



# Nurse Fatigue

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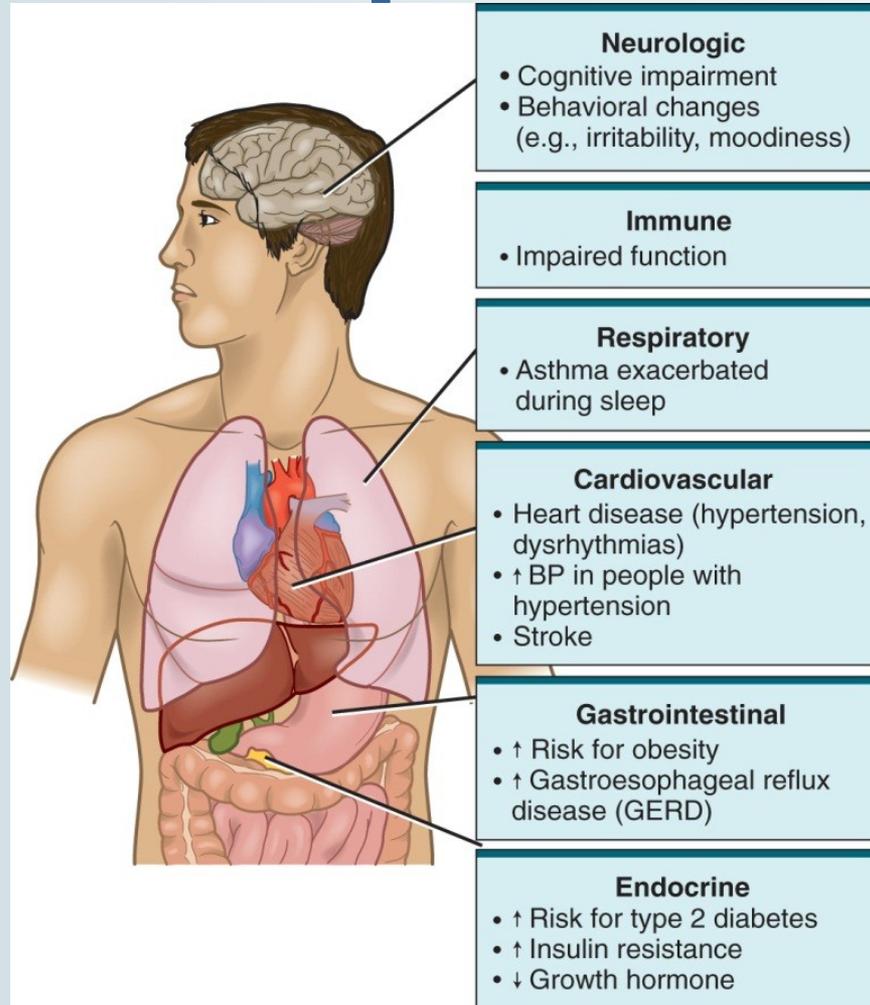


# Nurse Fatigue: Facts

- Inadequate sleep
- Extended work hours
- Increased Risk for errors



# Effects of Sleep Deprivation





# Who is at risk?

- Nurse Compassion Fatigue
  - <https://www.youtube.com/watch?v=irJGyzc9iJk>
- **Patients**
- **Nurse**
  - Awake for 17 hours
    - Equals same cognition as blood alcohol level 0.05%
  - Awake for more than 24 hours
    - Equivalent to blood alcohol level 0.10%



# National Academy of Medicine

- Formerly Institute of Medicine
  - Nonprofit organization devoted to safety and evidence-based practice in healthcare
- Recommendations
  - No more than 12 hours
    - 24 hour period
  - Limit to 60 hours
    - 7 day period

<https://www.youtube.com/watch?v=d1jse4vKvjM&t=75>

# Nurse fatigue: Management



- **Do's**

- Take at least one break in addition to lunch break
- Use caffeine therapeutically as a stimulant to stay awake
- Nutrition: complex carbs and protein
- Exercise

- **Don'ts**

- ***DO NOT*** drink alcohol (depressant)



# Special Sleep Needs of Nurses

- Nurses on permanent night or rapidly rotating shifts are at increased risk of experiencing shift work sleep disorder
- Use strategies to help reduce distress associated with shift work
  - On-site napping
  - Consistent sleep-wake schedule