

Sleeplessness and stress: The impact of the Covid19 pandemic on frontline workers

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- Healthy Ireland is a national health promotion framework aimed at improving the health and wellbeing of the of people of Ireland.
- Staff health and wellbeing is a strategic priority of the Healthy Ireland Framework.

Coronavirus **COVID-19**

- There have been three major COVID19 waves in Ireland (*March-July 2020, Aug-Nov 2020, Nov 2020-Feb 2021*)
- Frontline hospital staff across the world have been severely challenged through the pandemic.

- To identify the health status of nursing and healthcare assistant staff in the period between peak COVID19 waves in a large university hospital in Ireland.



- Staff survey developed.
- Questions on lifestyle behaviours, stress (Perceived Stress Scale) and wellbeing (WHO-5 Wellbeing Index).
- Surveys were made available in electronic and hard copy to all nursing and HCA staff.
- 459 surveys were completed (estimated 32.5% response).
- The survey was conducted between the second and third COVID19 waves in late 2020.
- Findings compared with recent National population Annual Lifestyle Survey (NALS 2019).

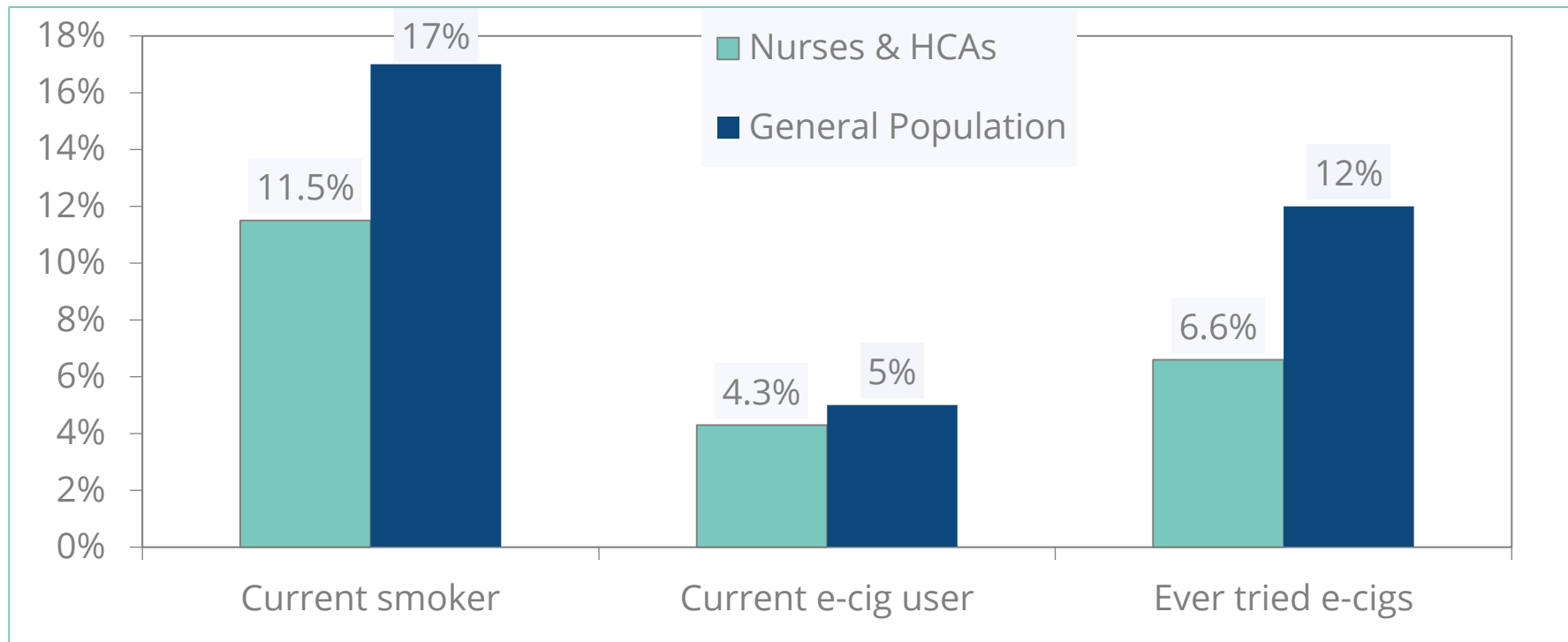


**WE WANT
TO HEAR
FROM YOU**

**TAKE OUR
SURVEY**

Results: Smoking and e-cigarettes

- 11.5% smoked, lower than NALS (17%); 4.3% currently used and 6.6% had ever tried e-cig compared to 5% and 12% in the NALS.



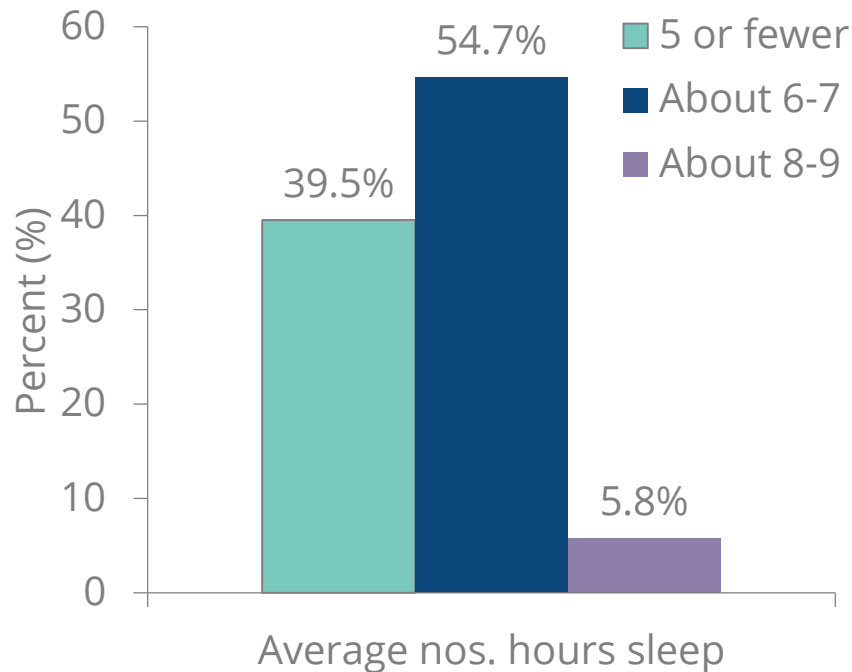
Results: Healthy Weight

BODY MASS INDEX



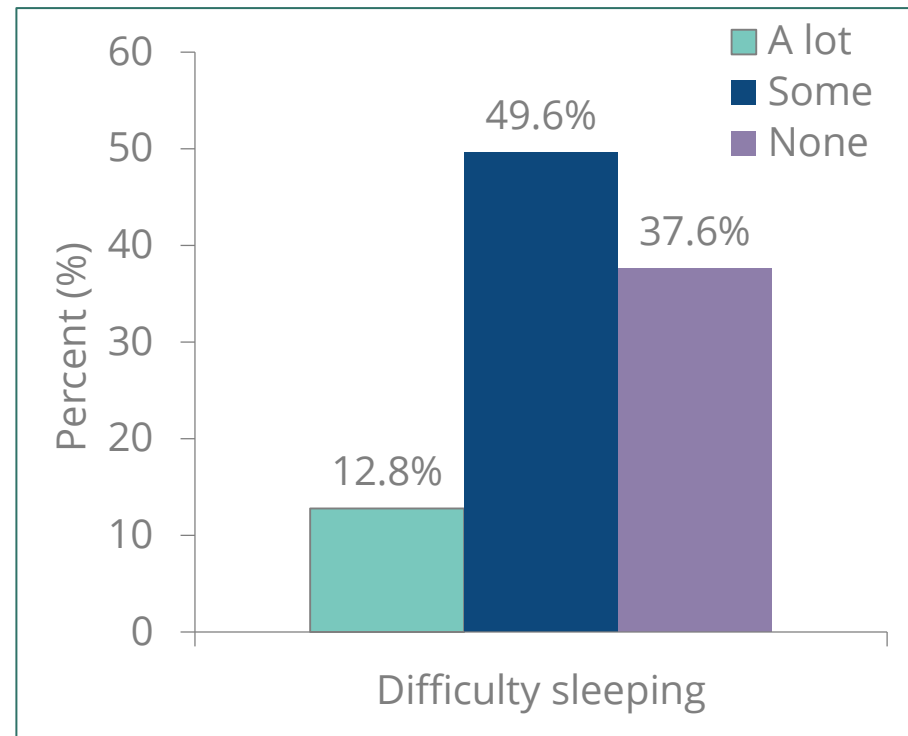
BMI Category	Nurses & HCAs	NALS
Underweight (<18.5 Kgs/m ²)	1.4%	2%
Healthy Weight (18.5-24.9 Kgs/m ²)	43%	37%
Overweight (25-29.9 Kgs/m ²)	33.3%	37%
Obese (30 and greater Kgs/m ²)	22.4%	23%

Results: Sleep



- Over half, 54.7%, reported getting 6-7 hours sleep, similar to 7.1 hours average sleep in the NALS.

- Only 37.6% reported no sleep difficulties, compared with 76% fairly or very good sleep in NALS.

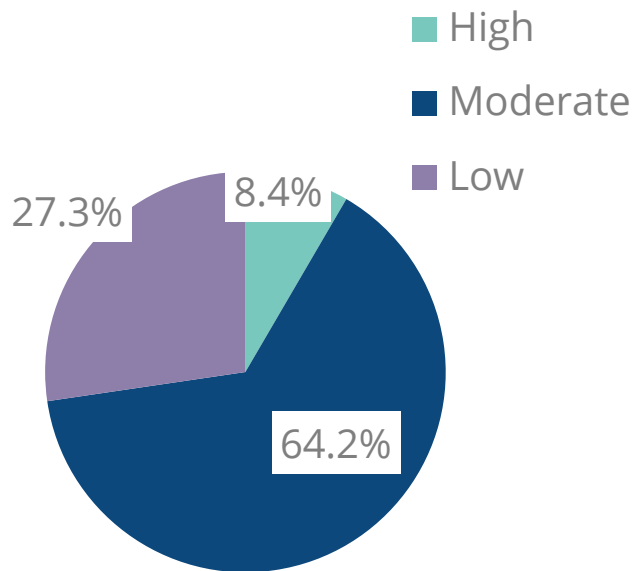


Results: Stress and wellbeing

Stress

- Most participants showed moderate perceived stress (64.2%).
- 8.4% showed high stress.

Perceived stress



Wellbeing

- Mean WHO-5 Wellbeing Index score was 14.4.
- 34.5% of scores were below 13, indicating poor wellbeing.
- 84% of the general population rate their health as *good* or *very good*, while 6% reported having experienced anxiety or depression in the previous 12 months.

- For smoking, e-cig use and weight, hospital staff demonstrated healthier behaviours.
- There was greater reported levels of poor sleep, high stress and lower levels of overall wellbeing than the NALS general population.
- Following the study, measures introduced included:
 - free online Pilates classes
 - free online national Stress Control Programme
 - promotion of the Employee Assistance Programme
 - new '*key skills in mindfulness*' course
 - occupational psychologist-delivered and recorded short sessions on self-care

Relevance to HPH & References

- Relates to HPH standards:
 - *Enhancing people-centred healthcare and user involvement*
 - *Creating a healthy workplace and healthy setting*



References:

- HEALTHY IRELAND Summary Report 2019:
<https://assets.gov.ie/41141/e5d6fea3a59a4720b081893e11fe299e.pdf>