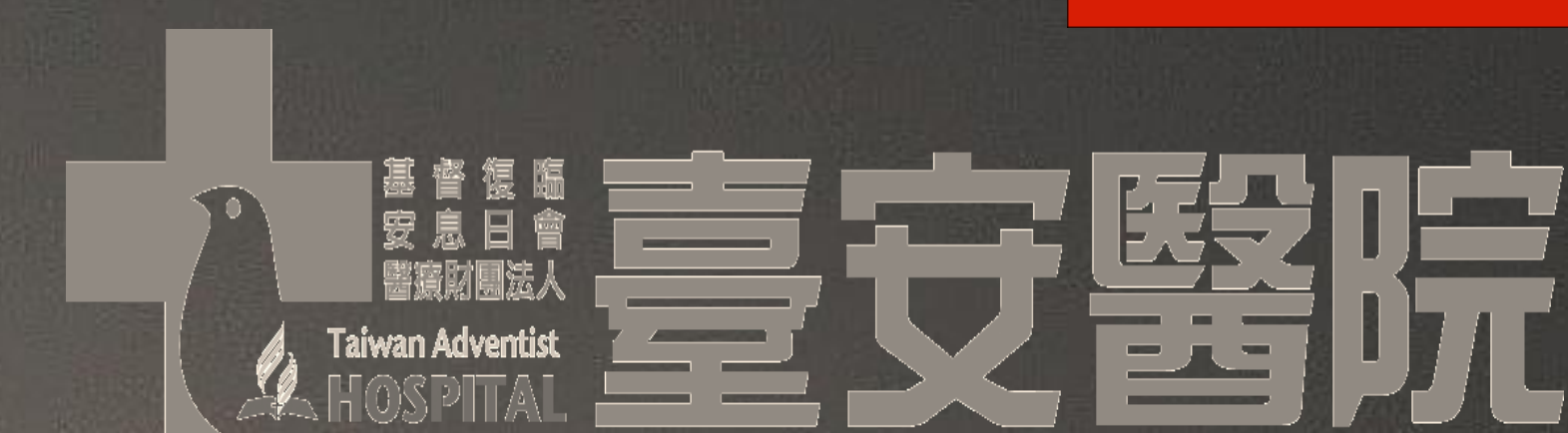


Tackling the health inequity in a community hospital identify the risk factor for poor sleep quality among nurses



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Introduction

Nurses play essential roles in hospital. They are responsible for saving lives and the burden induces enormous stress causing physical and mental health inequality. Previous studies showed nurses tended to have poor sleep quality, and the greater the pressure endured from work, the worse they feel about their own health, which in term increased the risk of endangering patients' lives. Therefore, we have focused on health inequity issues for female

Purpose/Methods

The purposes of these projects were to identify the relationship between sleep quality and related factors. The designated goals were to improve their sleep quality through the interventions of a series of stress management courses and exercise in the future. The portable sleep monitoring devices were used to assess sleep quality and to diagnose sleep apnea syndromes. One hundred and thirty-one nurses were recruited through random sampling and all participants did one-night sleep test via the portable device at home.

Results

The study results demonstrated the negative relationship among age, education and sleep condition. Participants with lower frequency of exercise easily woke up in the middle of the night and had more dreaming. In terms of the Obstructive Sleep Apnea (OSA), participants in age 40 to 49 years old had more severe OSA than those under age 29. Additionally, the results illustrated significances between waist and severity of OSA and between medical malpractice stress and sleep quality.

Conclusions

Due to the direct stress from patients, potential medical disputes, duty shifts and all sorts of physical factors, nurses are prone to sleep disorders, which inevitably affect patients' safety. Few studies have been conducted to investigate the sleep condition of nurses through a sleep monitoring device. As a result, this study will generate a significant importance. Relevant interventions have been formulated with the hope to improve the sleep quality and reduce health inequality through professional stress management courses and exercises.

