Impact Of Stress & Fatigability Of Nurses And Junior Doctors Working In ICU

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Abstract:
Introduction: Healthcare professionals frequently suffer from stress owing to the characteristics and working conditions typically found in hospitals. Pressure at work can be positive leading to increased productivity, but when this becomes excessive, it has a negative impact. Identifying different sources of occupational stress among the nurses through an evidence based mechanism will ensure better healthcare delivery systems. Nurses and junior doctors in the ICUs have to do work in most stressful conditions. Medical errors are most of the time are preventable, amongst them many are due to stress and fatigability of the healthcare workers. So, it is the need of the hour to develop a fatigue management system for better patient care

Aim: To create awareness as to help formulating effective stress management system by HR department of the hospitals of the Guwahati City

Audit Process: Total eighty number of Nurses and forty number of junior doctors working in ICU of Guwahati city, irrespective of age, sex and designation were selected on random sampling method with their consent, personally approached as well as interviewed and requested to fill up the MCQs.

Tools: 1- MCQ questionnaires 2 data’s presented in pie chart

Findings: It was found that every respondent is having some kind of stress in their job, Night duties are more stressful. Attendents misbehavior disturbs them, Seniors behavior should be caring and guiding in nature. There should be job security. Most of the respondent said that junior sisters are most of time blamed without there fault by seniors, even forced to open their mobile phones during off hours and even called after going from duty for explanation of the fault where they were not at fault. Majority are having irritability, insomnia and tensed muscle after prolong standing at work. Few have reported suicidal tendency and taking alcohol to ease out job related tension. Some of them admitted that job related stress had lead them to do mistake in handling patients. No hospitals in Guwahati, having yoga, meditation centres, job enrichment polices. Only sisters from two hospitals are satisfied with good canteen facility

Recommendation: Employees responsibilities Arriving in a fit state to work up to expected shift length, getting rest, good communication with colleague, doing duties responsively and learn to enjoy the work that was assigned.

Employers responsibilities: These are outlined at the end of the study by summarizing their opinion and responses during interview and MCQ responses.

I. INTRODUCTION

Healthcare professionals frequently suffer from stress owing to the characteristics and working conditions typically found in the hospitals. Pressure at work can be positive leading to increased productivity, but when this becomes excessive, it has a negative effect. Identifying different sources of occupational stress among the nurses and junior doctors through an evidenced based mechanism will ensure better healthcare delivery system. In intensive care unit, nurses and junior doctors has to work in most stressful conditions. Medical errors are most of the time preventable, amongst them many are due to stress and fatigability of the healthcare workers.
workers. So, it is the need of the hour to develop a fatigue management system for the patient care.

II. METHODS

Total eighty numbers of nurses & forty number of junior doctors working in different icu of Guwahati city including private and Government hospitals, irrespective of age, sex and designation were selected on random sampling method with their consent. They were personally approached as well as interviewed and requested to fill up the MCQs as well. Data obtained are presented in pie charts.

III. RESULTS

Questionnaire-Mark Yes/No against your response

Part A

Q.1 DO YOU FEEL SOME KIND OF STRESS IN YOUR JOB?

Q.2. WHICH DUTY IS MORE STRESSFUL?

Q.3. DO YOU THINK YOUR SENIOR’S BEHAVIOR DISTURBS YOU MENTALLY?
Q.4. DO YOU THINK ANY KIND OF PATIENT'S ATTENDANT DISTURBS YOU?

Figure 7

Figure 8

PART –B

Q1. DO YOU FEEL IRRITABILITY AFTER DUTY HOURS?

Figure 9

Q2. DO YOU HAVE INSOMNIA?

Figure 10

Figure 11

Q3. DO YOU HAVE SYMPTOMS OF RAPID BREATHING AND PALPITATIONS?

Figure 12

Figure 13
Q.4 DO YOU FEEL TENSED MUSCLES AFTER GOING BACK FROM DUTY HOURS?

Q.5 DO YOU FEEL MUSCULAR TWITCHES?

Q.6 DO YOU FEEL EXCESSIVE WORRY?

Q.7 DO YOU FEEL CHEST PAIN AFTER PROLONG DUTY HOURS?
Q.8. Do you feel dizziness?

![Graph showing dizziness](Figure 22)

Q.9. Do you feel depression from the present job?

![Graph showing depression](Figure 23)

Q.10. Do you feel sadness from any job related cause?

![Graph showing sadness](Figure 26)

Q.11. Do you feel hopelessness?

![Graph showing hopelessness](Figure 27)

Q.12. Do you feel guilt from any job related issue?

![Graph showing guilt](Figure 28)
Q13. DO YOU ATTRIBUTE WEIGHT LOSS OCCURS DUE TO JOB?

Figure 29

Q14. ARE YOU LOOSING INTEREST IN DAILY ACTIVITIES?

Figure 30

Q15. DO YOU FEEL OR HAD SUICIDAL FEELING DUE TO JOB RELATED CAUSE?

Figure 31

Q16. DO YOU FEEL FREQUENT HEADACHE?

Figure 32

Q17. DO YOU FEEL NEGATIVE ATTITUDE TOWARDS JOB?

Figure 33

Figure 34

Figure 35
Q18. DO YOU TAKE ALCOHOL TO EASE OUT JOB TENSION?

Q19. DO YOU FEEL EXCESSIVE STRESS ON JOB LEAD TO DO SOME MISTAKE IN HANDLING PATIENTS?

Q20. DID YOU FEEL HURT BY SENIOR BEHAVIOR?

Q21. IS YOUR SENIORS FORCED TO KEEP OPEN YOUR MOBILE PHONES DURING OFF HOURS?
Q22. IS YOUR IN CHARGE HAVE CARING ATTITUDE EMPHASIZE YOUR PROBLEM?

2. DO YOU HAVE YOGA SESSION?

PART C

1. DO YOU HAVE CRÈCHE?
4. IS THE TERM CONDITIONS OF JOB MENTIONED CLEARLY IN THE APPOINTMENT LETTER?

5. DO YOU HAVE MEDITATION CENTRE?

6. DO YOU HAVE SHORT BREAK IN BETWEEN DUTY?
7. DO YOU HAVE CAFETERIA IN YOUR FLOOR?

8. ANY REWARD FOR GOOD WORK?

9. ANY JOB ENRICHMENT POLICIES IN YOUR HOSPITALS?

10. ANY JOB ENLARGEMENT POLICIES IN YOUR HOSPITALS?
10. ANY PAID VACATION FOR A SHORT PERIOD BESIDES EARNED LEAVE?

12. IS ACTUALLY MANAGEMENT GIVES YOU EARNED LEAVE THOUGH IT IS RULE?

11. DO YOU HAVE GYM CENTRE?
IV. RECOMMENDATIONS

EMPLOYERS RESPONSIBILITY

- Ensuring safe work practices, scheduling sensible levels of overtime.
- Appropriate assessment control and monitoring fatigue related hazards.
- Appropriate and safe work schedule design that allows adequate recovery period during shift and between the shifts.
- Appropriate and safe shift duration.
- Providing information on fatigue.
- Good canteen facility, relaxation practices, job enrichment policies, small get together etc.
- Seniors should be guiding and caring and they should show empathy on their problem.

REFERENCES