

Disorders Among Shift Work Nurses during Internship in Public and Private Hospitals of Nagpur City

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Abstract: *The term shift work is an arrangement of working hours that uses two or more teams (shifts) of workers, in order to extend the hours of operation of the work environment beyond that of the usual office hours. Nurses are the most important resource of a hospital and healthcare system. Internship is a job taken by a student in order to learn a profession. The goal of nursing resource management is to acquire, provide, retain and maintain competent staff nurse in right numbers to meet the needs of the patients and community served by the organization. Aim of the study was to determine the health disorders among shift work nurses working during internship. Materials and methods: a cross sectional study was conducted among (108) nurses at public and private hospital of Nagpur city. Data collection: a questionnaire composed of 2 parts; Part one: includes demographic domain related questionnaire; b) Part two: Physical Health domain related questionnaire. Results: It was found that nurses working in various shifts during internship are suffering from various health disorders such as Eye disorder (7.7%), Backache(32.4%), Headache(23%), Digestive disorders(21.2%)*

Conclusion: Nurses (82.88 %) working in different shifts during internship are facing health related disorders 17.12% of the nurses are not facing any health issues while working in different shifts in hospitals

Keywords: Nurses, Internship, Disorders, Shift work

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