide 24-hour care and include night shift work.^[20]

The night shift is one of the most frequent reasons for the disruption of circadian rhythms, causing significant alterations of sleep and biological functions that can affect physical and psychological well-being and negatively impact work performance.^[21]

In this study table (4.4), 48% of the participants feel stressed during night shift and this come in agreement with the study conducted by Rami Ramadhan (2013) wich show that 50% of the participants experience stress during night shift^[16].54% of the participants showed that the health organization don't provide them with facilities to relieve stress in the night which this disagree with the study conducted by Yashodhan Mahajan (2017) wich show that 80% of the participants received facilities to reduce their stress^[10].64% of the participants don't take enough rest at night shift and this come in agreement with the study conducted by Ghislaine Tirilly (2015) wich show that 54% of the participants don't take rest at night shift^[18].34% of the participants satisfied with working at the night shift and 43% of them are satisfied to an extent and this disagree with the study conducted by Saber Moradi and Zahra Farahnaki (2013) which show that 72% of the participants are not satisfied with working at the night shift^[17].72% of the participants showed that they sleep less than 6 hours at night shift and this come in agreement with the study conducted by Thorea Mohammed (2017) wich show that 77% of the health workers sleep less than 6 hours at night shift.^[19]

Chapter six

Conclusions and Recommendations

Conclusion

1-Our current study showed that the majority of healthcare workers experience stress while working the night shift .

2-Most of the participants are satisfied with working the night shift but the majority of them think that the amount of their monthly income does not fit with the amount of the submitted effort and hard work.

3-Majority of the participants suffer from sleep deprivation and that results in the disruption of circadian rhythms and natural sleep cycle which will lead to fatigue and decrease cognitive performance.

4-Majority of the participants don't have enough reset during the night shift and they also disagree with the fact that health institutions provide facilities to relieve stress at night shift .

5-Most health workers disagree with the fact that working the night shift affects social relationships.

6-Most health workers think that stress at night shifts affect the work performance.

Recommendations

1-Reducing night shift hours by providing alternatives of the same staff.

2-Increasing the number of health workers at night shift.

3-Provide financing incentives and food meals for the health workers at night shifts.

4-Encourage the health workers to pay attention to sleep strategies such as taking enough naps on break or after eating.

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Appendices

Appendix 1

Characteristics	category
Age	20-30
	≥30
Gender:	Male
	Female
Education level:	Nursing school
	diploma
	bachelor
Place work:	emergency
	surgical department
	medicine
	operation
	intensive care unit
Years of experience:	Less than 5 years

	5-10years
	More than 10 years
Monthly income level:	Less than 500000
	500000-1million
	More than 1million
Place of resident :	Center of the city
	countryside
Social condition:	married
	single

Q1/how often do you work in the night shift?

-Less than week 7-10 days more than 10 days

Q2/did you feel stress during night shift?

Yes no little

Q3/if the answer of above question is yes then what is the reason ?

Family problem health problem workload child
educational .

Q4/ did your organization provide you with facilities to relieve your stress in the night shift?

Often sometimes never

Q5/did you feel that the rest is enough for you?

Yes no little

Q6/does the night shift affect the efficiency of health services?

Yes no little

Q7/is there cooperation between health staff in the work place during night shift?

Yes no little

Q8/dose working in the night shift affect on social relationships?

Yes no little

Q9/are you satisfied on the night shift work ?

Yes no little

Q10/how many hours do you sleep?

Less than 6 hours 6-8 hours more than 8 hours

Q11/do you think that the amount of your salary is equal to the amount of your effort and work ?

Yes no little

Q12/does your health institution provide you with food meal?

Yes no sometimes

Appendix 2

الخبراء الذين تم عرض الاستبيان عليهم

ت	الاسم	اللقب العلمي	الشهادة والاختصاص	مكان العمل
١	سميرة محمد ابراهيم	استاذ	دكتوراه طب مجتمع	كلية التمريض جامعة البصرة
٢	سجاد سالم عيسى	استاذ	بور د طب اسرة	كلية التمريض جامعة البصرة
٣	سندس باقر	استاذ مساعد	دكتوراه تمريض نسائية	كلية التمريض جامعة البصرة
٤	افكار فاضل	مدرس	ماجستير تمريض صحة نفسية وعقلية	كلية التمريض جامعة البصرة
٥	دعاء محمد باجي	مدرس مساعد	ماجستير صحة نفسية وعقلية	كلية التمريض جامعة البصرة

Appendix 3

العدد: ٩٤٤
التاريخ: ٢٠٢١/١٢/٢٠

جمهورية العراق
وزارة الصحة
دائرة صحة البصرة
مكتب المدير العام
مركز التدريب والتنمية البشرية
شعبة ادارة المعرفة/البحوث

الى / م. البصرة التعليمي

م/ تسهيل مهمة

عقدت لجنة البحوث في دائرة صحة البصرة اجتماعها في يوم ٢٠٢١/١٢/٢٠ وتم دراسة مشروع البحث ذي الرقم (٢٠٢١/ ١٣٣) المعنون:
الجهد الذي تتعرض له الكوادر الضحية في المناوبه الليلية في مستشفى البصرة التعليمي والمقدم من الباحثات(فواطم عبد الله - زهراء جواد كاظم -نورا رمضان خلف) دراسات اولية -كلية التمريض - جامعة البصرة
بتاريخ ٢٠٢١/١٢/٢٠ وقررت:

"الموافقة على تنفيذ مشروع البحث بصيغته المقدمة ولامانع من تنفيذه في مؤسسات الدائرة."

لتفضلكم بالاطلاع وتسهيل مهمة الباحث لا جراء بحثه مع التقدير....

المرفقات:
قرار لجنة البحوث الرقم ١٣٣ / ٢٠٢١

الطبيبة الاختصاص
د. علي كاظم الكبيسي

الطبيبة الاختصاص
د. رجاء احمد محمود
مديرة مركز التدريب والتنمية البشرية
٢٠٢١/١٢/٢٠

نسخة منه الى:
مركز التدريب والتنمية البشرية لبع الاوليات



وزارة الصحة
دائرة صحة البصرة
مركز التدريب والتنمية البشرية
لجنة البحوث



رقم القرار ٢٠٢١/١٣٣
تاريخ القرار ٢٠٢١/١٢/٢٠

قرار لجنة البحوث

درست لجنة البحوث في دائرة صحة البصرة مشروع البحث ذي الرقم (٥٠٣) المعنون: ^{البصرة} (الجهد الذي تتعرض له الكوادر الصحية في المناوبه الليلية في مستشفى الكدير التعليمي) والمقدم من الباحثات (فواطم عبد الله - زهراء جواد كاظم - نورا رمضان خلف) دراسات اولية - كلية التمريض - جامعة البصرة بتاريخ ٢٠٢١/١٢/٢٠ وقررت:

"الموافقة على تنفيذ مشروع البحث بصيغته المقدمة ولأمانع من تنفيذه في مؤسسات الدائرة."

د. علي كاظم قاسم
الطبيب الاختصاص
مقرر لجنة البحوث / دائرة صحة البصرة
٢٠٢١ / ١٢ / ٢٠



المرفقات :

لا يوجد

الملاحظات:

- تم تحويل رئيس لجنة البحوث او مقرر اللجنة للتوقيع على هذا القرار استنادا الى النظام الداخلي للجنة البحوث .
- الموافقة تعني ان مشروع البحث قد استوفى المعايير الأخلاقية والعلمية لإجراء بحث والمعتمدة في وزارة الصحة. اما التنفيذ فيعتمد على التزام الباحث بتعليمات المؤسسة الصحية التي سينفذ فيها البحث. وعلى الباحث التواصل مع مسئول البحوث في المؤسسة الصحية التي يجرى بها البحث واطلاعه على مجربات البحث بشكل دوري ولحين انتهاء البحث.

الخلاصة

مقدمة: الإجهاد المرتبط بالعمل هو عامل غير مرغوب فيه و يسبب عدم الراحة للعاملين في مجال الرعاية الصحية. وان الضغوطات في العمل يمكن أن تؤدي إلى عدم الرضا وهذا بدوره قد يؤثر سلبا على رعاية المريض.

الأهداف: الهدف من هذه الدراسة هو تقييم الإجهاد الذي يحدث لدى العاملين في المناوبة الليلية.

الطريقة: أجريت هذه الدراسة المقطعية من تشرين الثاني ٢٠٢١ إلى بداية نيسان ٢٠٢٢ في ردهات مستشفى البصرة التعليمي. اشتملت هذه الدراسة على 50 عينة (35 ذكر ، 15 أنثى) يعملون في المناوبة الليلية ، تم جمع البيانات باستخدام استبيان ثم تم تحليل البيانات إحصائياً.

النتائج: توصلت هذه الدراسة إلى: أن غالبية العاملين الصحيين يعانون من الإجهاد أثناء المناوبة الليلية وكانت نسبتهم (76%) بالإضافة إلى أن الإجهاد يزداد مع تقدم العمر ومقدار الدخل الشهري.

الملخص: السبب الشائع للإجهاد في المناوبة الليلية وفقاً لآراء المشاركين في دراستنا هو عبء العمل ، كما يتفق المشاركون مع حقيقة أن الإجهاد في النوبة الليلية يؤثر على أداء العمل.



جامعة البصرة
كلية التمريض

الجهد الذي تتعرض له الكوادر الصحية في المناوبة الليلية في مستشفى البصرة التعليمي

دراسة مقدمة الى
مجلس كلية التمريض كجزء من متطلبات الحصول على شهاده البكالوريوس في
علوم التمريض

من قبل الطالبات

فواطم عبدالله عبدالصمد
زهراء جواد كاظم
نورة رمضان خلف

المرحلة الرابعة ٢٠٢١-٢٠٢٢

بإشراف الاستاذ الدكتور
عبدالامير عبدالله الموسوي