

# Webinar on NURSING & HEALTHCARE

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## **Nursing Fatigue and Risk Management in Jordan: Gender Expectations and Experiences**

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**Study Aim:** The study aimed at investigating the level and the types of fatigue among Jordanian nurses. Two fatigue assessment tools, the OFER15 and the FAS tools were adopted to analyse the levels and prevalence of five types of fatigue. The fatigue types analyzed included chronic, acute, and inter-shift (OFER 15) and the physical and mental (FAS) types, respectively. Of critical importance was an evaluation of the impact of gender on Jordanian nurses fatigue levels.

**Methodology:** A quantitative study analysis was developed. This included a closed ended questionnaire. The questionnaire was published on Redcap and distributed to potential respondents. A simple random sampling strategy was used to access a minimum 350 respondents from the KAUH and the JUH sites, respectively. The target population base was targeted through flyers sent out to the hospitals administration and the nursing in-charge officer in each of the hospitals.

**Findings:** The study demonstrated a high fatigue level prevalence among Jordanian nurses. All the five types of fatigue had an average mean value above the median value 3, indicating a high prevalence rate. On OFER 15 analysis, the study demonstrated that (i) chronic fatigue was correlated to age and number of dependents, (ii) Acute fatigue to gender and marital status, (iii) Inter-shift fatigue to age, gender and educational levels, (iv) physical fatigue to age, years of experience, weekly working hours, monthly income and working in the shift BC. Finally, (v) mental fatigue correlates to age, working years' experience, employment status, and monthly income levels, respectively.

**Conclusion:** The study concludes a high level of fatigue among Jordanian nurses and the need to create individual and hospital/management based mitigation strategies.

### **Biography**

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