

Abstract 20

Quality of sleep and its associated factors among Nursing Officers working in Teaching Hospital, Jaffna

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Background and objective: Nurses often experience disrupted sleep patterns. This study aims to assess sleep quality and identify socioeconomic, environmental, and work-related factors influencing sleep among nurses at Teaching Hospital Jaffna.

Methods: This institution-based descriptive cross-sectional study was carried out among 268 Nursing Officers working in the Teaching Hospital Jaffna. Self-administered questionnaires were used to gather details of socio-economic, environmental, health, behavioural, and work-related factors and the Pittsburgh Sleep Quality Index (PSQI) was used to assess sleep quality. A standard scoring system using the PSQI was applied, where a score ≤ 5 was categorized as good sleep quality and > 5 as bad sleep quality. SPSS (v23) was used for analysis. Descriptive statistics were used to summarize the data and the Chi-square test was performed to determine the associated factors. Statistical significance was considered as $p < 0.050$.

Results: The mean age was 30. Majority were females (74.6%), married (60.4%), diploma holders in nursing (73.9%), working in Intensive Care Units (ICU) and Operation Theatres (OT, 36.6%), followed by surgical and gynaecological units (22.4%), and clinic and unit (20.9%). The most common duty schedule was double shifts (39.9%), while single shifts and avoidance of night duties were reported by 17.5% and 6% of staff, respectively. Majority (72.8% $n=195$) of the Nursing Officers had bad sleep quality. Poor sleep was most prevalent among female staff (75.5%), those working in ICU and OT (25.7%), and nurses performing double duties (58.6%). Statistically significant associations were found between sleep quality and income ($p=0.002$), loan obligations ($p=0.016$), lighting in the sleeping area ($p=0.036$), social media use after 6 pm ($p=0.032$), working environment ($p=0.005$), shift patterns ($p<0.001$), number of shifts per week ($p=0.035$), occurrence of double shifts ($p=0.004$), night shifts per week ($p<0.001$) and having a day off after a night shift ($p=0.013$).

Conclusion: Work factors mostly affected nurses' sleep, highlighting the need to revise duty schedules and improve workplace support for nursing staff.

Keywords: nursing officers, sleep quality, Teaching Hospital, Jaffna