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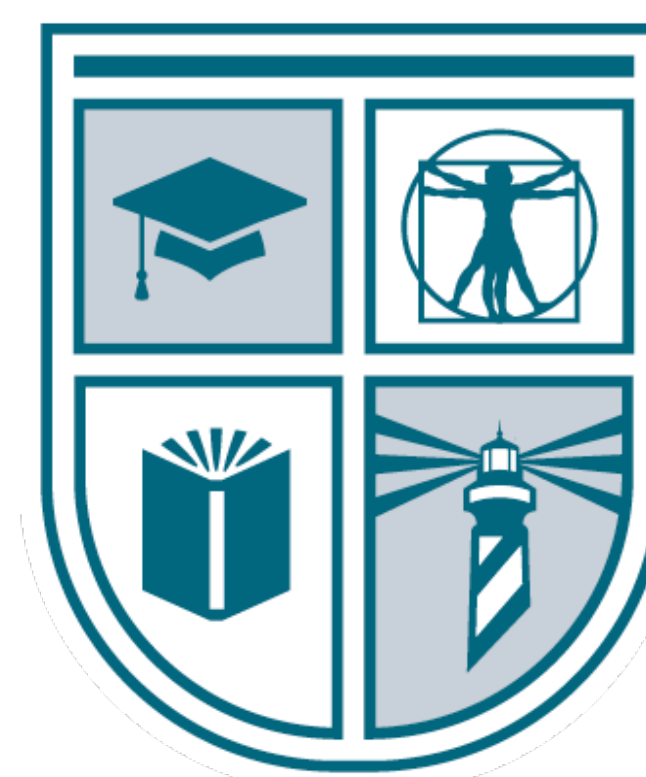
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Occupational Harmony in Night Shift Nurses Since 2020

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Doctor of Occupational Therapy Program



UNIVERSITY of ST. AUGUSTINE
for HEALTH SCIENCES

BACKGROUND

- Nurses constantly provide quality patient care to several vulnerable populations (Sagherian et al., 2020).
- When the World Health Organization (WHO) declared a global pandemic due to the infectious virus called COVID-19, nurses became the most essential profession in many hospitals.
- Night shift nurses face high workloads and rapidly changing work environments during normal sleeping hours and outside their normal circadian rhythm, with fewer resources and ancillary support (Yayla & Ilgin, 2021).
- Previous studies found that exclusively working night shifts can affect an individual's ability to engage in other activities/occupations (Jensen et al., 2017).

PROBLEM

- It can be easy for nurses to neglect their attention on themselves, impacting their mental health and overall well-being (Okayasu et al., 2022).
- Research indicates that a variety and an optimal number of occupations contribute to improved health and well-being (Wagman et al., 2012).
- The lack of literature examining the occupational engagement of night shift nurses during and outside of work underscores a gap in understanding their experiences (Okayasu et al., 2022).
- Occupational Harmony is a new concept that focuses on balancing activities within one's environment. It implies perpetual change, emphasizing the continuous need to adjust and change to maintain a state of harmony (Liu et al., 2023).

PURPOSE

- The purpose of this study was to gain more knowledge on the experiences of night shift nurses in the hospital setting, understand how COVID-19 affected them and the occupations they participate in, and how it has affected their occupational harmony (She & Ni, 2012).
- This study involves human subjects; it has been reviewed by the IRB and deemed exempt from IRB approval. IRB Number: 23-1207-305.

METHODS

Participant Recruitment

- Personal connections
 - Social media postings
 - Snowball sampling effect
 - Inclusion Criteria
- Must be working in a hospital as a night shift nurse, and must have worked during the COVID-19 pandemic as a night shift nurse

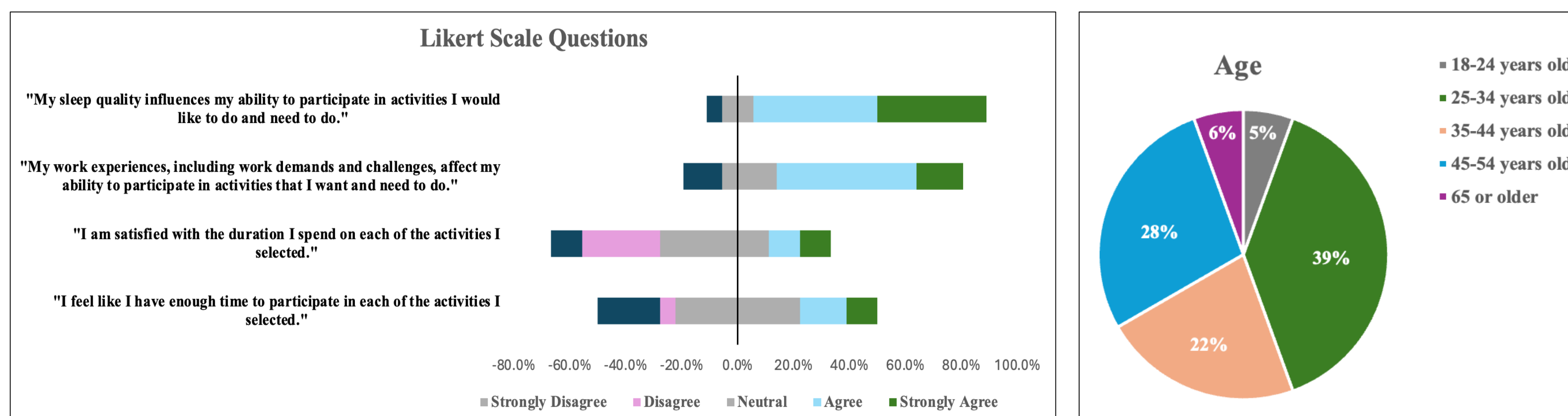
Data Collection

- Online survey via Microsoft Forms
- Virtual semi-structured interviews completed via Microsoft Teams
- Email interview template sent via Outlook Mail
- Completed Kawa Model drawing during interview

Thematic Analysis

- Transcription of interviews completed via Microsoft Teams, and Word
- Coding and thematic analysis completed via Dedoose software

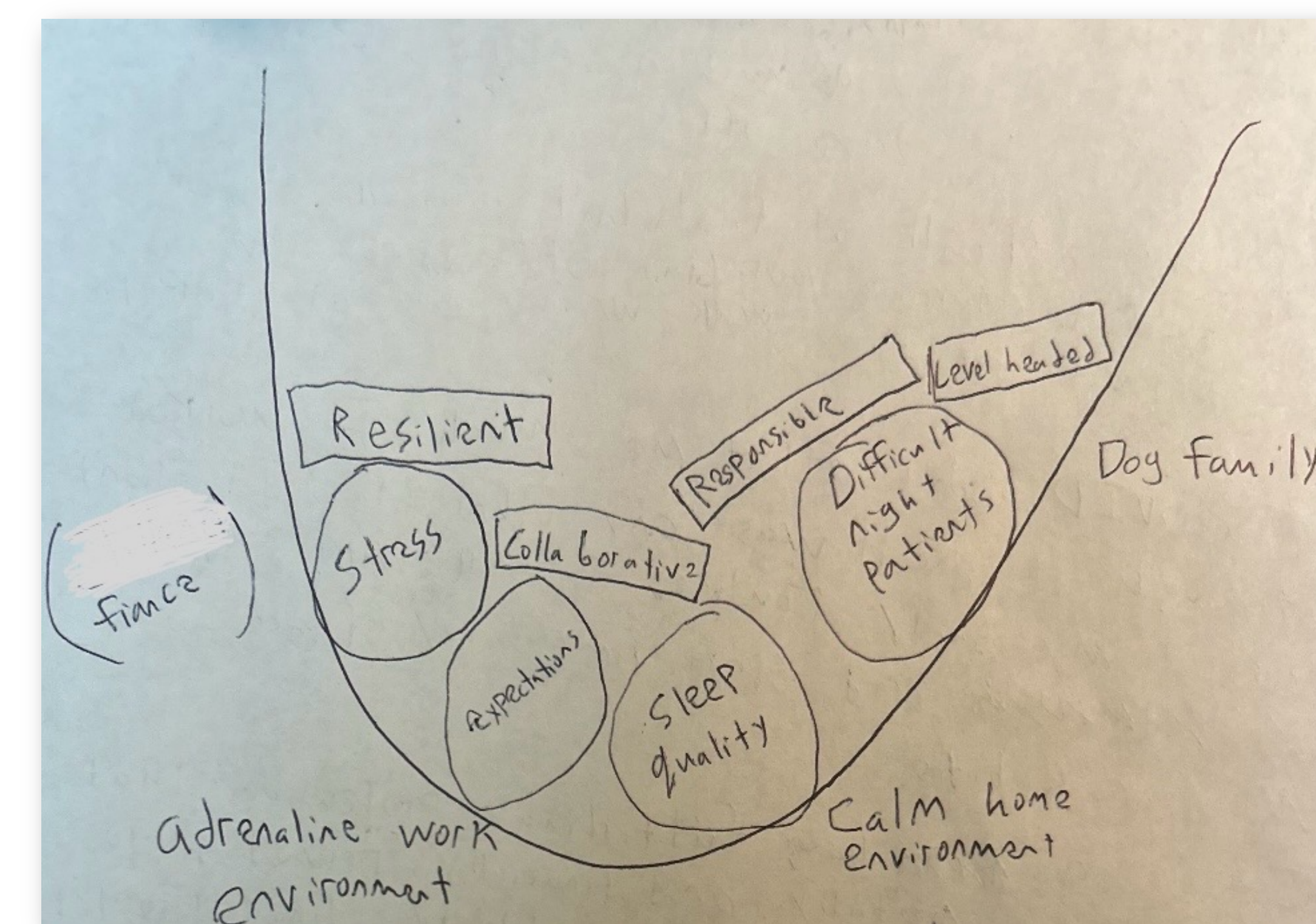
QUANTITATIVE RESULTS



QUALITATIVE RESULTS

Themes	Subthemes	Quotes
Night Shift Fosters Sense of Belonging	<ul style="list-style-type: none"> Sense of Belonging to the Profession Sense of Connectedness with Colleagues 	"Work gives me purpose to live and reminds me to be thankful that I am here in this world to serve, be happy, and do things we are supposed to do."
Rest and Sleep as a Priority Means Sacrificing Other Occupations	<ul style="list-style-type: none"> Rest Requires Intentionality/Discipline Decreased Participation in Other Activities 	"I am often stressed and too busy with work. On days off, I rest, leaving me behind of things I need to do like errands."
Leisure as a Privilege	<ul style="list-style-type: none"> Environmental Influence on Occupational Engagement 	"Not only do I need to take care of myself, but my family as well, so I don't always get to do what I want."
Occupational Impact from the Pandemic	<ul style="list-style-type: none"> PTSD from the Pandemic Shifting Perspective as a Coping Mechanism 	"I definitely wanted to just stay in bed. I didn't want to do anything, it kinda ruined a lot of my thought process, especially if you're trying to recover from a long-lasting night."
Occupational Harmony as a Night Shift Nurse	<ul style="list-style-type: none"> Resonates Does Not Resonate 	"No, working 36 hours on night shift makes it impossible to have a true healthy evenness in anything except work."

KAWA MODEL DRAWING



DISCUSSION

Findings Overview

- Analysis of the data suggests that work experiences and environments significantly influenced nurses' ability to engage in desired activities.
- The pandemic led to significant mental, physical, and emotional exhaustion.
- Kawa Model revealed shifts in nurses' perspectives on life, highlighting the importance of self-care and adaptation.
- Results suggest that rest and recovery are crucial for maintaining harmony, especially in dynamic work environments.

CONCLUSIONS

This study reveals how the COVID-19 pandemic exacerbated existing challenges for night shift nurses. The findings highlight the significance of promoting occupational harmony among night shift nurses, stressing the importance of diverse and flexible approaches to occupational engagement. It is crucial to prioritize the well-being of night shift nurses by implementing strategies that foster a supportive and harmonious work environment.

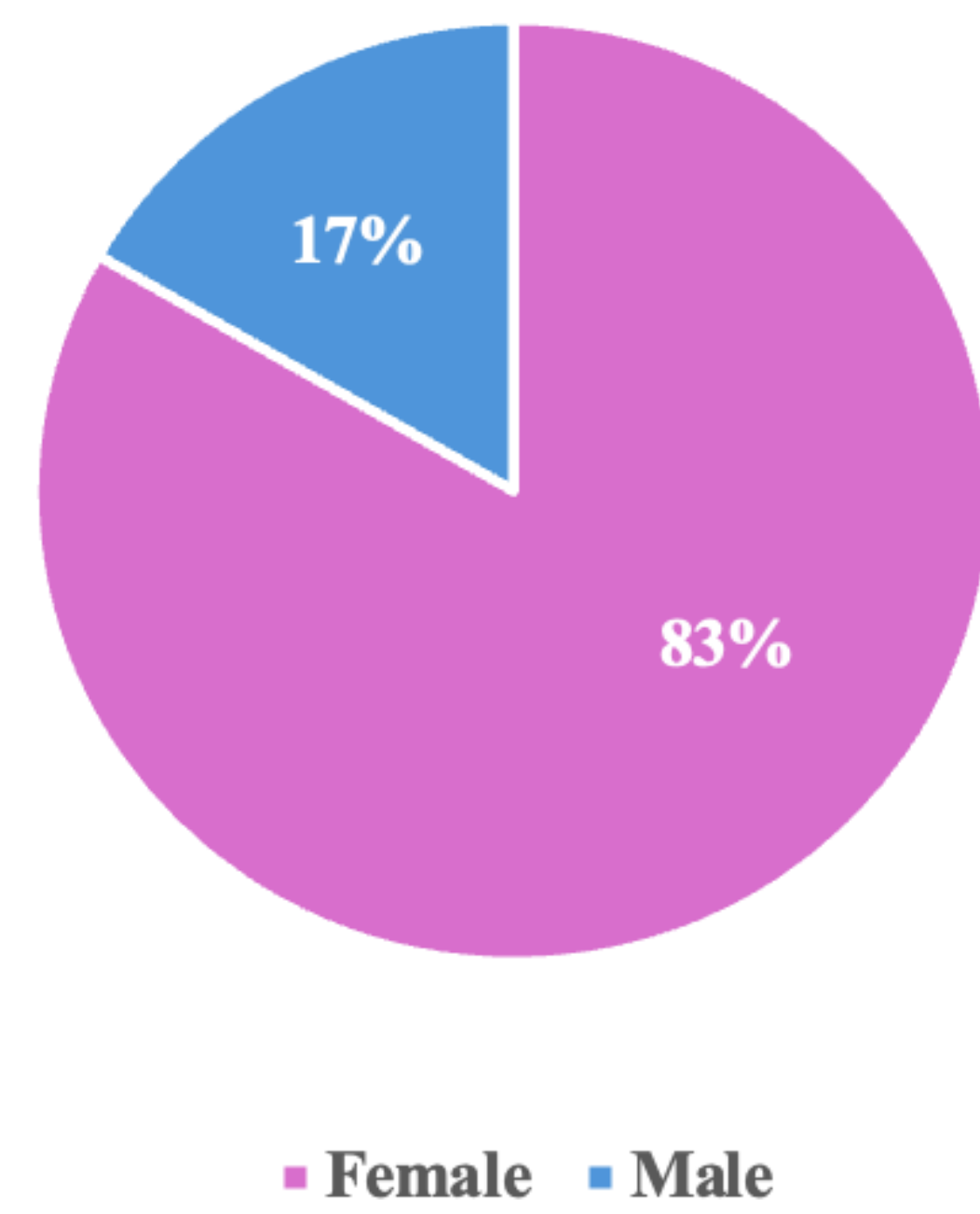
REFERENCES

Acknowledgement: Special thanks to my mentor, Geline Buenconsejo, PhD, APRN-CNS, PCCN-K for providing more knowledge on this topic!

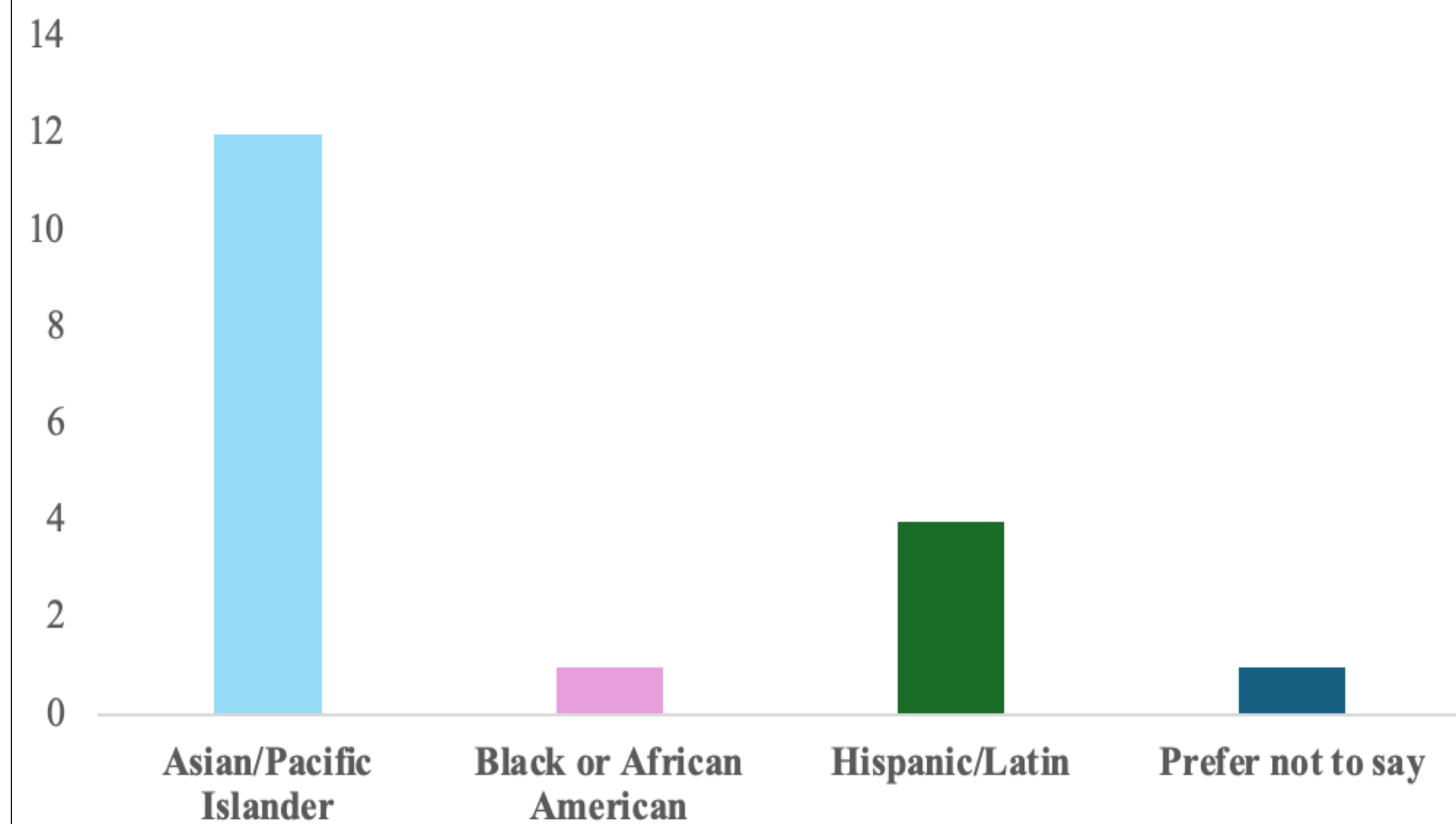


QUANTITATIVE RESULTS

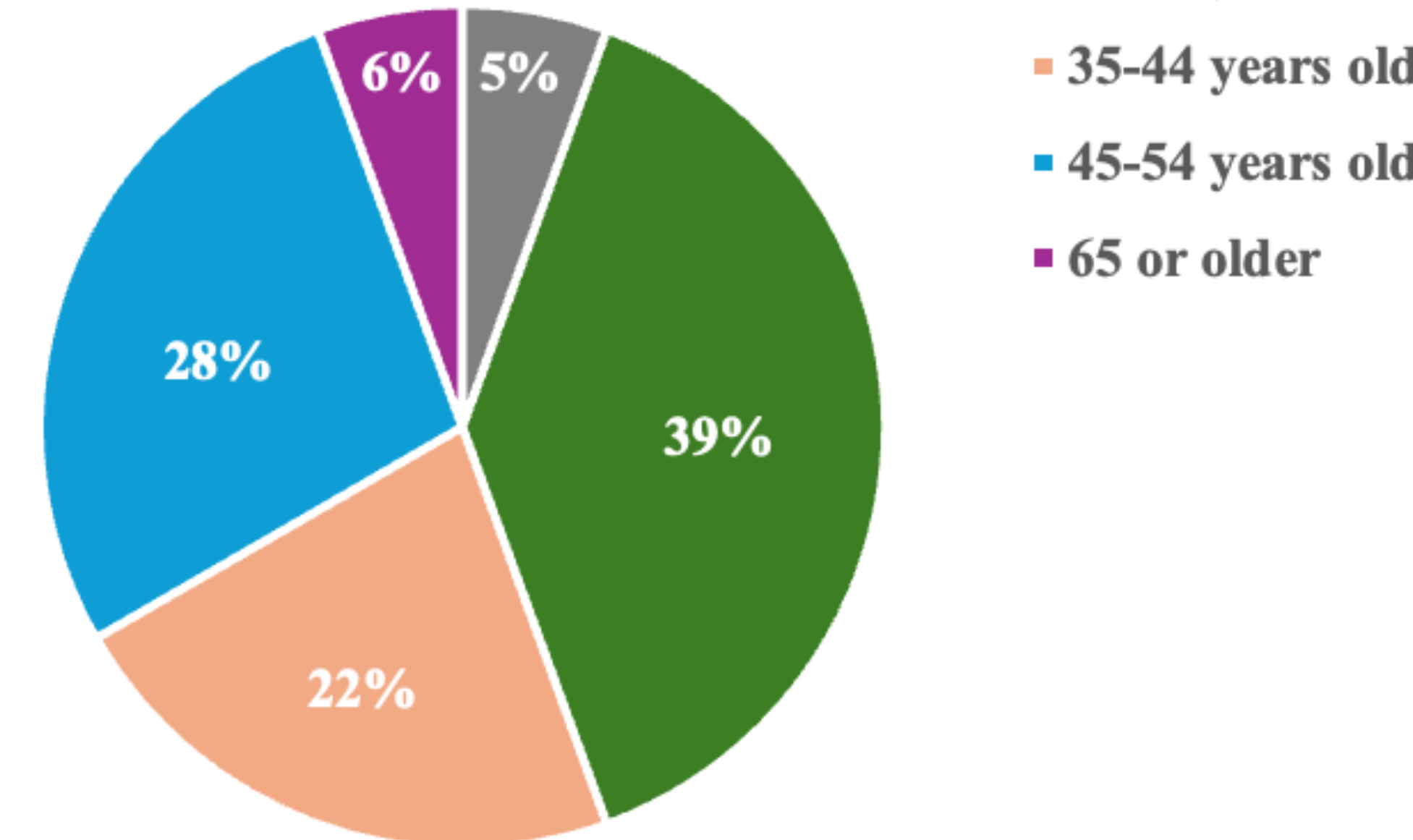
Gender/Sex



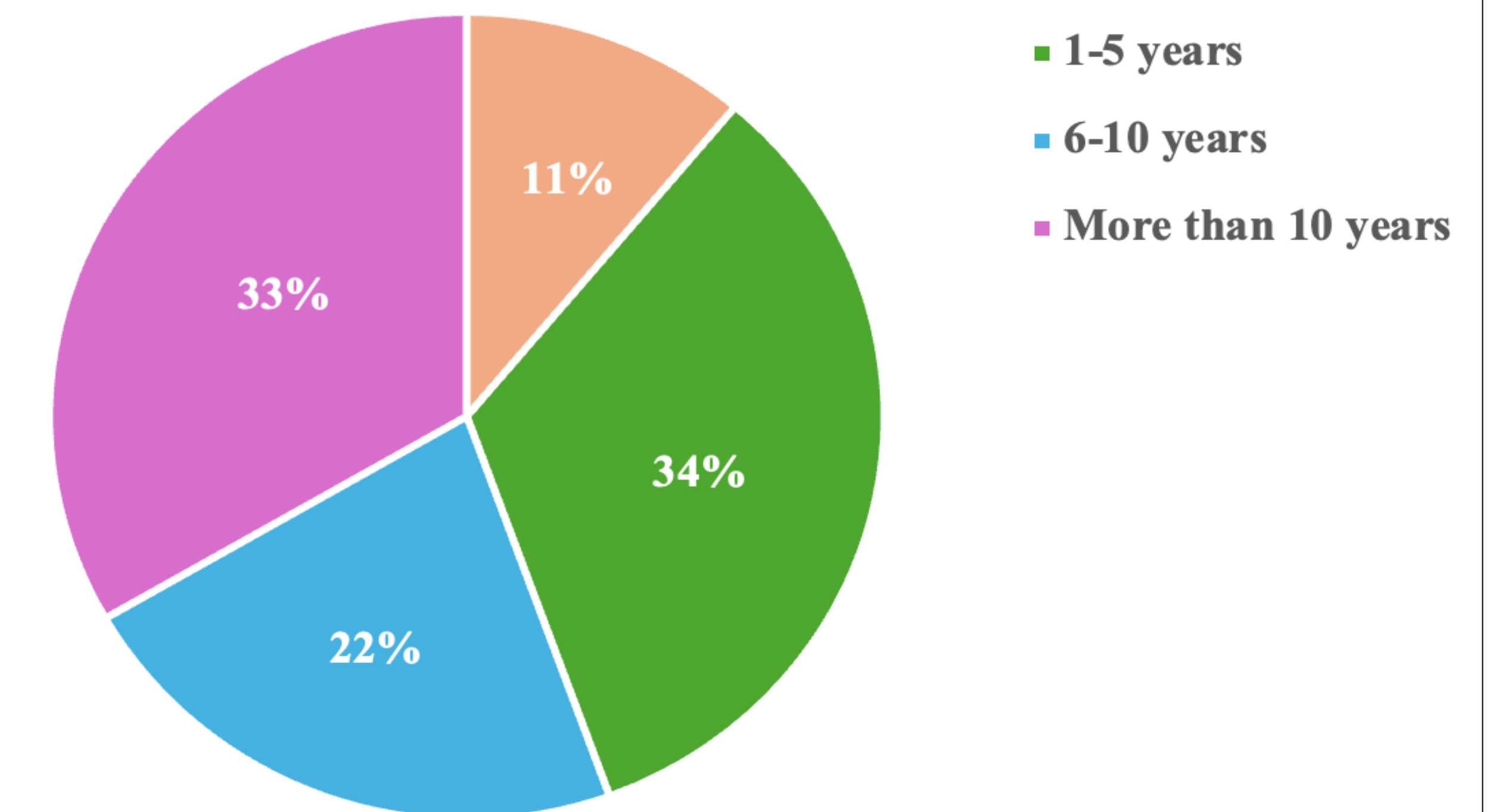
Race/Ethnicity



Age



Years of Experience



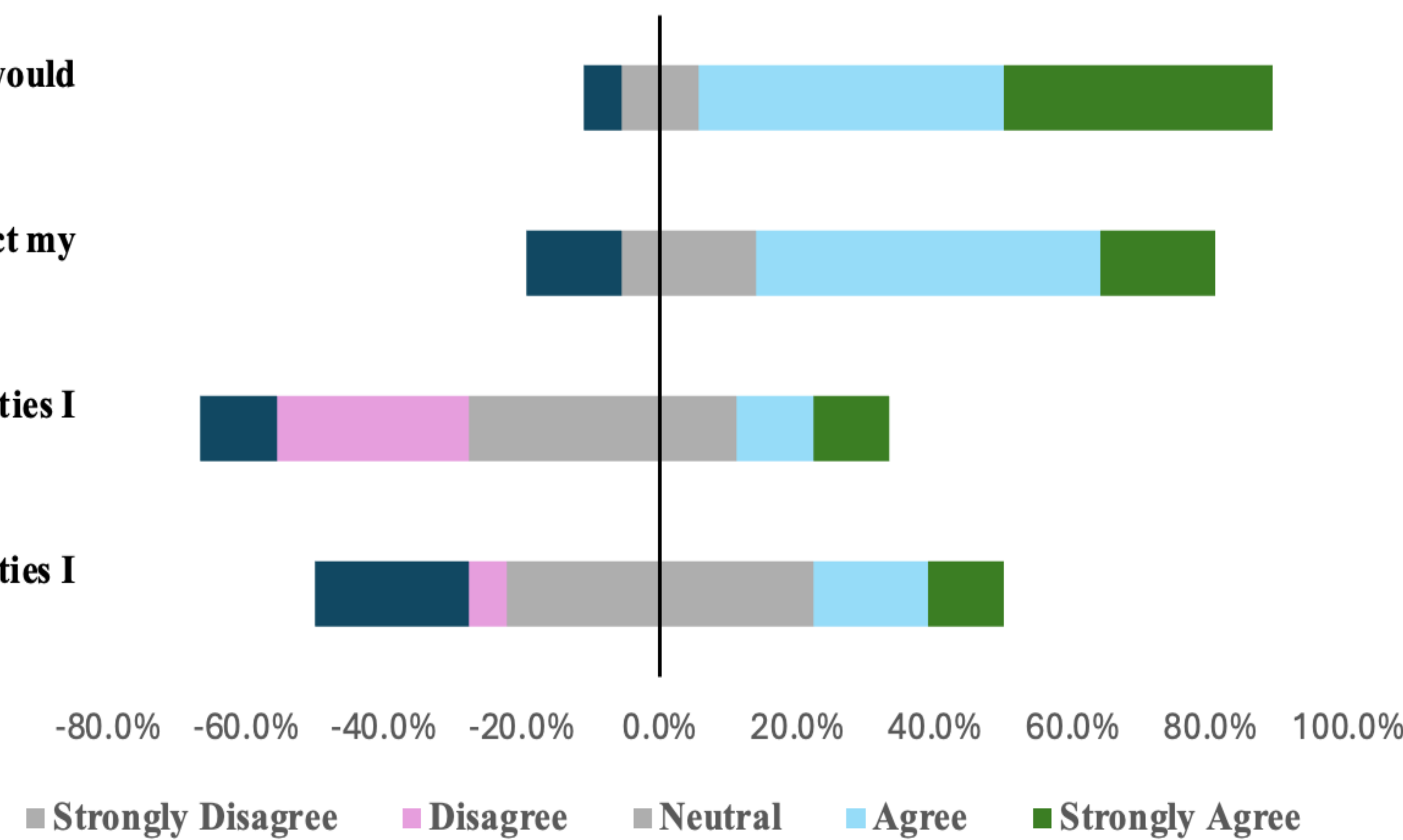
Likert Scale Questions

"My sleep quality influences my ability to participate in activities I would like to do and need to do."

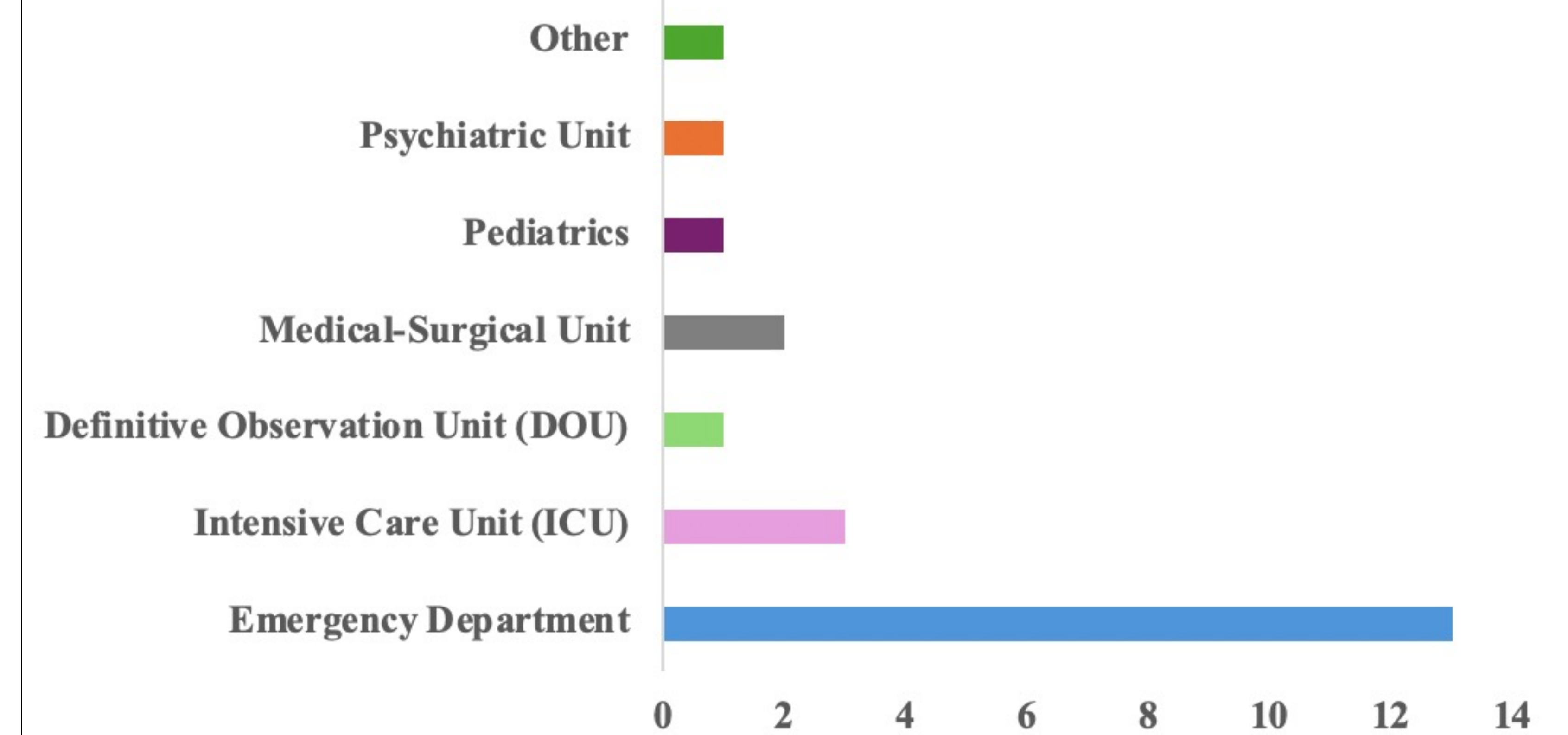
"My work experiences, including work demands and challenges, affect my ability to participate in activities that I want and need to do."

"I am satisfied with the duration I spend on each of the activities I selected."

"I feel like I have enough time to participate in each of the activities I selected."



Current Setting/Department



Impact on Daily Activities

Did working during COVID-19 affect your ability to participate in activities that you previously did?

Do the negative physical effects affect your desire or ability to participate in activities outside of work?

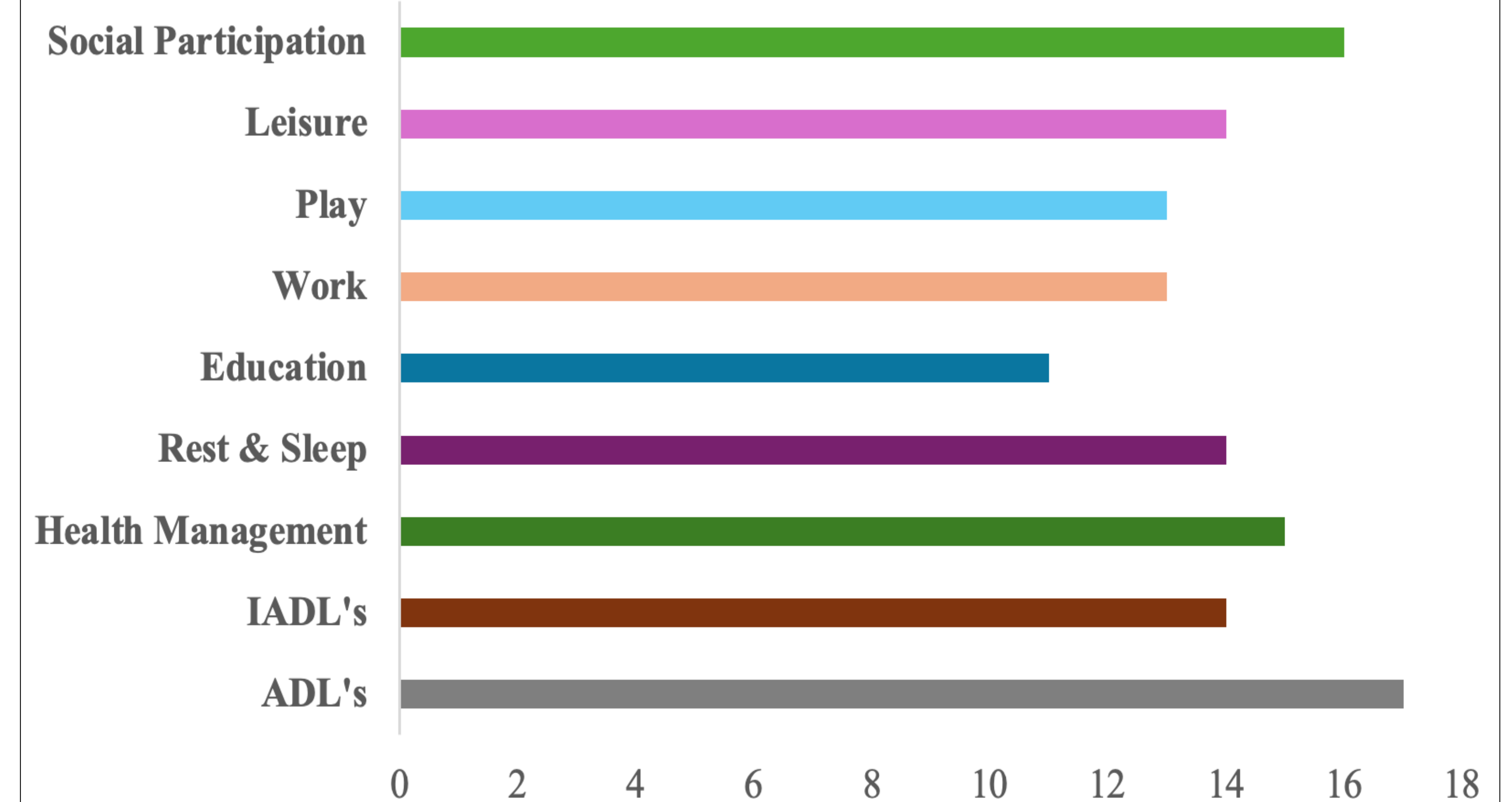
Have you experienced any negative physical effects from work that affect your ability to engage in activities outside of work?

Do the negative psychological effects affect your desire or ability to participate in activities outside of work?

Have you experienced any negative psychological effects from work that affect your ability to engage in activities outside of work?



Occupational Engagement and Activities



QUALITATIVE RESULTS

Themes	Subthemes	Quotes
<ul style="list-style-type: none"> • Night Shift Fosters Sense of Belonging 	<ul style="list-style-type: none"> • Sense of Belonging to the Profession • Sense of Connectedness with Colleagues 	<p><i>“I’m able to see happy families and help them. I think it’s a very rewarding experience...”</i></p> <p><i>“Work gives me purpose to live and reminds me to be thankful that I am here in this world to serve, be happy, and do things we are supposed to do.”</i></p>
<ul style="list-style-type: none"> • Rest and Sleep as a Priority Means Sacrificing Other Occupations 	<ul style="list-style-type: none"> • Rest Requires Intentionality/Discipline • Decreased Participation in Other Activities 	<p><i>“Although [routine] came with a lot of practice, I still have to be really disciplined, it doesn’t come naturally to me.”</i></p> <p><i>“I have to mentally prepare...to get back into a regular routine, but it definitely took years to try and get that.”</i></p>
<ul style="list-style-type: none"> • Leisure as a Privilege 	<ul style="list-style-type: none"> • Environmental Influence on Occupational Engagement 	<p><i>“Not only do I need to take care of myself, but my family as well, so I don’t always get to do what I want”</i></p> <p><i>“I feel the people who tend to work in the ED have similar ways to cope w/ stress so it’s easy to latch onto each other’s hobbies like rock climbing, dance classes, & enjoying nature. Also, because I often see people who are at their lowest/most vulnerable, I prioritize making the most out of every moment & appreciating what I have.”</i></p> <p><i>“So usually if I’m having like a really busy night, or if it’s a very stressful night, the activities I usually gravitate towards are a lot more like calming and peaceful activities for me.”</i></p>
<ul style="list-style-type: none"> • Occupational Impact from the Pandemic 	<ul style="list-style-type: none"> • PTSD from the Pandemic • Shifting Perspective as a Coping Mechanism 	<p><i>“[I] had stress, depression, [and] exhaustion from long hours of work and [was] mandated to stay over long periods of time. I...had no time to have leisure and social gatherings.”</i></p> <p><i>“You go home, and you still think about it.”</i></p> <p><i>“It was difficult to fall asleep due to constant alarms going off in the hospital. Seeing patients die in the hospital and unable to see their families during those times took an emotional toll. It made me feel grateful for mine but very depressing to know we couldn’t save them and that their families weren’t able to be at bedside to say goodbye.”</i></p>
<ul style="list-style-type: none"> • Occupational Harmony as a Night Shift Nurse 	<ul style="list-style-type: none"> • Resonates • Does Not Resonate 	<p><i>“I realize it all goes in full circle with all parts of my life. For instance, if I get enough sleep, I can focus on work and focus on other aspects of my life, but if I don’t get enough sleep, I am a mess, and my work at the hospital and at home is not 100%.”</i></p> <p><i>- “As nice as it would be to adjust my life to be more in harmony, it would disrupt the amount of energy I require for work. Which sadly is required to pay off my large student loans.</i></p>