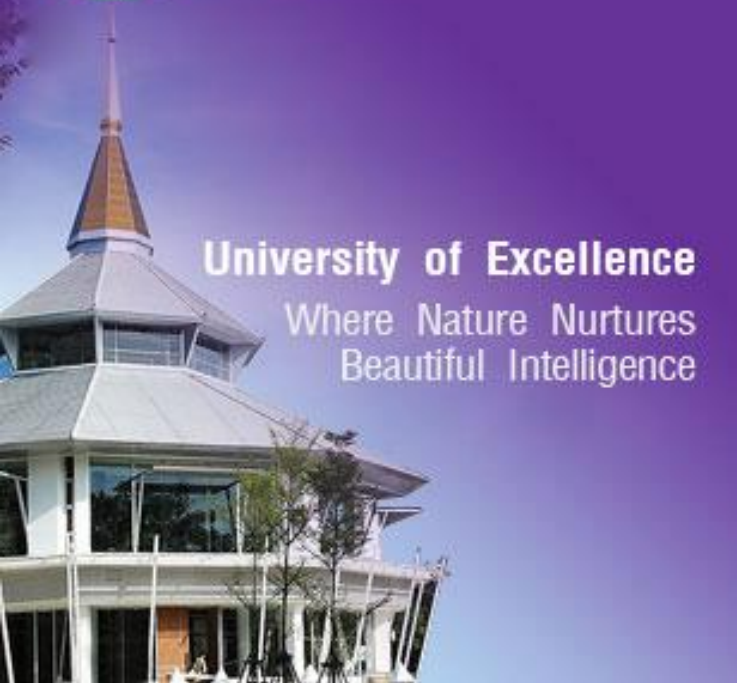




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Extended Work Hours and Physical Health Status of Registered Nurses Working in Community Hospitals, Thailand

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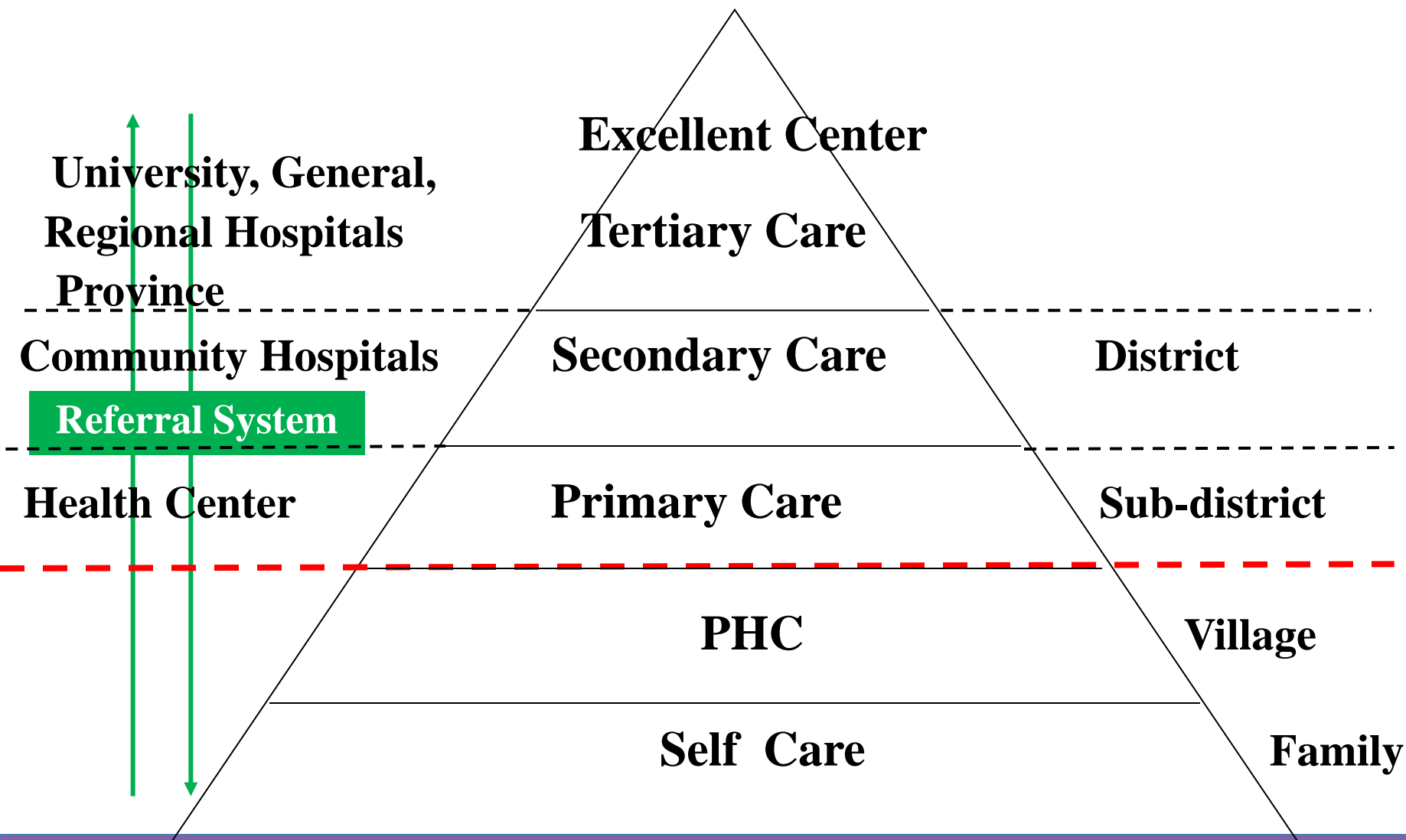
Thailand

**The center of the
Indochina peninsula in
Southeast Asia**

Population - 65.4 million (2010)

- 76 provinces
- 877 districts
- 7255 sub-districts





- **Health Service System in Thailand have faced nursing shortage**
- **Shortage of nurses have affected to quality of care**
- **To solve this problem →**
 - **Overtime work of nurses**
- **Long working hours of nurses →**
physical health status ↓

- **To describe nurses' extended work hours and physical health**
- **To examine the relationship between extended work hours and physical health.**

- **Descriptive correlational research design**
- **Cross-sectional study**

- **Population** : registered nurses working more than 40 hours/week in five regional community hospitals in Thailand. (25,923)
- **Sample size** : based on Yamane' s formula (394) (Yamane, 1967)
- **Multi-stage sampling** by region and province.
- **Stratify random sampling** by size of community hospitals

- **Self-administered questionnaire**

Part 1: Personal data

Part 2: Extended work hour of nurses

Part 3: Physical risks (sharp and needle-stick injury and musculoskeletal disorders :- pain in the neck, upper back, lower back, refer down the leg, and calf of the leg)

- **Content validity** – six nursing experts
- **Reliability** – Cronbach' s Alpha = .87

- **IRB approval**
- **Between June – July 2012**
- **Return rate = 85.03% (335)**

- **Demographic data**

- Sex	Female	95.82 %
- Age (year)	Min	23.00
	Max	55.00
	Mean (SD)	33.96 (6.55)
- Educational Level		
	Bachelor degree	94.03 %
- Hospital size		
	Small	56.42%
	Large	24.48%

- Nurses' extended hour of work -- **8.82-19.34 hours per week**
- The average of extra work = **14.00 hours per week**

- **The incidence rates of sharp and needle-stick**

Sharp	24.80 %
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Needle-stick	27.80 %
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- **Musculoskeletal disorders**

The calf of the leg pain	69.00 %
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Neck pain	57.90 %,
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Upper back pain	46.10 %,
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Lower back pain	45.10 %
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Refer pain down the leg	25.10 %
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- **There are relationships** between Extended work hours and lower back pain ($r=.12$, $p=.05$) and refer pain down the leg ($r=.17$, $p=.01$).
- **There is no relationship** between extended work hours and sharp and needle-stick injury, pain in the neck, upper back, and calf of the leg

- **Risk of nurses occurred from long working hours.**
- **Risk preventing system should be set to protect nurses from hazard.**
- **Nurse administrators should identify risk management policy in their organizations.**

- **Nursing administration**
 - Staff working hour policy
 - Follow up staff physical health
- **Future research**
 - Effects of extended work hours on patient safety and outcome



Dekuji

Kob Kun Ka

Thank you for your attention