

## Explore the correlates between sleep quality, physical and mental health and occupational burnout of shift nurses

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**Aim:** The purpose of this study was to explore the correlates between the sleep quality, physical and mental health and occupational burnout of the shift nurses and to establish an effective management system.

**Method:** For the cross-sectional investigation and research, stratified sampling was conducted and totally 90 shift nurses in a Taipei Medical Center were collected. The period of acceptance is from January to April of 2019 and the conditions for receiving the case are more than one year of service and the evening shift. This study used the Chinese version of the Pittsburgh Sleep Quality Index (CPSQI) and the Chinese Health Questionnaire-12 (CHQ-12), Chinese version of the Occupational Burnout Inventory (OBI) questionnaire as a tool for assessing. SPSS version 25 was used to run a binary multivariate logistic regression.

**Results:** The study findings demonstrate the distribution of all nurses 86.7% were women, with a mean age of  $29.4 \pm 5.42$ , 80% were unmarried, 90% lived with their families and averaged sleep time were 7.3 hours a day. The Chinese Health Questionnaire-12 was found to correlated positively with the occupational burnout part, personal burnout ( $r=0.64$ ,  $p<0.01$ ), work burnout ( $r=0.43$ ,  $p<0.01$ ) and burnout of the client ( $r=0.44$ ,  $p<0.01$ ). In the Chinese version of the Pittsburgh Sleep Quality Index was found to correlated positively with the occupational burnout part, personal burnout ( $r=0.54$ ,  $p<0.01$ ), work burnout ( $r=0.41$ ,  $p<0.01$ ) and burnout of the client ( $r=0.23$ ,  $p<0.05$ ).

**Implication to Practice:** Poor sleep quality will affect physical and mental health, personal burnout, work burnout and burnout of the client. It is hoped that after the research, the evaluation tools will be built to help the organization propose measures to reduce occupational burnout and enhance the healthy sleep of nursing staff and establish a friendly working environment.

### Biography

Ming-Shan Jan has graduated from Yang Ming University and her major was in Nursing. She has completed her PhD at Department of Nursing, Hungkuang University. She was Responsible Nurse with excellent communication skills demonstrated by nearly 30 years of experience in health care system as CVS Nurse Practitioner in Taipei Veterans General Hospital from 1998 to 2012 and as Assistant Head Nurse in Taipei Veterans General Hospital from 2012 to till date.

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