Evolution Of Nursing Changes

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For many years, many nurses have worked for hours without thinking about their own fatigue. Many hospital guidelines on personnel usually provide 12-hour shifts as normal practice, although some nurses need to fill out deficits and work 16 hours or more. How can nurses keep up to date with the physical and mental needs of these long hours since the nurses are struggling with fatigue? Industrial research in much of the 20th century shows that the productivity of workers has decreased significantly after 10-12 hours. Is it time to reappoint whether 12-hour changes are suitable for safe patient care? Is it a patient safety practice that helps nurses achieve a balance? After more than 20 years of use for 12 hours, the nurses asked these questions, and the answers were quite discussed. The working day is not 12 hours. In other factories and industrial conditions in this country, there is more love. On May 1, 1886, the unions organized a national one-day strike to support an 8-hour working day. As a result, some hundred thousand workers reduced their hours of work to 8 or more unemployed than they were able to work. In 1938, the Single Labor Standard ordered weekly working hours per week.

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Historically, nurses have been close to sick people. II. Although they rose until the standard day was 8 hours after World War II, from the first day, they made various changes. The increase in the nursing deficit, a part-time hospital program, and the opportunity to present a variety of variations to help keep the nursing post office burnout, 8-hour shifts. Seven shifts, seven shifts, day salaries and day-to-day benefits and 12-hour shifts allow nurses to choose a hospital based on their work schedules. The work schedules of nurses are based on the needs of patients. Hospitals and long-term care institutions have 7/24 nurses. Workstations, days and changes in transit order are serious problems for nurse managers. Today, 75% of hospital nurses have 12-hour shifts. From an administrative point of view, a change of 12 hours means less change; Only two days should be changed, and only two days must be removed. At present, many nurses can set their working hours and give them the flexibility to fulfil their family responsibilities and personal time (Garrett, 2008).

Are You Too Tired To Be Safe?

98% of medical errors represent and can be prevented annually. Participation factors include distractions, interference, ineffective communication, or even if accepted by accepted protocols, systematic errors and organizational factors. Many recognized studies emphasize the relationship between nurse fatigue and sustainable medical errors. There is fatigue and sleep deprivation related to the reduction of wakefulness, memory of information processing, response time and decision-

making processes. One person can change a length of 12 hours for about 18 hours after each other. According to research by the United States Army, there is awakening for 17 hours functional blood alcohol concentration (BAC) of 0.05%; Do not sleep for 24 hours equivalent to BAC 0.10%. (In a larger state, driving with BAC 0.08% or over illegally.) Nurses work 16-hour shifts, especially if you are also in a long way, you may need to stay awake up to 19 or 20 hours. Loss of sleep one night can lead to short-term memory and cognitive impairment shortcomings. They recognized other professions and considered the relationship between fatigue and safety (Teeter, 2014).

Hazardous For Employees

In the study of compensation claims for 1.3 million. The German worker, injured workers increased exponentially after the 9th time and was more frequent during the day shift and night shifts. Meta-analysis of data from injuries from a number of studies carried out by American medical professionals showed that the risk of injury was 18% in the morning/day change and 34% in the night change during day/evening breaks. In addition, the work schedule can influence the dream cycle. Extended working hours can present physical and actual risk factors and have a long-term impact on musculoskeletal injuries due to an insufficient rehabilitation period. In addition, the blood risk of its contract will increase from workers with 2 hours of 12 hours. The study showed that needle injuries increased significantly with 8-hour changes in sisters with 12 hours. Increase longer changes to nurse nationality and job dissatisfaction. In a study carried out in 2012, the number of nurses who reported the discharge increased and the intention to leave work when the length of change increased. Nurses work 10 hours or more with a 2.5-hour change over the short-term workers who want to quit smoking and break out of the burnout and post dissatisfaction. The same study showed that, as the number of nurses that work more than 13 hours increases, the patient’s satisfaction reduces (Teeter, 2014).

Older, More Meaningful

An old nurse’s profession grows. In 2008, the National Sample Survey of Registered Nurses indicated that the average PH average was 47 years. At the same time, approximately 44% of LVs are over 50 years old, with only 9.4% below 30 years of age. Moreover, the last downturn has a lot of recession. Retirement nurses back to the retirement date. As we get older, we have a physical tolerance for sleep deprivation and the ability to give up after long changes. Older workers are more aware of chronic diseases and have less strength. And elderly or grandchildren are ageing, and they can prevent their relaxation between shifts. In addition, physical requirements will be charged during an hour of patient care for an hour, which means that some nurses will stop early or stay off. In a study comparing the rotating efficiency of 12-hour shifts for the different age groups, researchers found problems for older workers sleeping more and not standing in circadian rhythms or their work at change, compared to 20 colleagues (Garrett, 2008).

12-hour shifts from the centre will require significant cultural changes, and they will provide nurses

and managers, so you should seek strategies to reduce the negative effects of fatigue. Hospitals should use creative programs to reduce the number of successive changes and other factors that affect the ability of nurses. Administrators should assess patient safety when they meet the needs of the staff with the required nursing programs. Design information on programs to reduce the risks of failures and injuries to nurses. Some software tools can identify and prevent potentially dangerous programs and fatigue.

Ways To Reduce Fatigue

Measures to reduce fatigue in nurses include:

Nurses should be responsible for reducing patients stress and increasing productivity. The time should be lost rather than a 12-hour transfer of nurses, meetings with staff or training offers (which can be 18-20 hours). Employers should report a message that they value nurses, supporting their efforts to overcome hunger and reduce fatigue with proper nutrition. A series of nurses working part-time can avail of the unit's efforts to tackle fatigue. For example, the recruitment of a small nurse for a 4-hour change can reduce the gap in the daily schedule and allow him to work now. We ask ourselves and our employers: Are there risks for patients and nurses to a 12-hour change? The increased working time did not end the nurse's problems in the meantime. The baby boom reaches many years of retirement and does not replace it at the same time. To keep patient safety, nursing safety, and employment satisfaction, I am planning creative and global projects.

References

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