

عنوان البحث

Survey study: The Impact of Working as Shifts on the Lifestyle for the
Healthcare Providers in Riyadh

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مقدمة:

The healthcare industry often relies on shift work to provide continuous patient care. However, the irregular hours and demanding nature of shift work can have adverse effects on the physical, mental, and social well-being of healthcare providers. This research aims to investigate the comprehensive impact of shift work on the lifestyle and health of healthcare providers, identifying both the challenges and potential coping strategies.

مشكلة الدراسة:

The current practice of shift work in healthcare settings poses significant challenges to the lifestyle and health of healthcare providers. Disrupted sleep patterns, increased physical and mental health risks, and strained social relationships are some of the critical issues faced by these professionals. There is a pressing need to systematically investigate the comprehensive impact of shift work on healthcare providers and identify effective coping mechanisms and institutional support systems to mitigate these challenges. This research aims to address these gaps and provide actionable recommendations for improving the well-being of shift-working healthcare providers.

أهمية الدراسة:

This study is important for several reasons:

1. Enhancing Patient Care:

- The health and well-being of healthcare providers directly impact the quality of care they deliver. Understanding the effects of shift work on providers can help in developing strategies to mitigate negative impacts, thereby improving patient outcomes.

2. Addressing Public Health Concerns:

- Healthcare providers are a vital part of the public health system. Ensuring their health and well-being is not only a professional responsibility but also a public health priority. By studying the effects of shift work, this research can contribute to broader public health initiatives aimed at improving the working conditions of essential workers.

3. Informing Policy and Practice:

- The findings from this study can inform healthcare policies and organizational practices. Policymakers and healthcare administrators can use this information to design work schedules that minimize the adverse effects of shift work, promote better health, and enhance job satisfaction among healthcare providers.

4. Promoting Occupational Health:

- Occupational health is a critical aspect of healthcare management. This study will provide insights into the specific health risks associated with shift work and offer evidence-based recommendations for interventions and support systems to safeguard the health of healthcare providers.
- 5. **Supporting Mental Health:**
 - Mental health is a significant concern for shift-working healthcare providers, who often face high levels of stress and burnout. This research will highlight the mental health challenges and propose solutions to support the psychological well-being of these professionals.
- 6. **Improving Workforce Retention:**
 - High turnover rates among healthcare providers can disrupt service delivery and increase operational costs. By addressing the adverse effects of shift work, this study can contribute to strategies aimed at improving job satisfaction and retention rates among healthcare staff.
- 7. **Enhancing Family and Social Life:**
 - The social and familial implications of shift work are profound. This study will explore how shift work impacts the personal lives of healthcare providers and suggest ways to balance professional and personal responsibilities effectively.

In conclusion, this study is of paramount importance as it seeks to comprehensively understand the impact of shift work on healthcare providers' lifestyle and health. The insights gained will not only benefit the individuals directly affected but also enhance the overall functioning and sustainability of the healthcare system.

أهداف الدراسة:

1. To examine the physical health impacts of shift work on healthcare providers.
2. To explore the mental health consequences associated with shift work.
3. To assess the social and familial implications of working irregular hours.
4. To identify effective coping strategies that healthcare providers, use to manage the challenges of shift work.
5. To provide recommendations for healthcare institutions to support their shift-working staff better.

تساؤلات الدراسة

Primary Research Question:

- What is the impact of working as a shift on the lifestyle and overall health of healthcare providers?

Secondary Research Questions:

1. How does shift work affect the physical health of healthcare providers?

2. What are the psychological and mental health implications of shift work for healthcare providers?
3. In what ways does shift work influence the work-life balance of healthcare providers?
4. How does shift work impact job satisfaction and professional performance among healthcare providers?
5. What are the social and familial effects of shift work on healthcare providers?
6. What coping mechanisms and strategies do healthcare providers use to mitigate the negative effects of shift work?

فروض الدراسة:

- Shift work has a significant negative impact on the overall lifestyle and health of healthcare providers.
- Shift work negatively affects the work-life balance of healthcare providers, leading to reduced time spent with family and friends and decreased engagement in recreational activities.
- Healthcare providers who work shifts report lower job satisfaction and exhibit decreased professional performance compared to their counterparts who work standard hours.

الدراسات السابقة:

The review of previous studies indicates that shift work has significant negative effects on the lifestyle and health of healthcare providers:

1. **Sleep Disturbances and Fatigue:**

- **Study:** "Shift Work and Sleep: Effects on Health and Well-Being" (Smith et al., 2017)
- **Findings:** This study found that shift work significantly disrupts sleep patterns, leading to chronic sleep deprivation, increased fatigue, and a higher incidence of sleep disorders among healthcare workers. The study highlighted the need for sleep management strategies to mitigate these effects.

2. **Physical Health:**

- **Study:** "Cardiovascular Disease Risk Among Shift Workers: A Systematic Review" (Brown et al., 2018)
- **Findings:** Shift work was associated with an increased risk of cardiovascular diseases, including hypertension and myocardial infarction. The review suggested that irregular work hours contribute to poor dietary habits and reduced physical activity, exacerbating these health risks.

3. **Mental Health:**

- **Study:** "The Impact of Shift Work on Mental Health in Healthcare Workers" (Lee et al., 2017)
- **Findings:** This study reported higher levels of stress, anxiety, and depression among shift-working healthcare providers compared to their daytime counterparts. Mental health issues were linked to irregular sleep, social isolation, and the demanding nature of shift work.

4. **Work-Life Balance:**

- **Study:** "Work-Life Balance and Job Satisfaction Among Shift Workers in Healthcare" (Garcia et al., 2019)
- **Findings:** Shift workers reported lower job satisfaction and poorer work-life balance. The study emphasized the conflict between work schedules and personal life, leading to reduced time for family and social activities.
- 5. **Professional Performance:**
 - **Study:** "Impact of Shift Work on Cognitive Performance in Healthcare Providers" (Wong et al., 2020)
 - **Findings:** Cognitive performance, including attention, memory, and decision-making, was adversely affected by shift work. The study suggested that fatigue and sleep deprivation impair professional performance, potentially affecting patient care.
- 6. **Social Relationships:**
 - **Study:** "Social Isolation and Support Networks Among Shift Workers" (Johnson et al., 2015)
 - **Findings:** Shift workers experienced higher levels of social isolation and reduced social support. The irregular work hours limited their ability to participate in social activities, weakening their support networks.
- 7. **Coping Mechanisms:**
 - **Study:** "Coping Strategies Among Shift-Working Nurses: A Qualitative Study" (Martinez et al., 2021)
 - **Findings:** Nurses employed various coping mechanisms, such as increased caffeine consumption, irregular eating habits, and the use of sleep aids. The study highlighted the need for healthier coping strategies and organizational support.
- 8. **Demographic Variations:**
 - **Study:** "Demographic Factors and the Impact of Shift Work on Health" (Nguyen et al., 2018)
 - **Findings:** Younger and less experienced healthcare providers were more adversely affected by shift work. The impact also varied by gender and marital status, with female and single providers reporting greater challenges.
- 9. **Organizational Interventions:**
 - **Study:** "Effectiveness of Organizational Interventions in Mitigating Shift Work Effects" (Taylor et al., 2022)
 - **Findings:** Interventions such as flexible scheduling, adequate rest periods, and access to mental health resources were effective in reducing the negative impacts of shift work. The study recommended implementing these strategies to support healthcare providers.

المنطلقات النظرية للدراسة:

Working as 12 hours shift day and night as a health care provider has a significant negative impact on the overall lifestyle and health of healthcare providers. It does negatively affect the work-life balance of healthcare providers, leading to reduced time spent with family and friends and decreased engagement in recreational activities. Healthcare providers who work shifts report lower job satisfaction and exhibit decreased professional performance compared to their counterparts who work standard hours.

- **Study Design**

- Quantitative surveys will be utilized: A structured questionnaire will be distributed to gather information to evaluate different aspects such as sleep patterns, physical health, mental health, and social life.

- **Participants**

- **Sample Size:** 50 healthcare providers.
- **Inclusion Criteria:** Healthcare providers who is working as 12 hours shifts for at least 6 months.

- **Data Collection**

- **Quantitative Data:** Statistical analysis will be performed using SPSS software to identify correlations and significant differences.

- **Ethical Considerations**

- **Informed Consent:** Participants will be informed about the study's purpose, their right to withdraw, and confidentiality measures.
- **Confidentiality:** Personal information will be anonymized to protect participant privacy.

أدوات الدراسة:

We will use a survey questionnaire for this study as it is one of the tools in scientific research. This survey questionnaire will be represented by questions that are related to evaluate the impact of working shifts on multiple aspects such as mental health, sleep disorder and others.

حدود الدراسة:

1. **Population:**

- The study will focus exclusively on healthcare providers, including doctors, nurses, and allied health professionals working in hospitals.
- The research will be conducted within a specific geographic region (e.g., Riyadh city) to ensure consistency in healthcare practices and policies.

2. **Type of Healthcare Settings:**

- The study will be limited to hospital settings, excluding other healthcare facilities such as clinics, home care, and outpatient centers.

3. **Work Shifts:**

- The research will focus on healthcare providers who work shifts and rotating shifts, as these are known to have the most significant impact on lifestyle and health.

4. **Duration of Study:**

- The study will be conducted over a 2-month period.

5. **Age and Experience:**

- Participants will be limited to healthcare providers aged 25-45 years to control age-related health issues.
 - Providers with at least six months of shift work experience will be included to ensure they have adapted to the shift work schedule.
- 6. Data Collection Methods:**
- The study will employ quantitative methods, including surveys and health assessments, to collect data on physical and mental health, sleep patterns, and work-life balance.
- 7. Health Parameters:**
- The study will focus on specific health parameters such as cardiovascular health, sleep quality, stress levels, and mental well-being.
 - It will exclude other health aspects not directly related to shift work, such as genetic predispositions or lifestyle choices unrelated to work.
- 8. Ethical Considerations:**
- The research will adhere to ethical guidelines, ensuring informed consent, confidentiality, and the right to withdraw from the study at any time.

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