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A STUDY ON WORKSAFETY AMONG NURSES IN ONE OF THE LEADING HOSPITALS, GOBICHETTIPALAYAM

Management

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ABSTRACT

Nurse's protection from job injuries and infections is critical for both the nurses and the patients they serve. Nurses who are healthy and well-rested are essential for providing constant monitoring, compassionate patient care, and strong advocacy. There are several working stressors that might cause diseases and injuries in nursing situations. Nurses face substantial physical and psychological demands throughout the day, as well as a potentially hazardous work environment. Nursing employment has the potential to harm one's health both immediately and in the long run. Musculoskeletal injuries/disorders, other injuries, infections, changes in mental health, cardiovascular, metabolic, and neoplastic diseases are among the health effects. The purpose of this essay is to look into the job safety of nurses in the chosen institution. A questionnaire was framed and circulated to the employees of that hospital in order to study the extent of work safety among nurses. The expected outcome of this paper is the improvement in already existing workplace safety for nurses in the hospital. The findings are also expected to pave the way for future research work.

KEYWORDS

work, health, sleep, risk, care

INTRODUCTION

Nursing employment can be hazardous to one's health over time. Nursing safety is impacted by physical labor demands such as patient lifting and awkward postures, protective gear to prevent needle sticks, chemical workplace exposures, and the danger of violence.

Shift Work and Long Work Hours

Circadian rhythm disruptions can cause poor sleep quality and quantity, as well as gastrointestinal, psychological, and cardiovascular issues. Working at odd hours might also make it difficult to maintain relationships with family and other social acquaintances. Long work hours, on the other hand, may diminish the amount of time available for sleep, resulting in sleep deprivation or disturbed sleep, as well as an insufficient recovery from work.

Physical/postural risk factors and MSD

Back injuries have been connected to occupations that require heavy lifting, bending and twisting, and other manual handling in health-care employees. Due to a mix of compression, rotation and shear pressures, patient transfers also necessitate flexion and rotation, increasing the risk of injury. Nurses who did physically demanding work had 9–12 times the chance of developing a neck, shoulder, or back MSD.

Needle sticks

In a number of positions in health care settings, health care workers are still exposed to the serious and often life-threatening risk of blood-borne illnesses. The danger of transmission increases if a device is plainly contaminated with blood is used to penetrate the vascular system or generates a deep wound. Workers in the health-care, laundry, and cleaning industries are frequently exposed to high-risk needle stick injuries. A needle stick injury is expected to cause more than 1,000 health-care workers to contract a serious illness such as the hepatitis B or C virus or HIV each year.

Mental Health Effects of Nursing Work

Working in nursing increases the risk of experiencing both minor and major psychiatric morbidity with job strain contributing to this outcome. Feelings of stress, anger, anxiety, sad mood, mental exhaustion, and sleep disturbance are minor psychiatric morbidities that are characterized as burnout, sub threshold depression, or adjustment disorders. Although mental diseases such as serious depression, anxiety disorders, and psychotic disorders are uncommon, work stress can cause or exacerbate them.

OBJECTIVES OF THE STUDY

To identify and analyze the occupational safety concerns experienced by nurses in the chosen institution.

To suggest better measures to improve the work safety of Nurses in the hospital.

II. LITERATURE REVIEW

According to Bethany Nock (2019), the phrase “culture of safety” is a term you might have heard. A safety culture emphasizes the significance of keeping patients safe from mistakes and injuries. However, nurses' workplace safety does not always receive the attention it deserves. The truth is that neglecting to protect nurses from job dangers, illness, or injury can have a direct impact on patient care.

According to Nancy J. Brent, MS, JD, RN (November 16th, 2016), musculoskeletal disorders connected to patient and resident handling, occupational violence, blood-borne pathogens, tuberculosis, slips, trips, and falls are among the five hazard areas for nurses highlighted in the OSHA. The American Nurses Association and OSHA believed that this information would prompt the development of a national ergonomic standard for patient handling. The American Nurses Association has long advocated against manual lifting because it puts patients and nurses at risk.

According to Joan PA Zolot (February 2017), the findings highlight the numerous benefits to hospitals of implementing and maintaining policies that ensure nurses are safe and have adequate resources at work. Nurse-to-patient ratios and proper unit staffing are examples of regulations that directly influence nurses, as are hospital-wide occupational safety policies. For example, guidelines and protections for handling harmful drugs must be regularly maintained and updated. According to Kate Andrews (2019), nurses must be knowledgeable about workplace safety and ways to reduce the risk of injury. Nurses must fight for workplace safety in order to foster a culture of safety that benefits patients, as well as themselves and their coworkers. Education is key in helping to prevent injury and promote safety in the workplace.

III. METHODOLOGY

This is an experimental study that focuses on the nurses at the chosen hospital and their workplace safety knowledge. To acquire data, simple random sampling is employed. There were about 100 nurses at the hospital, and 80 data points were collected using Morgan's table with 95% confidence and 5% error. A questionnaire was constructed for this purpose, ensuring that the research questions appropriately reflect the researcher's objectives and providing direction and structure to the investigation. As a result, the survey instrument is a two-part structured questionnaire. The first section contains demographic questions such as gender, experience, and designation, while the second section contains sixteen questions that assess the nurses' knowledge of workplace safety.

From theChart –I, it is seen that 5 percent of the responders are staff nurses, 16.1 percent are auxiliary nurses, 21.3 percent are nursing assistants, 26.3 percent are nursing orderlies and 31.3 percent are student nurses.

IV. ANALYSIS

Chart -I Chart showing the job designation of the respondents

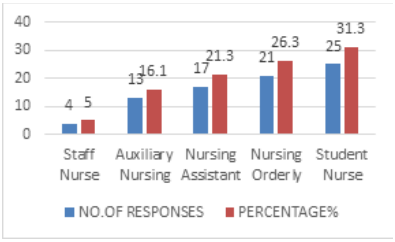
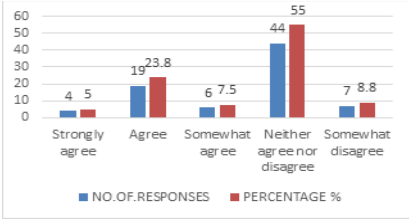
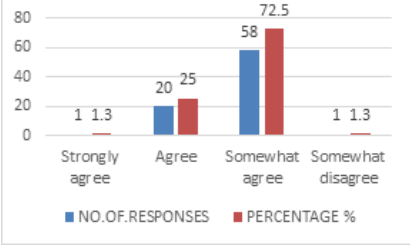


Chart –II Chart showing the respondent's opinion towards statement "Incidence of needle prick injuries are rare during work time"



From the chart –II, 5.0 percent of respondents strongly agree, 23.8 percent agree, 7.5 percent somewhat agree, 55.0 percent neither agree nor disagree, and 8.8 percent somewhat disagree with the assertion that the incidence of needle prick injuries are rare during work hours.

Chart -III Chart showing the respondent's opinion for the statement "Proper training is given for carefully administering injections"



From the Chart -III, it is interpreted that 1.3% of the respondents have graded as strongly agree for the statement that proper training is given for carefully administering injections, 25.0% of the respondents have graded as agree, 72.5% of the respondents have graded as somewhat agree and 1.3 % of the respondents have graded as somewhat disagree.

Table -I showing the relationship between statements: Incidence of needle prick injuries is rare during work time & Proper training is given for carefully administering injections.

Null hypothesis (H0): There is no relationship between the incidence of needle prick injuries being rare and the training given for carefully administering injection.

		Incidence of needle prick injuries are rare during work time	Proper training is given for carefully administering injection
Incidence of needle prick injuries are rare during work time	Pearson Correlation Sig. (2-tailed) N	1 80	.316 .004 80
Proper training is given for carefully administering injection	Pearson Correlation Sig. (2-tailed) N	.316 .004 80	1 80

Alternative hypothesis (H1): There is relationship between the incidence of needle prick injuries being rare and the training given for carefully administering injection.

The above table interprets that since, Pearson correlation value is 0.316 there exist a positive correlation between the incidence of needle prick injuries being rare during work time and training given for carefully administering injection. Here the significant value is 0.004 which is lesser than 0.005. Hence, alternative hypothesis (H1) is considered. Therefore, it can be proved that there is relationship between the incidence of needle prick injuries being rare and the training given for carefully administering injection.

V. MAJOR FINDINGS & RECOMMENDATIONS

1. From theChart –I, it is seen that 5 percent of the responders are staff nurses, 16.1 percent are auxiliary nurses, 21.3 percent are nursing assistants, 26.3 percent are nursing orderlies and 31.3 percent are student nurses.

2. According to Chart –II, 5.0 percent of respondents strongly agree, 23.8 percent agree, 7.5 percent somewhat agree, 55.0 percent neither agree nor disagree, and 8.8 percent somewhat disagree with the assertion that the incidence of needle prick injuries are rare during work hours.

3. From the Chart -III, it is interpreted that 1.3% of the respondents have graded as strongly agree for the statement that proper training is given for carefully administering injections, 25.0% of the respondents have graded as agree, 72.5% of the respondents have graded as somewhat agree and 1.3 % of the respondents have graded as somewhat disagree.

The recommendations are,

1. Ensure that personal protective equipment (PPE) for nurses is available in sufficient quantities and is being used effectively as a first line of defense against infections in the workplace.

2. Nurses can be educated on proper techniques for handling sharps, giving medications, and managing hazardous chemicals through regular awareness programmes and lectures.

3. The powder used to coat latex gloves can induce a rash on the hands or in severe circumstances, anaphylactic shock in nurses. To avoid this, the workplace might adopt powder-free gloves.

4. Watch for signs of burnout and weariness among the nurses and encourage them to take care of themselves both on and off the job.

VI. CONCLUSION

This study demonstrates the importance of integrating occupational health and safety concerns, work-life balance and workplace transitions to nurse attrition prevention and health and safety promotion. Improvements in nurse safety have significant advantages in terms of retaining nurses and drawing new nurses to the profession. Excessive work hours, for example, are bad for nurses' health and, as a result, bad for patient care. Many healthcare institutions are making significant financial and system-level investments to improve patient safety; therefore it's critical to use these efforts to improve worker safety as well. These benefits will benefit patients in the long run, as efforts to improve nurse safety should result in a healthier staff.

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