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Nurses strategies for drowsy driving prevention: A qualitative, exploratory multiple case study

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Worldwide each year, drowsy driving causes thousands of deaths and injuries. The purpose of this qualitative, exploratory multiple case study was to explore the strategies nurses implemented to lessen the possibility of driving while drowsy after working nights in hospitals, nursing homes, and home health facilities. Twelve nurses participated by answering 11 demographic questions and 11 semi-structured questions in telephone interviews to identify similarities and patterns relating to driving challenges after night-shift work and strategies for sleepy driving prevention. The semi-structured interviews included 11 scripted questions, in the same order, without conversation. Three major themes emerged from the data analysis. Theme 1: Fatigue is a significant challenge that impedes driving home safely. Theme 2: Multiple strategies are helpful, but they do not replace the body's need for sleep. Theme 3: Night nurses experience significant additional stressors relating to caring for family, school, and multiple jobs. Health care administrators may use the results to gain insight for training nurses for the night shift to prevent drowsy driving injuries and fatalities. The results of the study may offer a platform for further investigation that may uncover best-practice strategies for health care administrators staffing other types of 24-hour medical care facilities.

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