

Working properties of nurses and the studying of the effects of these on nurses

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Aims: The research has been planned for the determination of the working properties of working nurses; the effect of working at extra ordinary and varying hours and extra working on the goodness statuses of the nurses and for the purpose of determining the definition of the views of nurses on the effects of these on care.

Background: Nurses as health care providers are obligated to work during the day and during the night to cater for the needs of the sick people. This work conditions can have negative impact on job performance, sleep, physical and emotional health, social life, family life, drug use and nursing care. For nurses these negative effects have consequences not just for the individual, but also reduced job performance could endanger human lives.

Design: Definitive and cross-sectional research was conducted in 2008. The universe of the research of 1305 nurses who work as nurses in three public, university and foundation hospitals in Ankara and the sampling group comprised of 439 nurses who accepted to participate in the work and who submitted the questionnaire forms by filling them in.

Methods: The data of the work has been collected from the related literature, from the articles that exhibit views in relation to the subject matter and through the questionnaire form that has been formed by the researchers by making use of the scientific sources. The data that has been obtained in the work has been evaluated in the computer by using the "Statistical Package for Social Science (SPSS 11.5) program.

Result: At the end of the evaluation of the data it has been determined that the 52.2 % of nurses are not happy with their working hours and those nurses who are happy with their working hours are those nurses who work rather in day hours that comprise of nurses who work in policlinics and who work as the responsible nurses of the services and that the working hours of great majority of nurses comprise

of varying working hours during day and night, whereas the working arrangements of the nurses in the last month are as 08.00 - 16.00 and 08.00 - 20.00 / 20.00 - 08.00 and that they work in shifts on duty with variable alternating working hours and that almost half of the nurses do not work overtime, whereas the remaining nurses do work overtime with variable periods for at least 2 hours and for 72 hours at the maximum. It has been determined that their rest periods are in excess of rest hours last more than 12 months following a work period of a day, that they face physical, social and psychologic health problems in the last six months and their such health problems are the problems / disorders that are more in relation to being exhausted, sleep disorders, burn-out etc. Majority of the nurses expressed their views on their health problems that they experience are in relation to their professions and working hours.

Conclusions: Results suggest that it has been determined that the disorder in working hours, tiredness and concentration loss pose threats to the patient care. In addition, that it has been determined that they cannot reserve enough time for their families and for themselves, they cannot perform any sports or social activity on regular basis.

Even though our research was carried out in 2008, many current negativities such as working conditions, working hours, hours of rest, wages, occupational health and work safety continue to increase. Unfortunately, new legal arrangements and improvements are inadequate and cause flagrant violations of rights in practice.

In Turkey, nurses work prolonged and variable hours. The effects of this situation on the well-being of the nurses need to be defined. To achieve that, nationally sampled studies are required. We believe that, our study that was conducted in 2008 is a good contribution to the literature..

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