

-- Twelve-hour Shifts --

NZNO Library Resource Guide

Recent research into the effects of 12-hour shifts on nurses

The NZNO library has prepared a list of resources for members about twelve-hour shift-work, available either for direct download or to borrow from the library

WEBSITES

Health Navigator New Zealand – Shift Work and Sleep

<https://www.healthnavigator.org.nz/healthy-living/s/sleep-shift-work/>

Overview of the effects of shift work, with links to general resources on sleep and nutrition; includes clinical resources specifically for health practitioners.

Sleep/Wake Research Centre, Safer Nursing 24/7

<https://www.safernursing24-7.co.nz/>

Three-year project that aims to combine new science with nursing knowledge and expertise to better manage fatigue in New Zealand hospitals.

REPORTS

Ball J, Maben J, Murrells T, Day T, & Griffiths P (2014). **12-hour shifts: Prevalence, views and impact**. National Nursing Research Unit, King's College London.

<https://www.england.nhs.uk/6cs/wp-content/uploads/sites/25/2015/06/12-hour-shifts-report.pdf>

Booker, L., Sletten, T., Rajaratnam, S., Alvaro, P., Barnes, M., Collins, A., Lockley, S., Chai-Coetzed, C., & Howard, M. (2019). **Shift work disorder and the relationship between depression and anxiety severity amongst nurses** [Poster presentation]. *Journal of Sleep Research*, 26(Supp.1), Special Issue: Sleep DownUnder 2017.

https://doi.org/10.1111/jsr.46_12619

Dall'Ora, Chiara. (2019). **Costs and consequences of 12-hour shifts in nursing: Perspectives from England's National Health Service** [Summary]. XXIV International Symposium on Shiftwork & Working Time -- Shiftwork2019: Symposia. *Sleep Science*, 12(Supp.3), 3.

<http://sleepscience.org.br/summary/59>

Hudson, Amanda, Honn, Kimberly, & Van Dongen, Hans. (Eds.). (2019). **XXIV International Symposium on Shiftwork & Working Time -- Shiftwork2019: Symposia**. *Sleep Science*, 12(Supp.3), 1-75. <http://sleepscience.org.br/summary/59>

Safer Nursing 24/7 Project. (2019). **National Code of Practice for managing nurses' fatigue and shift work in District Health Board hospitals**. (First Edition).

<https://www.safernursing24-7.co.nz/code-of-practice/>

Endorsed by WorkSafe, the New Zealand Nurses Organisation, and the Council of Trade Unions.

JOURNAL ARTICLES

Baillie Lesley & Thomas Nicola. (2019). **Changing from 12-hr to 8-hr day shifts: A qualitative exploration of effects on organising nursing care and staffing**. *Journal of Clinical Nursing* 28, 148–158. <https://doi.org/10.1111/jocn.14674>

Baillie, Lesley & Thomas, Nicola. (2017). **How does the length of day shift affect patient care on older people's wards? A mixed-method study**. *International Journal of Nursing Studies*, 75, 154-162. <http://oro.open.ac.uk/50271/3/50271>

Ball, J., Day, T., Murrells, T., Dall'Ora, C., Rafferty, A. M., Griffiths, P., & Maben, J. (2017). **Cross-sectional examination of the association between shift length and hospital nurses' job satisfaction and nurse-reported quality measures**. *BMC Nursing*, 16(26), 1-7. <https://doi.org/10.1186/s12912-017-0221-7>

Cassie, F. (2015). **Coping with shiftwork: Is there a perfect roster?** *Nursing Review*, 15(1), 4-7. <https://healthcentral.nz/coping-with-shiftwork-is-there-a-perfect-roster/>

Chen, J., Davis, K. G., Daraiseh, N. M., Pan, W., & Davis, L. S. (2014). **Fatigue and recovery in 12-hour dayshift hospital nurses**. *Journal of Nursing Management*, 22(5), 593-603.

Chin, W., Guo, Y. L., Hung, Y-L., Yang, C-Y., & Shiao, J.S. (2015). **Short sleep duration is dose-dependently related to job strain and burnout in nurses: A cross-sectional survey**. *International Journal of Nursing Studies*, 52(1), 297-306

Clendon, J., & Gibbons, V. (2015). **12-h shifts and rates of error among nurses: A systematic review**. *International Journal of Nursing Studies*, 52(7), 1231–1242.

Clendon, J., & Walker, L. (2013). **Nurses aged over 50 years and their experiences of shift work**. *Journal of Nursing Management*, 21(7), 903-913.

Dall'Ora C., Griffiths P., Ball J., Simon, M., & Aiken, L.H. (2015). **Association of 12- h shifts and nurses' job satisfaction, burnout and intention to leave: Findings from a cross-sectional study of 12 European countries**. *BMJ Open*, 5(9), Article e008331. <http://dx.doi.org/10.1136/bmjopen-2015-008331>

Gander, P., O'Keeffe, K., Santos-Fernandez, E., Huntington, A., Walker, L., & Willis, J. (2019). **Fatigue and nurses' work patterns: An online questionnaire survey**. *International Journal of Nursing Studies*, 98, 67-74. <https://doi.org/10.1016/j.ijnurstu.2019.06.011>

Griffiths, P., Dall'Ora, C., Simon, M., Ball, J., Lindqvist, R., Rafferty, A. M., Schoonhoven, L., Tishelman, C., Aiken, L.H., For the RN4CAST Consortium (2014). **Nurses' shift length and overtime working in 12 European countries: the association with perceived quality of care and patient safety.** *Medical care*, 52(11), 975–981. doi: [10.1097/MLR.0000000000000233](https://doi.org/10.1097/MLR.0000000000000233)

McDowall, K., Murphy, E., & Anderson, K. (2017). **The impact of shift-work on sleep quality among nurses.** *Occupational Medicine*, 67(8), 621–625. <https://doi.org/10.1093/occmed/kqx152>

Ose S.O., Tjønnås M.S., Kaspersen S.L., & Færevik, H. (2019). **One-year trial of 12-hour shifts in a non-intensive care unit and an intensive care unit in a public hospital: A qualitative study of 24 nurses' experiences.** *BMJ Open* 9: Article e024292. <http://dx.doi.org/10.1136/bmjopen-2018-024292>

Owens, B., Allen W., & Moultrie D. (2017). **The impact of shift-work on nurses' quality of sleep.** *ABNF Journal*, 28(3), 59-63.

Rhéaume, A., & Mullen J. (2018). **The impact of long work hours and shift-work on cognitive errors in nurses.** *Journal of Nursing Management*, 26, 26–32.

Stimpfel, A. W., Sloane, D.M., Aiken, L.H. (2012). **The longer the shifts for hospital nurses, the higher the levels of burnout and patient dissatisfaction.** *Health Affairs*, 31(11), 2501–2509. <https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2011.1377>

Thompson, B. (2019). **Does work-induced fatigue accumulate across three, compressed 12-hour shifts in hospital nurses and aides?** *PLoS ONE* 14(2), 1-15. Article e0211715, <https://doi.org/10.1371/journal.pone.0211715>

Yuan, X., Zhu, C., Wang, M., Mo, F., Du, W., & Ma, X. (2018). **Night shift-work increases the risks of multiple primary cancers in women: A systematic review and meta-analysis of 61 articles.** *Cancer Epidemiology and Prevention Biomarkers*, 27(1), 25-40, <https://doi.org/10.1158/1055-9965.epi-17-0221>