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A Study to Assess the Knowledge and Attitude on ill Health of Night Shift Nurses Working at a Selected Health Facility, Bangalore

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Abstract

Introduction:

Nursing is the heartbeat of health care and Nurses have been called “Angels in comfortable shoes”. Over the years, the nursing field has grown in scope and complexity as well as size, and nurses now make up the largest workforce within the healthcare industry, as the field grows to 0.9 million nurses only in India.^{3,4} Nurses as a health care provider work hours of the day. For most nurses changes that are inherent to night shifts are unwelcome imposition on a normal life, yet one they have no control over, leading to physical health problems that effects the life of an individual.⁵Nurses are obliged to work during the day and during the night to cater for the needs of sick people. While Intensive care nurses were vulnerable to a stressful environment because of the complex nature of patient’s health problems that requiring an extensive use of very sophisticated technology.⁷if a patient is unconscious, nurses will try to turn him every two hours or so to prevent him from getting bed sores. Nurses often work 12 hours shifts, the amount of lifting in one shift adds up a lot, and the job could be very hard to manage physically.⁸Night shift nurses are responsible for patient care with little support in a difficult working environment under conditions of fatigue and other hardships directly related to working at night.⁹ Nurses, irrespective of their shift, are under constant stress from staff shortages, aging workforce, more complex patient needs, continued technological progress and exponential advances in knowledge.¹⁰

Background: Night shift nurses are responsible for patient care with little support in a difficult working environment under conditions of fatigue and other hardships directly related to working at night.Intensive care nurses were more vulnerable to a stressful environment because of the complex nature of patient’s health problems.

Objectives:

1. To assess the knowledge and attitude scores on ill health of night-shift Nurses.
2. To determine the association between knowledge and attitude scores of ill health with selected demographic variables of the subjects.
3. To find the correlation between knowledge and attitude scores of ill health among subjects.

Method: Descriptivedesignwithcross-sectionalapproachwasusedforthisstudyto assessthe knowledge and attitude on ill health, of night shift nurses. Purposivesampling wasusedto collectdatafrom60ICUnurses.Data wascollectedfortheperiodof15days. Structured questionnaire and attitude scaleswereusedastoolstoassessthe knowledge and attitude on ill health. Thedataobtainedwereanalyzedin terms ofobjectives and itwas calculated and tabulated. Results:knowledge level of respondents on ill health of night shift 28.30% had inadequate knowledge, 46.70%had moderate knowledge and 25.05% of nurses had adequate knowledge regarding ill health of night shift.

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1 | INTRODUCTION

Nursing is the heartbeat of health care and nurses have been called “Angels in comfortable shoes”. Nurses now make up the largest workforce within the healthcare industry, as the field grows to 0.9 million nurses only in India¹. Nurses as a health care provider work hours of the day and night shift leading to physical health problems that effects the life of an individual². Nurses are the Continuous service personnel on twenty-four hour basis for the provision of Health. Health workers, especially nurses are subject to a variety of health problems, therefore they are susceptible to all health problems³. Critical area such as an ICU, is the factors causing health problems³. Night shift nurses are more likely to experience headaches, muscle pain, back ache, varicose veins, respiratory infections, general malaise, cardiovascular and digestive disorders⁴.

OBJECTIVES

1. To assess the knowledge and attitude scores on ill health of night-shift Nurses.
2. To determine the association between knowledge and attitude scores of ill health with selected demographic variables of the subjects.
3. To find the correlation between knowledge and attitude scores of ill health among subjects.

HYPOTHESIS

H₁: There will be significant relationship in the knowledge scores on ill health with demographic variables of the subjects.

H₂: There will be significant relationship in the attitude scores on ill health with demographic variables of the subjects.

REVIEW OF LITERATURE

Based on the objective of the present study, the review of literature has been categorized and organized into:

Review of literature related to Muscle ache: Study was conducted on 80 ICU nurses at two hospitals, of 73 respondents; data from 62 shift workers (women) were analyzed. Data on self-rated pain in multiple sites (neck, shoulder, arm, leg and low back), were collected. Pain at all sites, with the exception of low

back pain, differed significantly among the nurses⁵.

Review of literature related to Back pain: Studies have shown that low back pain is common and accounts for a large number of reported disabilities among nurses who also happen to have one of the highest levels of back injury in all occupation groups. A structured questionnaire was the tool of data collection. A total of 80 nurses participated in the study. The prevalence rate of 78.1% is high and efforts should be made by the nurses on how to reduce the prevalence rate.⁶

Review of literature related to Headache: Study was conducted to identifying the effects of night shift duty on the health and well-being of nurses. The response rate was 79.3% with a total of 211 (68.1%) having one or more health complaints, which included frequent headaches (21.9%), lack of concentration (21.3%) and a negative effect on social life (66.1%). The shorter the period of sleep after the night shift, the lesser the level of productivity and the more the manifestation of health symptoms.⁷

Review of literature related to varicose vein: A cross-sectional study in a sample of 476 nursing staff in the ICU for at least 6 consecutive months on night shift was conducted. The nurses completed self-administered questionnaire on quality of life and another questionnaire on health-related aspects such as sleep, working conditions, and demographic variables. Nurses working on the night shift showed a higher prevalence of appetite disturbance (45.2% vs. 34.4%; $p=0.01$) and varicose veins (46.6% vs. 36.4%; $p=0.008$). The night shift is associated a higher incidence of varicose veins, appetite disturbance and sleep disorders, as well as alterations related to social support, leisure time, and physical and physiological well-being.⁸

Supplementary information The online version of this article ([10.15520/arjmcs.v9i09.375](https://doi.org/10.15520/arjmcs.v9i09.375)) contains supplementary material, which is available to authorized users.

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2 | METHODOLOGY

A descriptive and cross-sectional survey approach was considered. Independent variables (I.V.) Under the Study are ill health of subject and Dependent variables (D.V.) are knowledge and attitude on ill of subjects working in ICU. The Extraneous variables (A.V.) are Age, Gender, Marital status, Qualification, Religion, Present placement, Total Experience in ICU, Frequency of night shift duties, Years of experience of Night shift nurses. Sample size of the present study consists of 60 nurses working in an ICU at selected private hospital, Bangalore. Purposive sampling technique was used to select the sample for the study. The self-administered knowledge questionnaire and 5 point attitude scale was constructed with a total number of 40 items on knowledge and 10 items on Attitude. The Demographic data, Knowledge questionnaire and attitude scale were administered to ICU Nurses. The Time taken to complete the Demographic Data and Questionnaire was 20 minutes.

3 | RESULTS

Table :1 Knowledge Level of Respondents

Aspect	No. of questions	Knowledge score			
		Range	Mean	±SD	Mean %
Muscle Ache	10	0-10	6.1	±4.458	61.00%
Back Pain	10	0-10	4.7	±4.745	47.00%
Headache	10	0-10	6.3	±4.608	63.00%
Varicose Veins	10	0-10	5.73	±4.634	57.30%
Overall	10	0-40	22.83	±18.445	57.08%

4 | DISCUSSION

Knowledge level of respondents on ill health of night shift 28.30% had inadequate knowledge, 46.70%

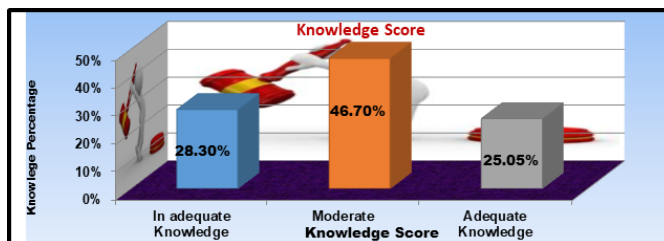


FIGURE 1: Knowledge Level of the Respondents

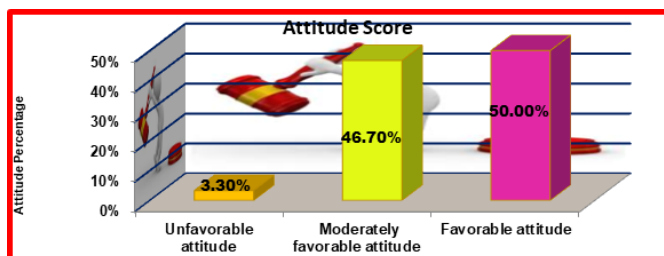


FIGURE 2: Attitude Level of the Respondents

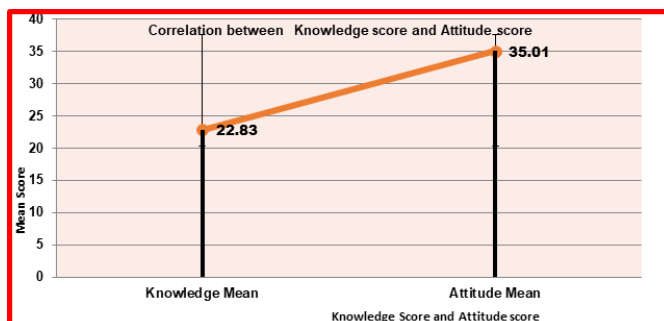


FIGURE 3: Correlation between the Knowledge Score and Attitude Score

had moderate knowledge and 25.05% of nurses had adequate knowledge regarding ill health of night shift.

Attitude level of respondent’s on ill health of night shift 3.3% had Unfavorable attitude, 46.7% had moderately favorable attitude and 50% had favorable attitude towards the ill health of night shift among nurses.

Correlation between the knowledge and attitude scores of Respondents with mean standard deviation there is a Significant, positive, fair correlation between Knowledge score and Attitude score

5 | CONCLUSION

Present study would help the nurses to develop insight into the importance of maintaining the health in their clinical practice. Focus could be on what techniques nurses should follow to prevent ill health of night shift and also to prevent various chronic diseases.

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