Worker Fatigue: Its’ Impact on Patient Safety, Productivity, and The Health of the Caregiver and Patient
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Lecture Outline

Content

I. Fiscal/Disaster Costs of Fatigue
   A. 18 billion dollars/year
   B. Auto Crashes
      1. 1500 fatalities
      2. 100,000 accidents
      3. 76,000 injuries
   C. International Disasters
      1. Three Mile Island
      2. Chernobyl
      3. Exxon Valdez
      4. Challenger

II. Definitions
   A. Sleepiness-
   B. Fatigue-

III. Key Concepts
   A. Night/rotating shifts and sleep
   B. Sleep loss is cumulative
   C. Effects of sleep loss
   D. Scary Facts Related to Falling Asleep While Working

IV. Impact of Insufficient Sleep
   A. Mood Alterations
   B. Cognitive Problems
   C. Reduced Job Performance
   D. Motivational Issues
   E. Safety Issues
   F. Physiological Changes
   G. Decreased Memory
   H. Increased Medical Errors
   I. ______________________
   J. ______________________
K. ______________________

V. Physiological Impact on the Caregiver
   A. Metabolism and Appetite
   B. Glucose Tolerance Issues
   C. Diabetes
   D. Hypertension
   E. Musculoskeletal Injuries
   F. Cardiovascular Symptoms
   G. Symptoms of Well Being

VI. Risk of Auto Accidents
   A. Accidents increase after 9 hours of working
   B. Double after 12 hours
   C. Triple after 16 consecutive hours
   D. Increases with number of days worked

VII. Fatigue Management Programs
   A. Sleep Hygiene Measures
   B. Use of Caffeine
      1.
      2
      3
   C. Napping
      1.
      2.
      3.
   D. Bright Lighting
   E. Exercise
      1.
      2
   F. Scheduling According to Circadian Rhythms
   G. Rest/Meal Breaks

VIII. Sleep
   A. How Much Required
   B. Age Related Issues
   C. Risk Factors

IX. Recommendations
   A. Limit shifts 12 hours/24 hour
   B. Limit Work Week to no more than 48-60 hours
   C. 10-12 hours off between shifts
   D. No more than 3 consecutive 12 hour shifts
   E. No caffeine outside of work
   F. Naps
   G.

X. Summary
   “Nurses should realize that most people are not accurate judges of how impaired they are by fatigue or sleep loss. Few adults can perform at high
levels for more than 12 hours or function with less than 6 hours of sleep (Rogers, 2008)

XI. Concluding Remarks.