

# 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 questionnaire 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. Attendants 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. 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?

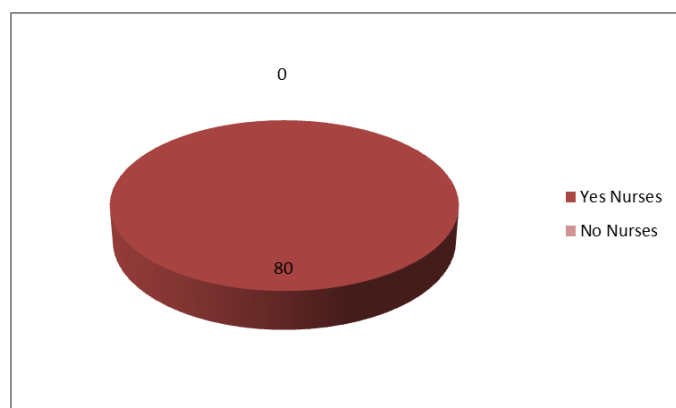


Figure 1

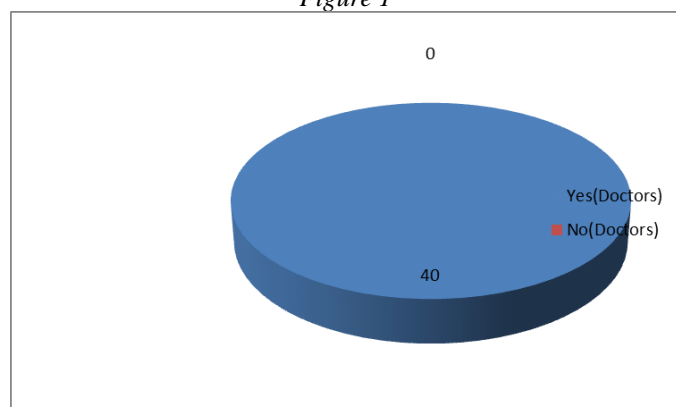


Figure 2

Q.2. WHICH DUTY IS MORE STRESSFUL?

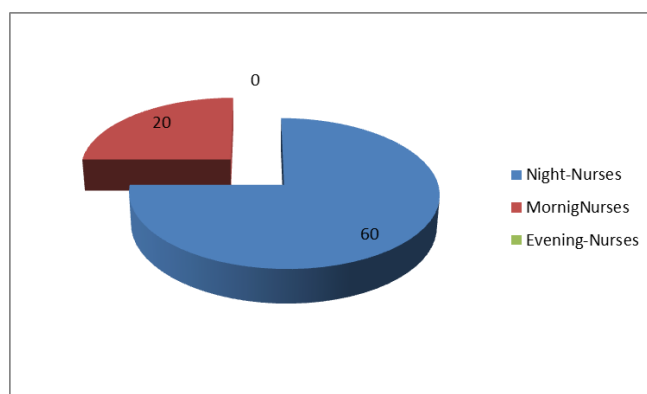


Figure 3

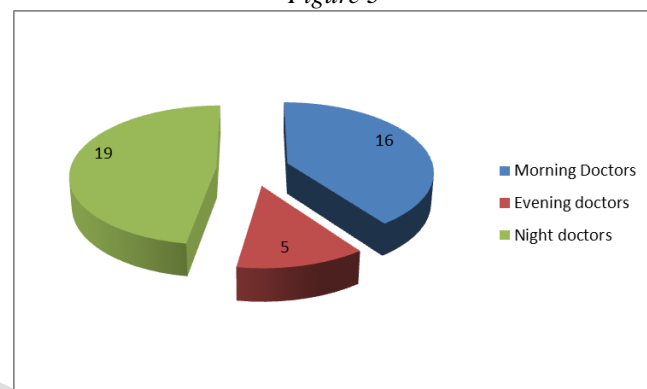


Figure 4

Q.3. DO YOU THINK YOUR SENIOR'S BEHAVIOR DISTURBS YOU MENTALLY?

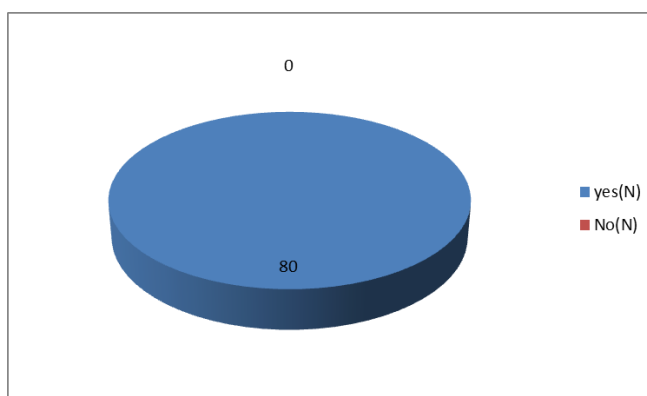


Figure 5

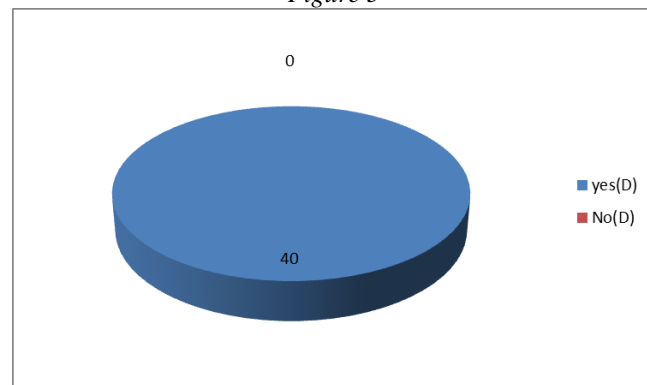


Figure 6

Q.4. DO YOU THINK ANY KIND OF PATIENT'S ATTENDANT DISTURBS YOU?

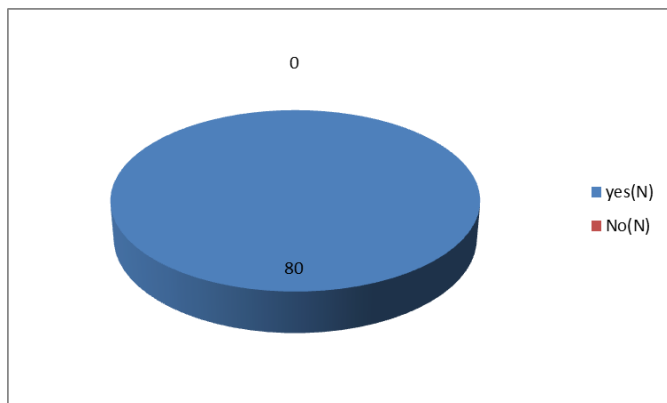


Figure 7

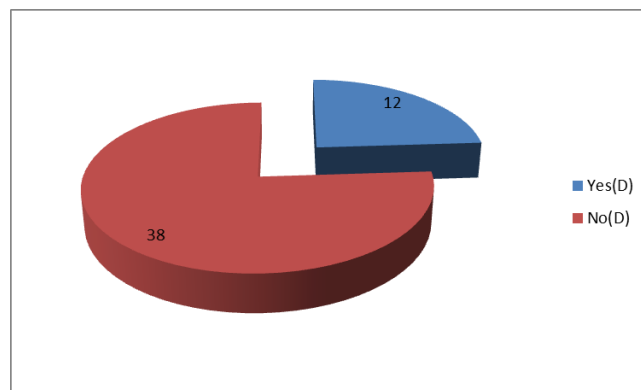


Figure 10

Q2. DO YOU HAVE INSOMNIA?

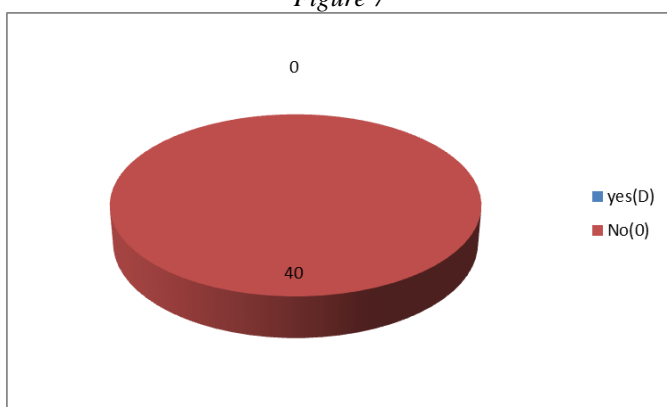


Figure 8

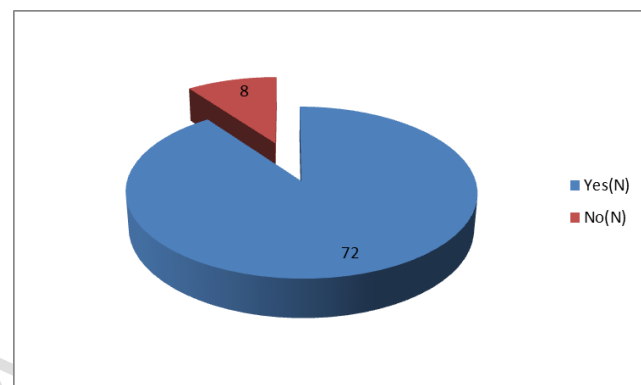


Figure 11

## PART -B

Q1. DO YOU FEEL IRRITABILITY AFTER DUTY HOURS?

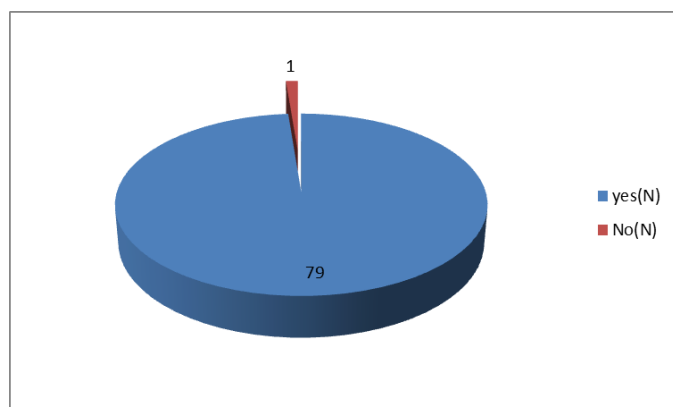


Figure 9

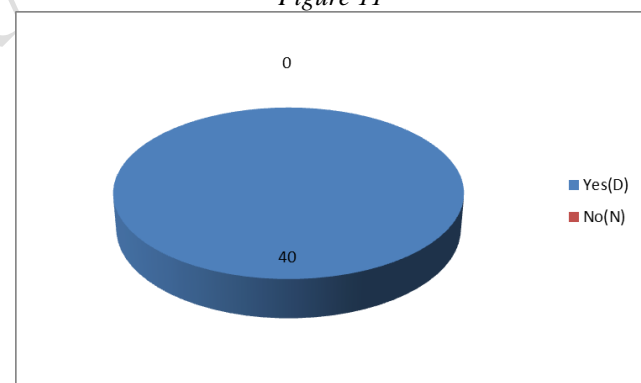


Figure 12

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

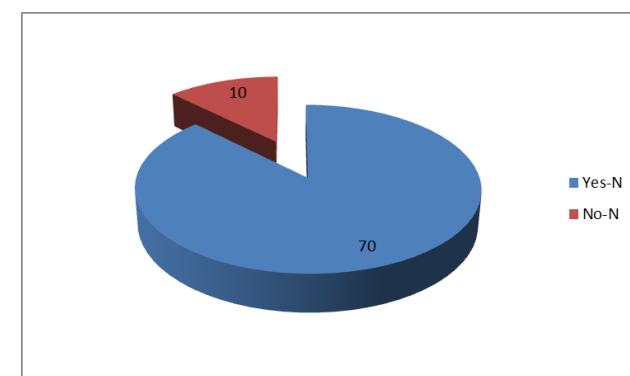


Figure 13

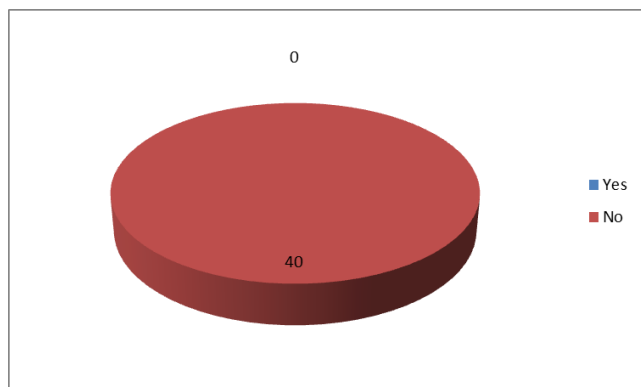


Figure 14

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

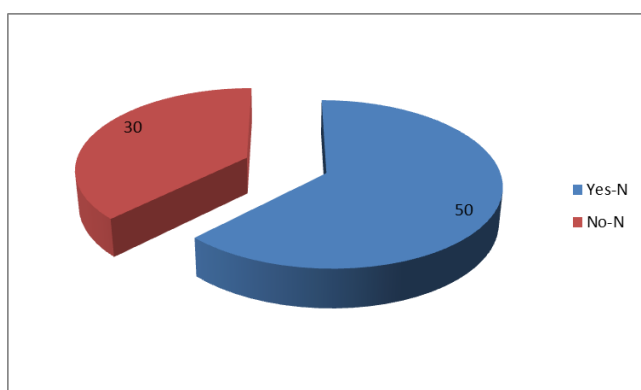


Figure 15

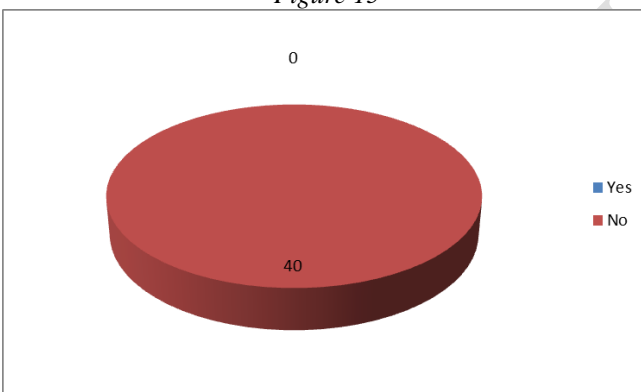


Figure 16

Q.5. DO YOU FEEL MUSCULAR TWITCHES?

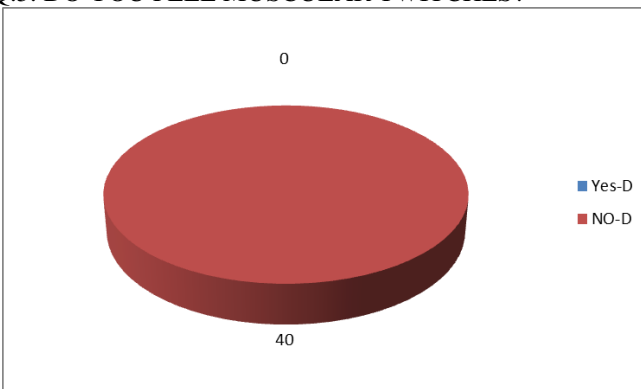


Figure 17

Q.6 DO YOU FEEL EXCESSIVE WORRY?

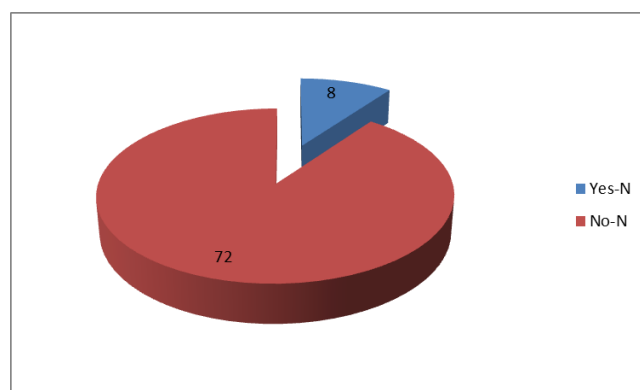


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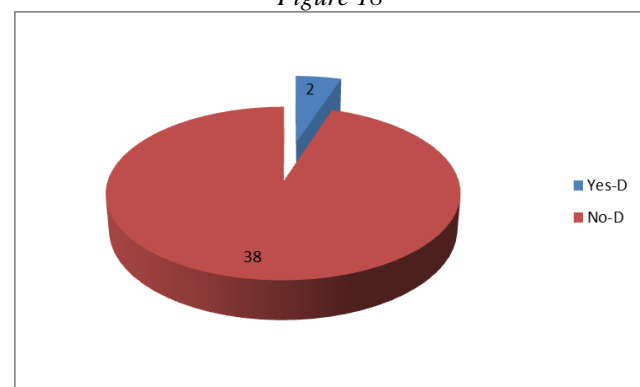


Figure 19

Q.7 DO YOU FEEL CHEST PAIN AFTER PROLONG DUTY HOURS?

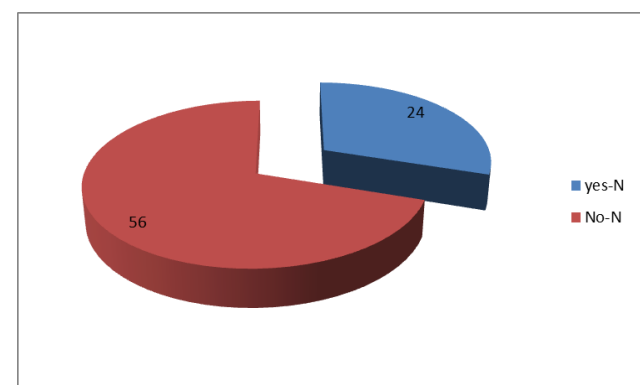


Figure 20

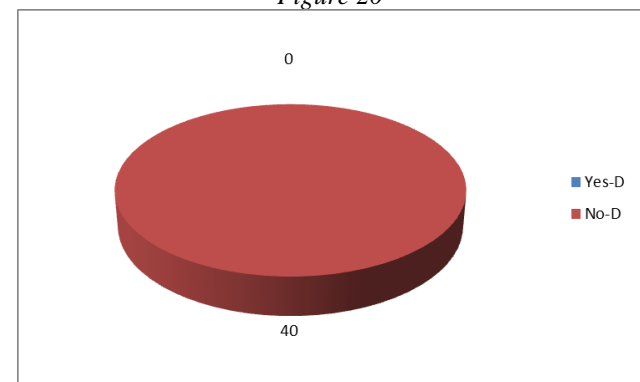


Figure 21

Q.8.Do you feel dizziness?

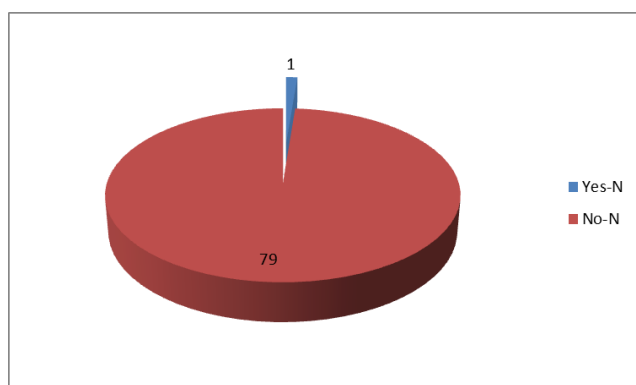


Figure 22

Q10.DO YOU FEEL SADNESS FROM ANY JOB RELATED CAUSE?

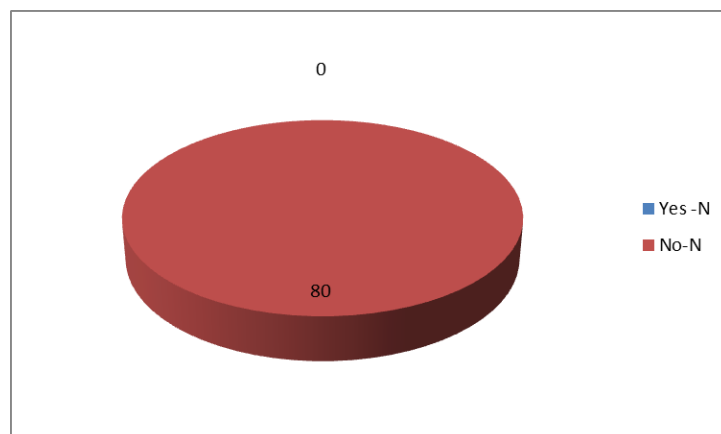


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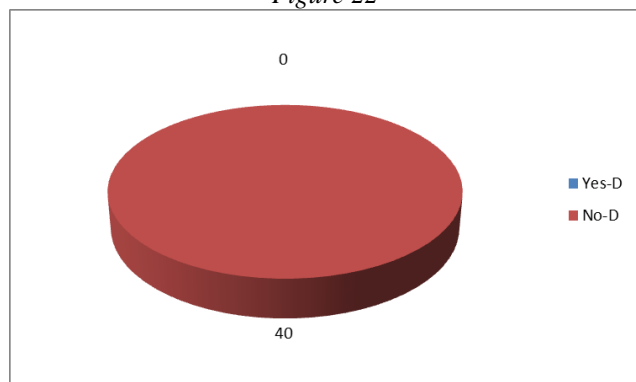


Figure 23

Q.11. DO YOU FEEL HOPELESSNESS?

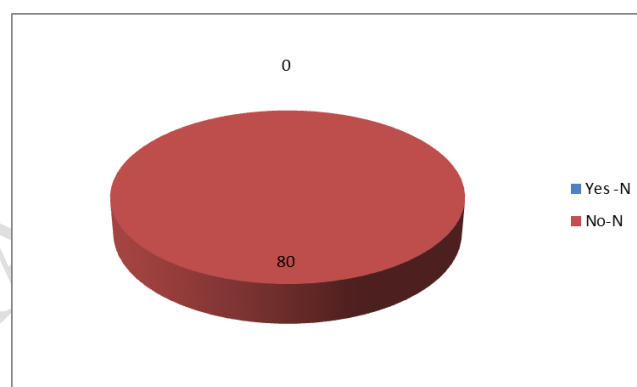


Figure 27

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

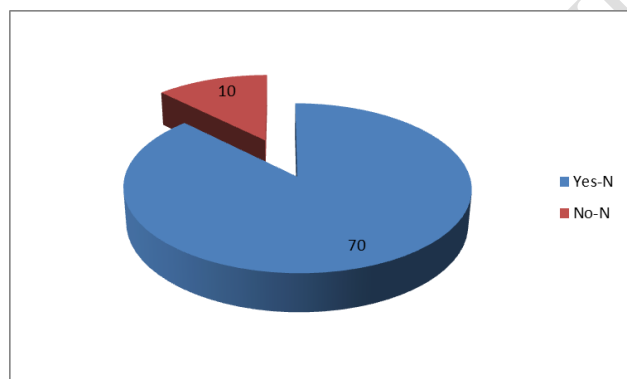


Figure 24

Q12. DO YOU FEEL GUILT FROM ANY JOB RELATED ISSUE?

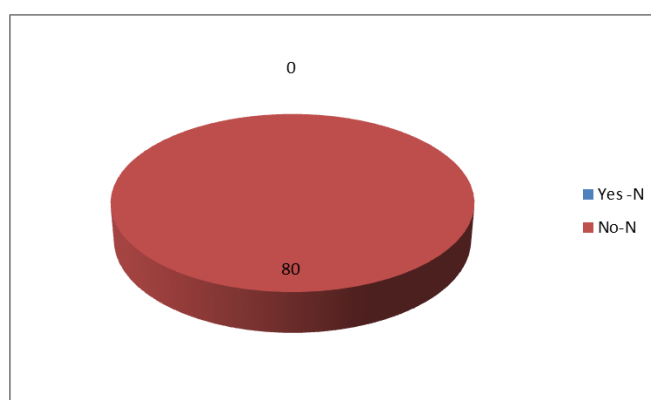


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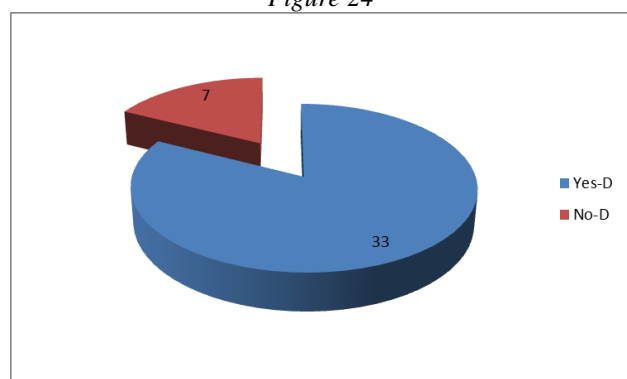


Figure 25

Q13. DO YOU ATTRIBUTE WEIGHT LOSS OCCURS DUE TO JOB?

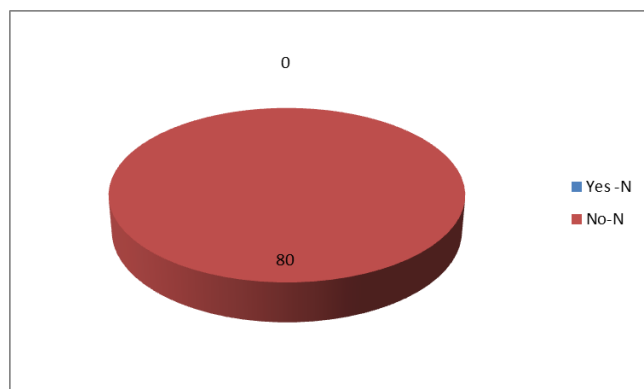


Figure 29

Q14. ARE YOU LOOSING INTEREST IN DAILY ACTIVITIES?

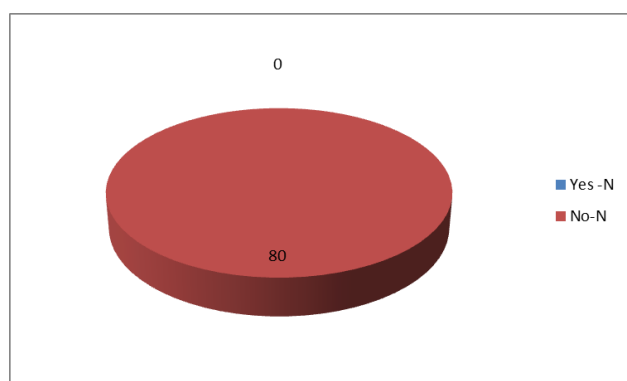


Figure 30

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

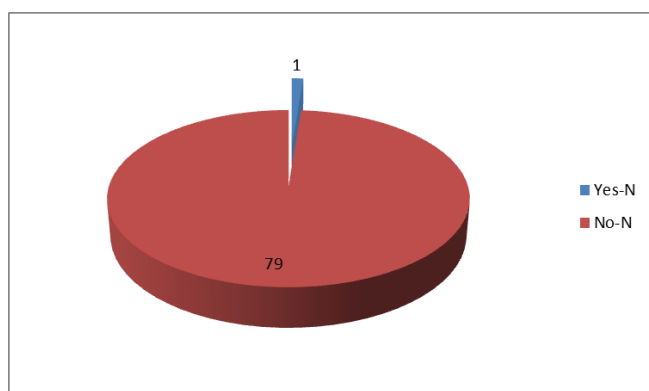


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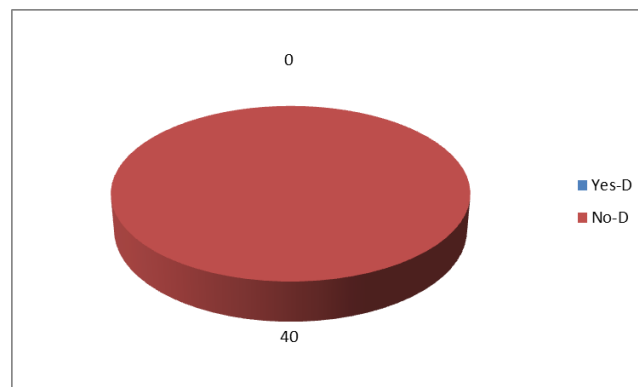


Figure 32

Q16. DO YOU FEEL FREQUENT HEADACHE?

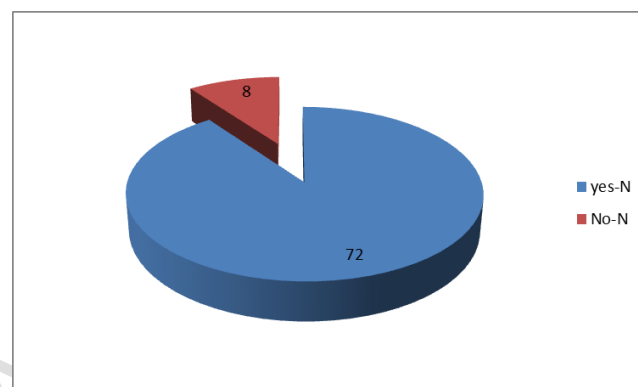


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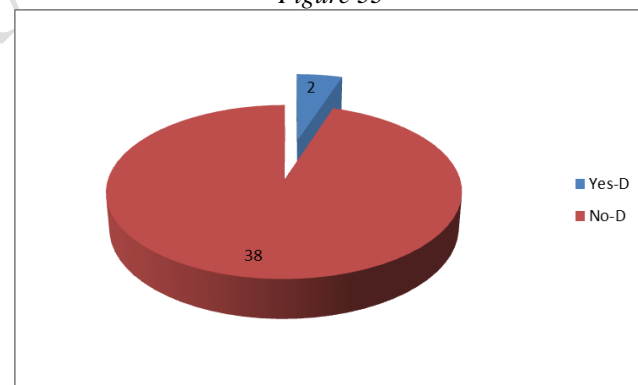


Figure 34

Q17. DO YOU FEEL NEGATIVE ATTITUDE TOWARDS JOB?

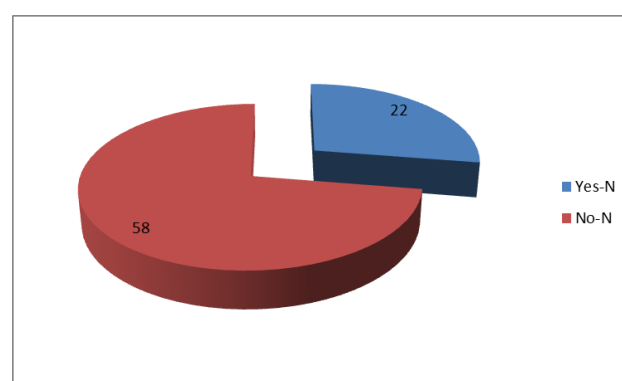


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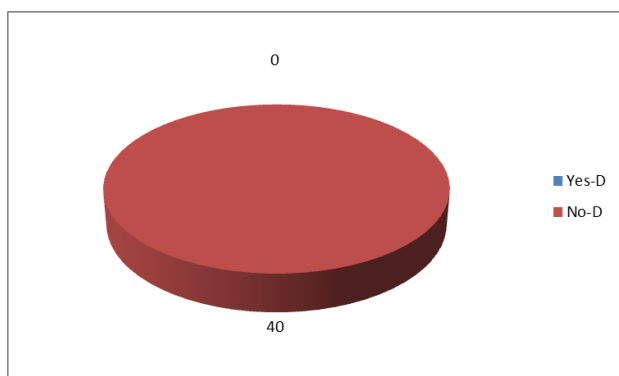


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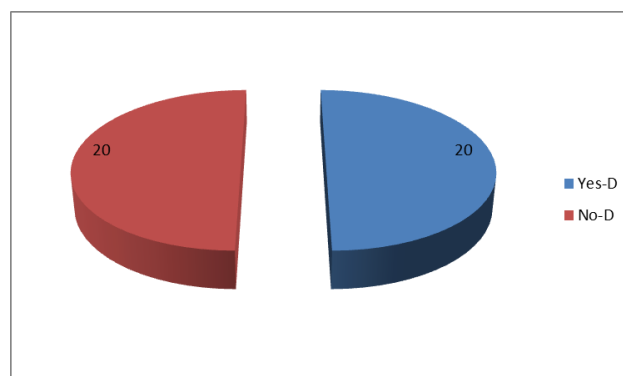


Figure 40

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

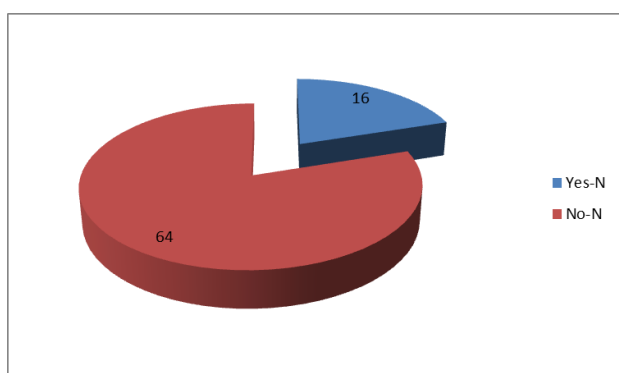


Figure 37

Q20. DID YOU FEEL HURT BY SENIOR BEHAVIOR ?

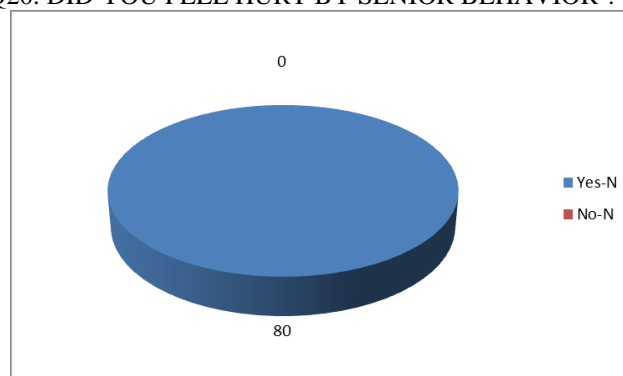


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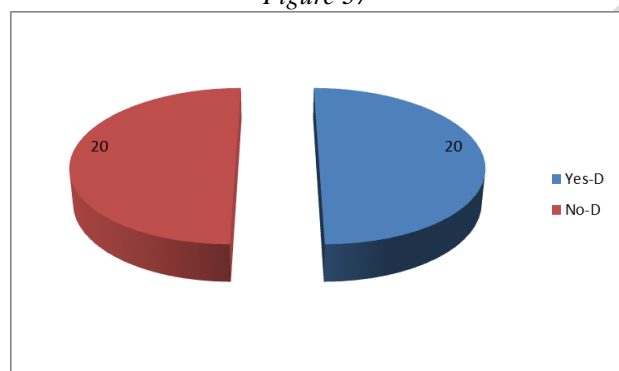


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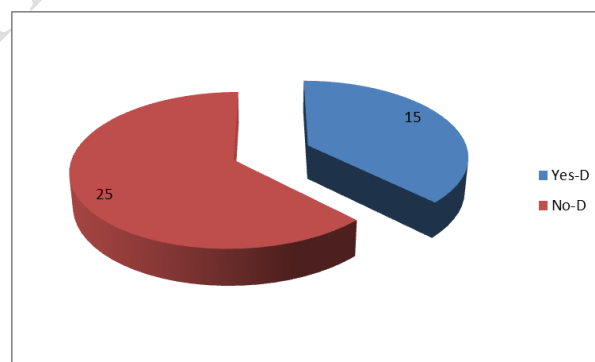


Figure 42

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

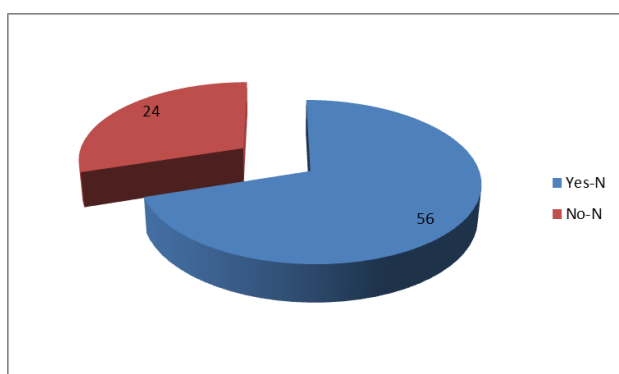


Figure 39

Q21 IS YOUR SENIORS FORCED TO KEEP OPEN YOUR MOBILE PHONES DURING OFF HOURS?

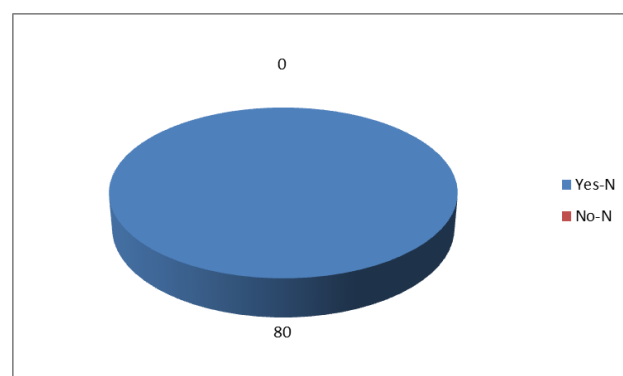


Figure 43

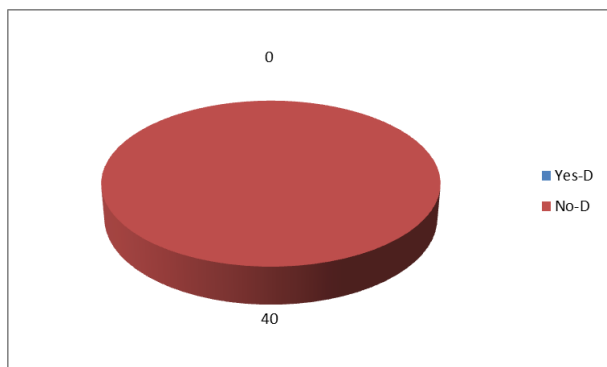


Figure 44

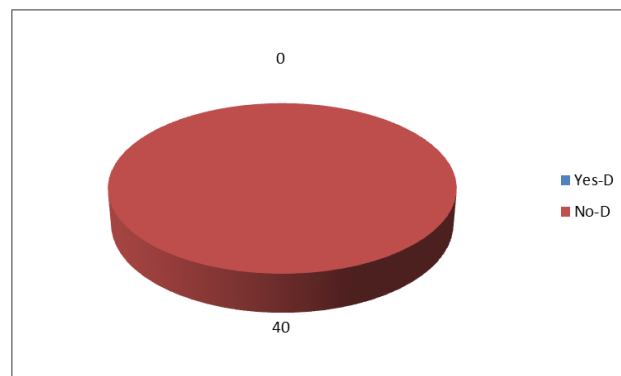


Figure 48

Q22. IS YOUR IN CHARGE HAVE CARING ATTITUDE EMPHASIZE YOUR PROBLEM?

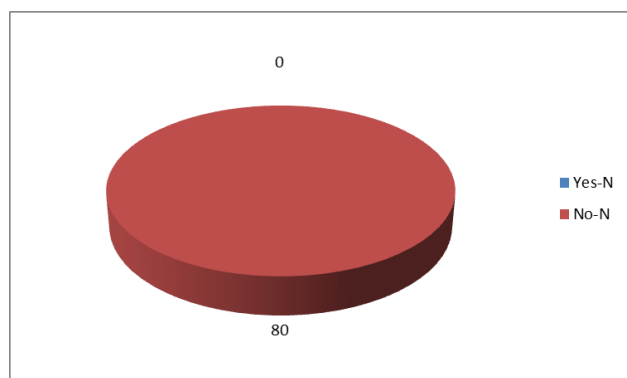


Figure 45

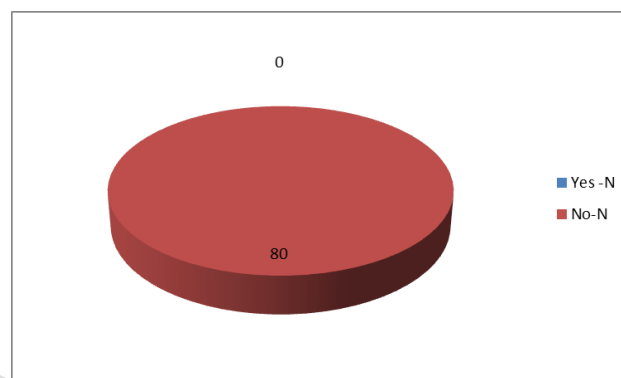


Figure 49

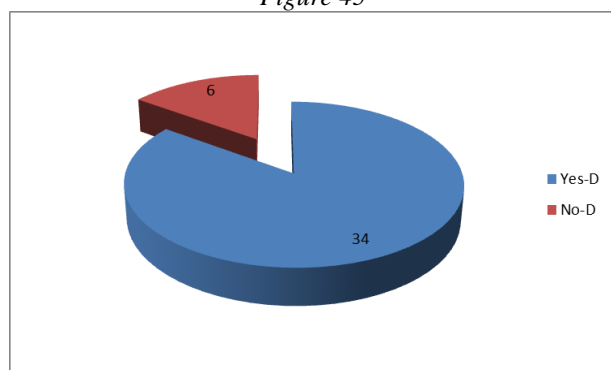


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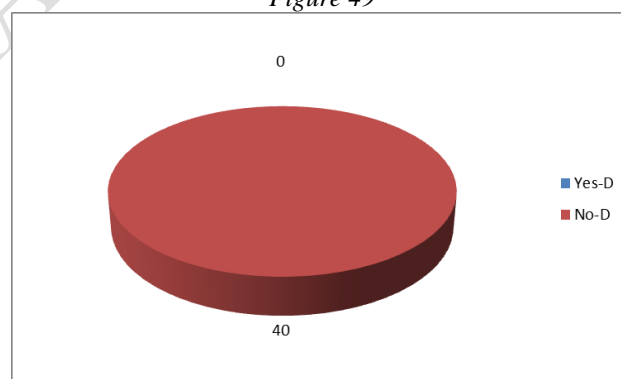


Figure 50

## PART C

1. DO YOU HAVE CRÈCHE?

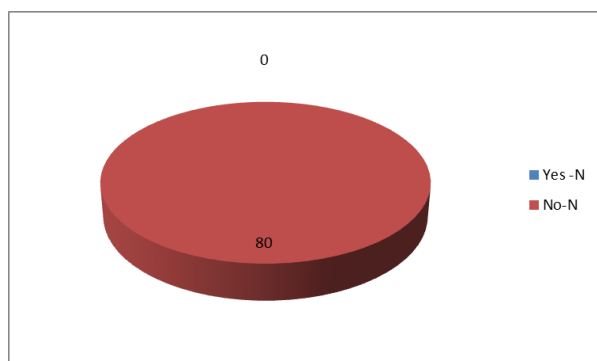


Figure 47

3. DO YOU HAVE APPOINTMENT LETTER?

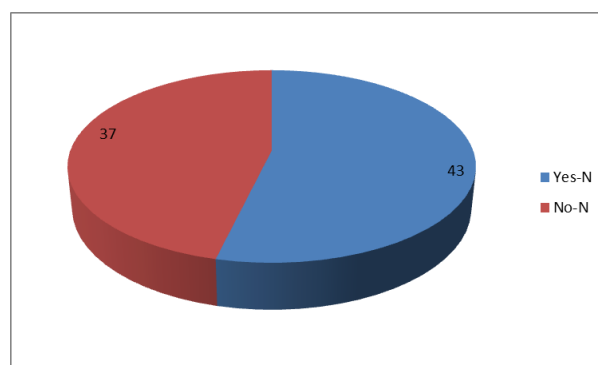


Figure 51

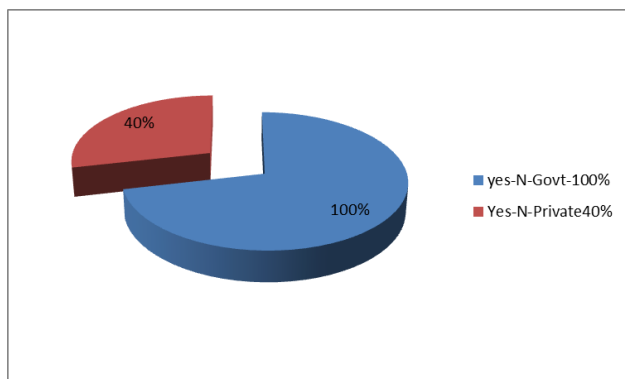


Figure 52

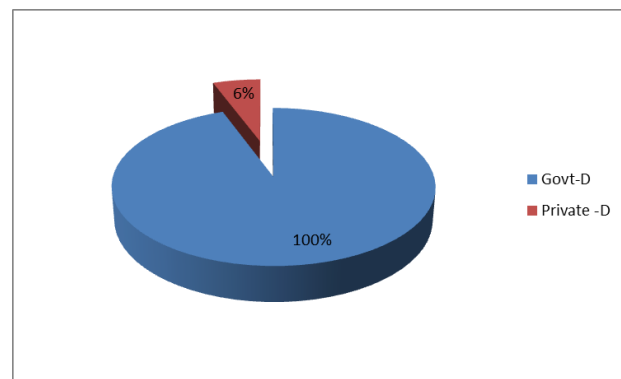


Figure 56

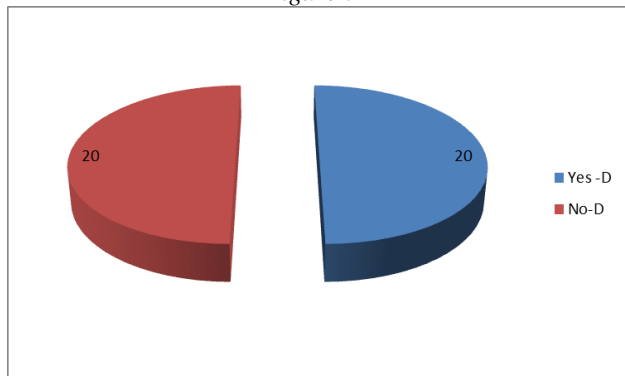


Figure 53

#### 5. DO YOU HAVE MEDITATION CENTRE?

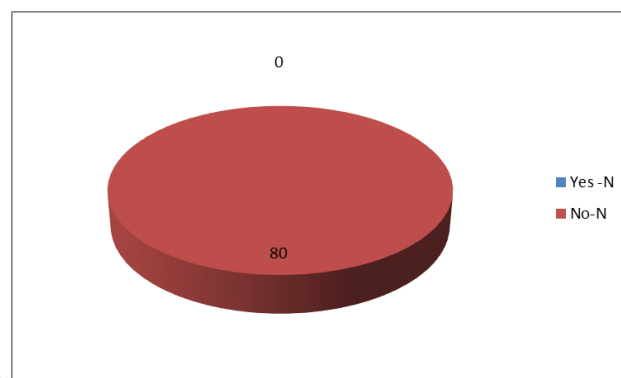


Figure 57

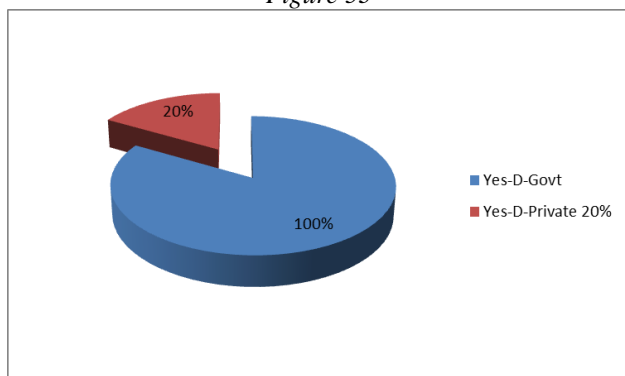


Figure 54

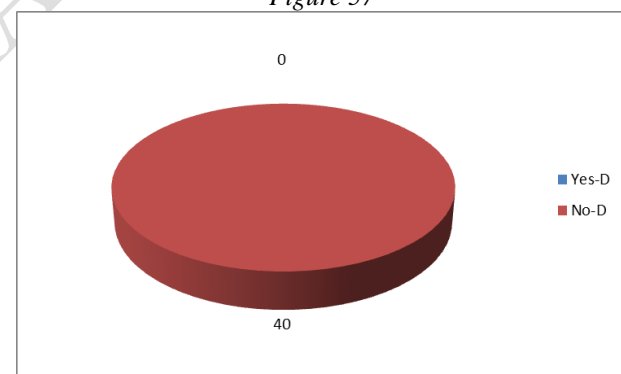


Figure 58

#### 4. IS THE TERM CONDITIONS OF JOB MENTIONED CLEARLY IN THE APPOINTMENT LETTER?

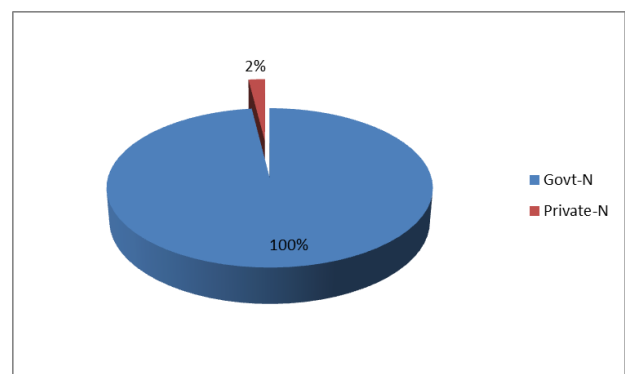


Figure 55

#### 6. DO YOU HAVE SHORT BREAK IN BETWEEN DUTY?

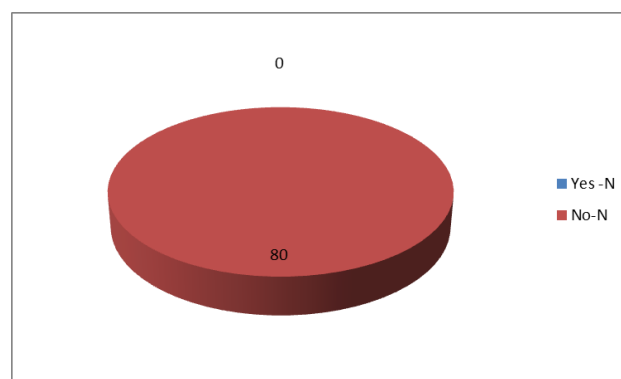


Figure 59

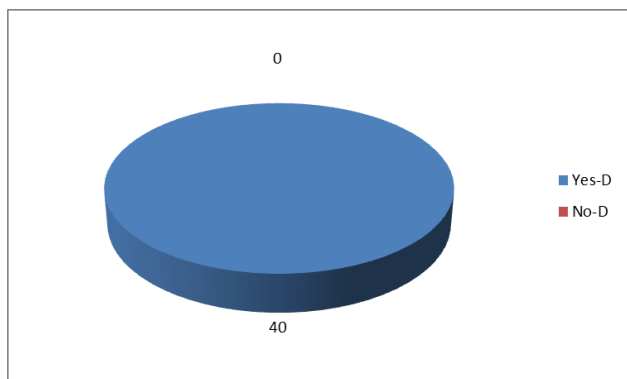


Figure 60

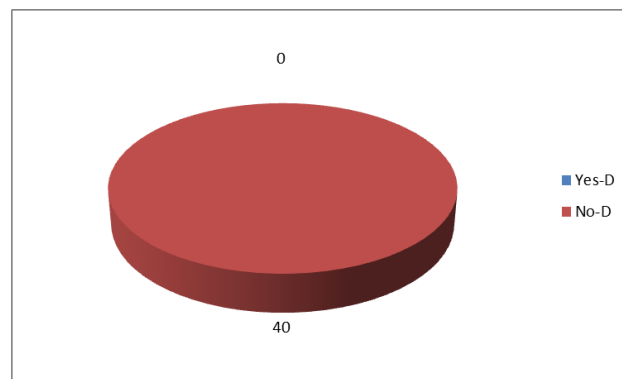


Figure 64

7. DO YOU HAVE CAFETERIA IN YOUR FLOOR?

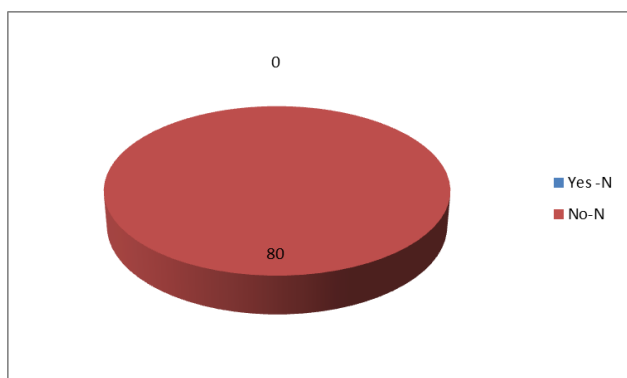


Figure 61

9. ANY JOB ENRICHMENT POLICIES IN YOUR HOSPITALS?

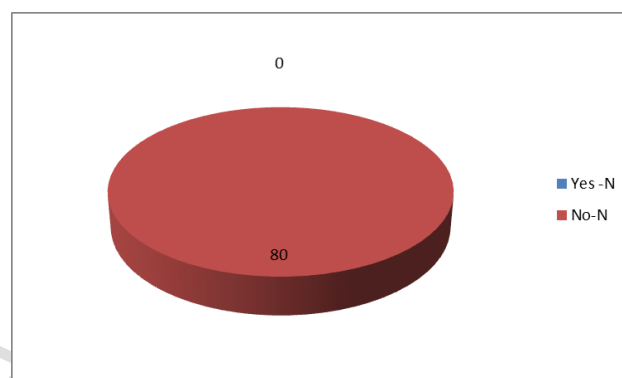


Figure 65

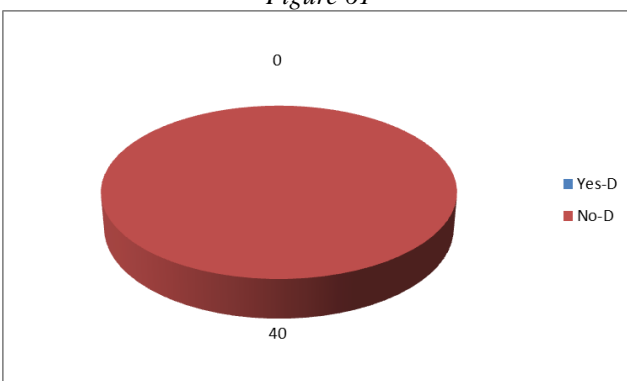


Figure 62

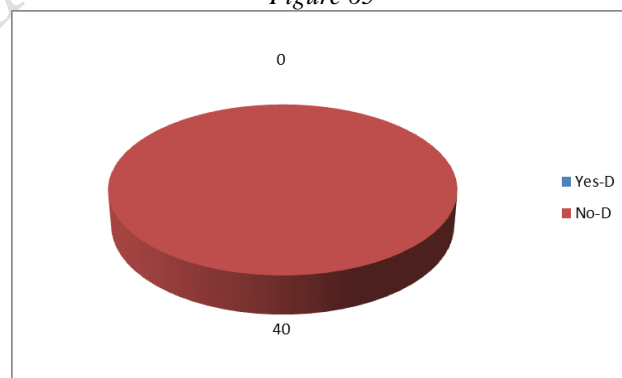


Figure 66

8. ANY REWARD FOR GOOD WORK?

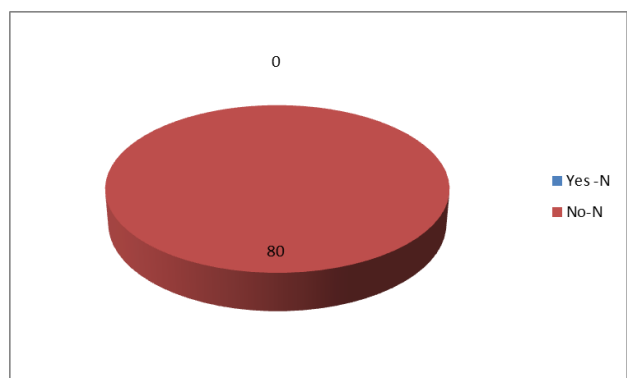


Figure 63

10. ANY JOB ENLARGEMENT POLICIES IN YOUR HOSPITALS?

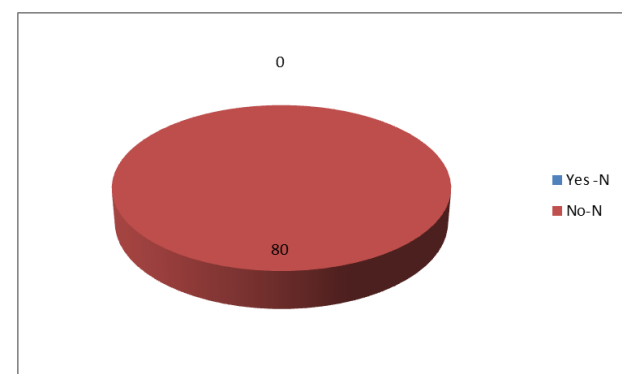


Figure 67

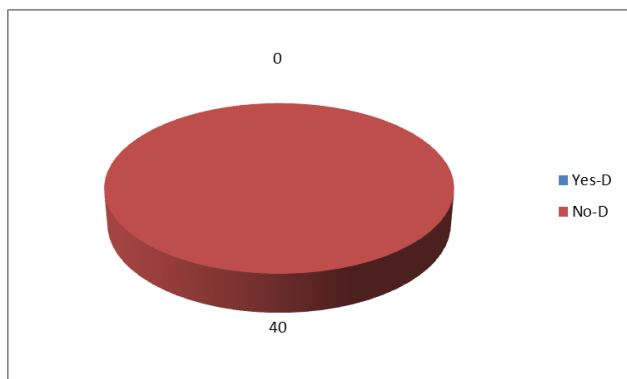


Figure 68

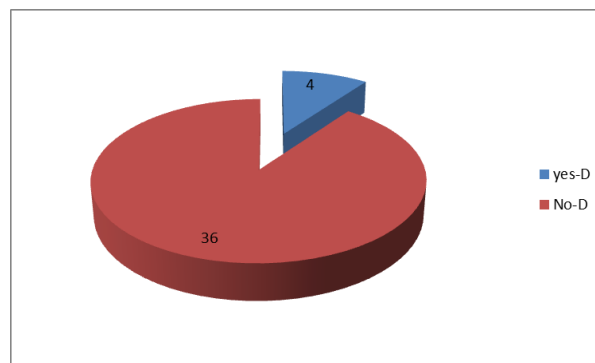


Figure 72

10. ANY PAID VACATION FOR A SHORT PERIOD BESIDES EARNED LEAVE?

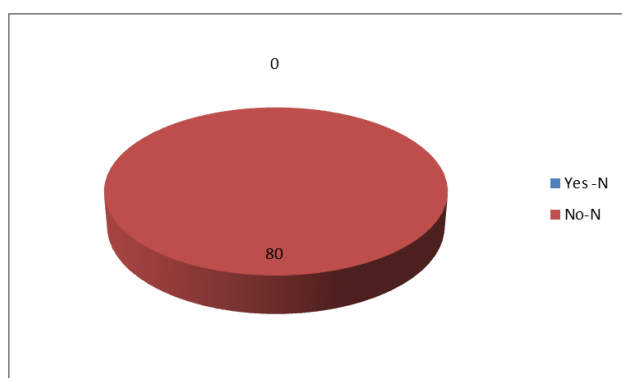


Figure 69

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

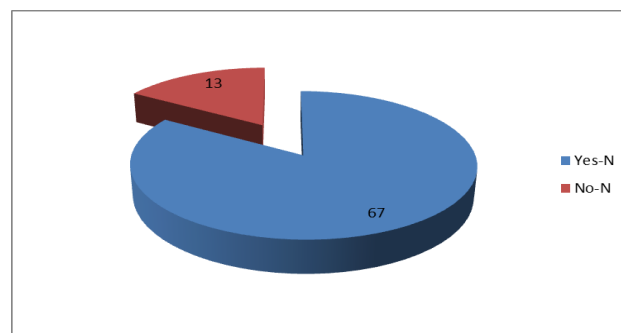


Figure 73

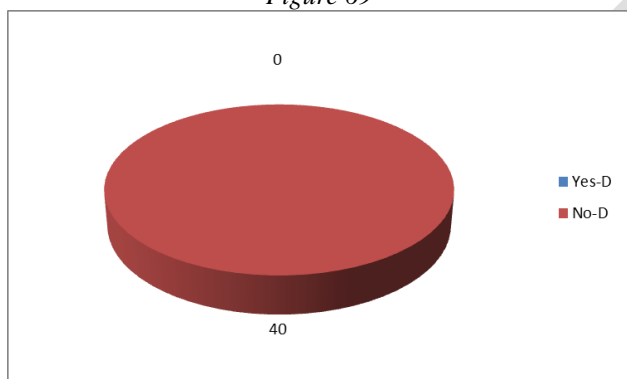


Figure 70

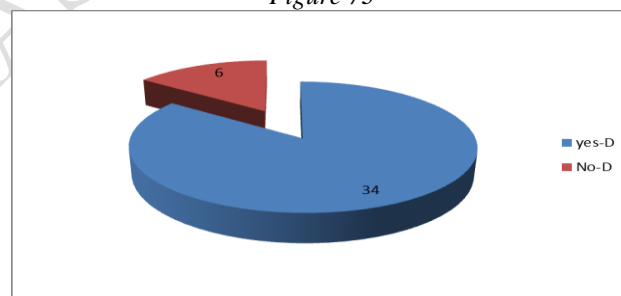


Figure 74

11. DO YOU HAVE GYM CENTRE?

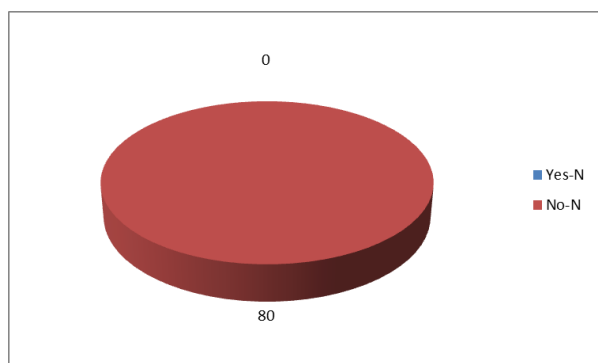


Figure 71

Q-13. SATISFACTION TO SALARY?

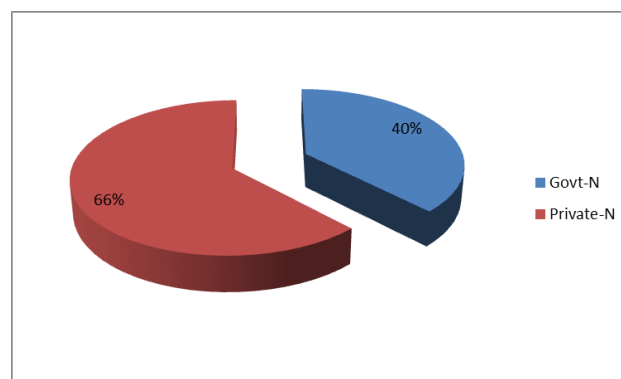
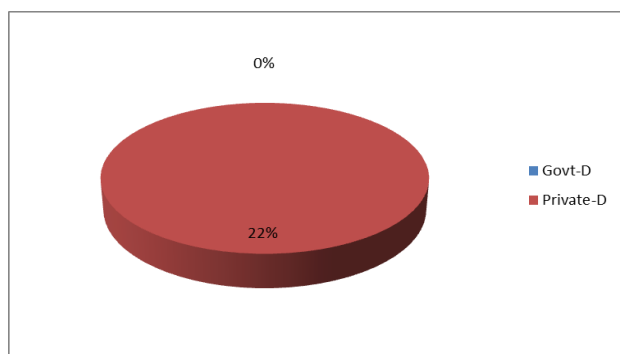


Figure 75



\*N=Nurses, \*D=Doctors

Figure 76

#### 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.

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