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Less job stress with 12-hour shifts

Kari Ingstad

Nord University, Norway

Extended work shifts of 12 hours or more have become a common scheduling strategy for nurses in several countries, though this is not the case in Norway. There, many managers, nurses and union representatives have expressed concerns about whether nurses can function effectively while working long shifts. This study thus aimed to examine how long shifts influence nursing outcomes such as stress, continuity and responsibility in Norwegian nursing homes. Data were collected during in depth interviews with 16 nurses employed at four different nursing homes who have worked 12–14-hour shifts. Results suggest that long shifts actually reduce stress and increase both work continuity and accountability, though these positive impacts of long shifts occur primarily when all departmental staff work long shifts. Furthermore, fewer shift changes mean more time spent with patients and better communication.

Biography

Kari Ingstad has completed her PhD from Norwegian University of Science and Technology and Post-doctoral studies from Nord University. She is Director of Research in the Faculty of health Sciences, Nord University. She has published more than 20 journal papers, book chapters and conference papers. She has edited one book on gender, work and employment.

kari.ingstad@nord.no**Notes:**