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Work stress and sleep disturbances among internship nursing students

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Aim: To study sleep disturbances and work stress among internship nursing students and the relation between them

Background: Nursing is one of the most vulnerable professions to work stress and sleep disturbances. A relation between them is suggested and needs to be investigated

Subjects and Methods: (a) Setting: This study was conducted at Faculty of Nursing at Helwan University among nursing internship distributed in Helwan university hospital (Badr hospital), Ain-Shams University hospital, Wadi El Nil hospital, El Salam International hospital, and Nile Badrawy hospital. (b) Subjects: (95) of nursing internship who are in their internship program. (c) Tools of data collection: Socio-demographic data - Pittsburgh Sleep Quality Index (PSQI) - Expanded Nursing stress scale (ENSS). (d) Timetable: between June and December 2016.

Results: Greater number of patients a nurse cares for increases the nursing stress. Greater number and duration of shifts worsen sleep. Demanding patients and their families lessen the actual sleep duration of nurses. Demanding patients and their families, workload, discrimination, and uncertainty regarding treatment lessen is the habitual sleep efficiency of nurses. Problems related to peers worsen sleep quality.

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