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### **An investigation of Fatigue among Jordanian Nurses Measured Using the FAS: A primary Quantitative Study**

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**Significance and Aim:** The aim of this study is to investigate the levels of physical and mental fatigue among Jordanian nurses. This is in a bid to understand the effectiveness of the existing fatigue mitigation and coping strategies. The obtained findings are valuable in informing future fatigue management and coping strategies formulation by the Jordanian Ministry of Health.

**Methods:** The study was conducted through the collection of primary quantitative data. The data was collected through a closed-ended questionnaire distributed online through the REDCap platform and based on the Fatigue assessment scale (FAS) fatigue measurement tool. A random sampling strategy was used with the target population on two leading Jordanian hospitals; the Jordan University Hospital (JUH) and King Abdullah University Hospital (KAUH). A total of 517 respondents were used in this study.

**Findings:** The findings were developed based on the FAS tool scoring manual. Findings indicate substantial fatigue levels for physical fatigue (33.62) and mental fatigue (22.59). The analysis indicates a significant relationship between physical fatigue and the nurses' age (-0.182) and the nurses' monthly income (-0.167). Finally, there exists a relationship between mental fatigue and age (-0.263) and years of experience (-0.237).

**Conclusion:** The findings indicate that the physical and mental fatigue levels remain substantial. This means that there is a need to institute fatigue coping strategies by the respective hospitals and the Jordan ministry of health. For managing physical and mental fatigue among Jordanians should address the nurses' monthly income and enhance nurses' work experience and coping strategies.

**Key Words:** Fatigue, nurses, FAS, coping

### **Biography**

Mahmoud Al-Masaeed, Researcher, RN and PhD Candidate under Jointly Awarded Doctoral Degree (JADD) Program at School of Nursing and Midwifery, College of Health, Medicine and Wellbeing, University of Newcastle, Australia, and Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Malaysia. Also, he hold a Master of Nursing (Clinical Leadership) from the University of Western Sydney (UWS), Australia and he got his undergraduate degree "Bachelor of Science in Nursing" from the Jordan University of Science and Technology (JUST).

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