

Support for the Shift Worker

Course Description: Healthcare shift workers face considerable challenges with health, lifestyle, family, and social life. Shift work has been associated with increased risk of cardiovascular disease, gastrointestinal disorders, obesity, and diabetes. Quality of both waking life and sleep are also affected. These issues result in decreased productivity, increased absenteeism, on-the-job medical errors, and workplace accidents. Despite the known dangers to, and risk of errors by, healthcare shift workers, very few employers offer supportive counseling to shift employees. This module offers tips for proper sleep, nutrition, and lifestyle organization.

Course Objectives:

- Describe lifestyle challenges and health concerns faced by healthcare shift workers
- Briefly discuss health risks associated with shift work, and describe ways to reduce the risks
- Explain how waking life and sleep are effected by shift work
- Offer tips for proper sleep and nutrition
- Offer tips for improving life-style organization and quality
- Identify the dangers of, and risks of medical errors associated with, shift work
- Discuss interventions and strategies that employers can use to reduce the costs associated with shift-work fatigue and health problems.