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Influence of work shift on the quality of life of nursing team attending in a public hospital of northwest Mato Grosso

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In this study, we analyzed the influence of work shift on the quality of life (QoL) of nursing team attending in a public hospital of northwest Mato Grosso, Brazil. We hypothesized that, professionals who work in night shift show lower quality of life than those who work in day one. This is a quantitative, cross-sectional and analytical research performed with 55 professionals of nursing team who attend in a public hospital of northwest Mato Grosso. In data collection, we applied a form to socio-demographic and occupational characterization and the World Health Organization Quality of Life- BREF (WHOQOL-BREF). Data were inserted in Microsoft Excel and analyzed through the Statistical Analysis System e Statistica (SPSS). The Qui-Square test and the Fisher exact Test were applied to compare the quality of life according to socio-demographic and occupational variables. P values <0.05 were considered statistically significant. We observed the predominance of professionals who were female (94%) with a mean age of 37 years old who live with their families (88%), who have children (80%) are married (44%) or in a stable union (44%). In addition, predominated nursing technicians (88%), who attend in surgical center (16%), permanent (60%), with one job (58%), working 12 hours a day (86%) and 12/36 hours a week (52%), with regularized vacation (54%), who attend between 0 and 5 years in this institution (48%) and work in the night shift (50%). Nursing workers assess their QoL as "neither poor, neither good" and they are not satisfied, neither unsatisfied with their health status. Also, nursing workers present high general quality of life (60%) being the highest QoL found in Social Relationships Domains and the lowest one was verified in Environment Domain. In addition, nurses and with children showed higher quality of life with statically significant difference ($p < 0.05$). The same way, workers of female gender do and with children presented higher Psychological QoL (3.76 ± 0.50). Professionals with late vacation showed lower Physical QoL, higher Psychological QoL and higher Environmental QoL (3.79 ± 0.55). There was not a statically significant difference between work shifts and the QoL, what refutes the hypothesis raised for this investigation. Thus, we suggest that new researches about this theme be performed once nursing professionals are daily exposed to the factors that negatively impact on their QoL.

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