Information Literacy/Evidence Based Practice

Presented by:
Hollie Keller
Emily Pankow Wieber
Lesley Parsons
Virginia Titman
Alicia Vermeulen
Nicole Weiser

University of Mary
NUR 601
The 12 Hour Shift

- 12 hour or longer shifts are common in acute care.
- How do these 12 hour shifts affect patient care and wellbeing of nurses?
- The 12 Hour Nursing Shift (Calhoun et al, 2014):
  - 3 day work week
  - Unpredictable
  - Overtime often used
  - Rotating day and night shifts
- Lethal combinations can lead to fatigue and burnout, which can lead to compromised patient care (Calhoun et al., 2014)
In an intensive care unit (ICU), how does working 12-16 hour shifts compared with working 8-9 hour shifts impact patient satisfaction scores and burnout among ICU nurses?

**Population:** Critical Care Nurses

**Intervention:** 8-9 hour shifts

**Comparison:** 12-16 hour shifts

**Outcome:** Patient satisfaction scores and burnout noted by ICU nurses
Literature Search Process

- **Databases searched**
  - CINAHL complete, Academic Search Premier, Ebsco Megafile, Health Source

- **Key words used**
  - Burnout/turnover
  - Critical care
  - Nurses/patient satisfaction
  - 12-16 hour shifts

- Articles determined to answer PICO question
Article 1 Analysis


- Research Methodology: Qualitative Study (cross-sectional survey)
- Purpose: study fatigue and other factors associated with 12 hour shifts
- Level of evidence: 6

<table>
<thead>
<tr>
<th>Level</th>
<th>Example</th>
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<tbody>
<tr>
<td>1</td>
<td>Systematic review of multiple random controlled trials</td>
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<tr>
<td>2</td>
<td>Single random controlled trial</td>
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<tr>
<td>3</td>
<td>Well-designed nonrandom controlled trials</td>
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<td>4</td>
<td>Well-designed case-control and cohort studies</td>
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<tr>
<td>5</td>
<td>Systematic reviews of descriptive and qualitative studies</td>
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<td>6</td>
<td>Single descriptive or qualitative study</td>
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<tr>
<td>7</td>
<td>Opinion of authorities and expert committees</td>
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</tbody>
</table>

- Research and Sample Design: Cross-sectional survey
- Validity and reliability
- Currency, relevancy, authority, accuracy, and purpose (CRAAP method)
- Limitations
- Conclusions
Article 2 Analysis


- Research Methodology: Descriptive-correlation study
- Purpose: inform and identify the relationship between moral distress, burnout, and anticipated turnover in ICU nurses.
- Level of Evidence: 6

- Research and Sample Design: descriptive-correlation study
- Validity and reliability
- Currency, relevancy, authority, accuracy, and purpose (CRAAP method)
- Limitations
- Conclusions
Article 3 Analysis

Witkoski Stimpfel, A., Sloane, D.M., & Aiken, L.H. (2012). The longer the shifts for hospital nurses, the higher the levels of burnout and patient dissatisfaction. *Health Affairs*, 31(11), 2501-2509.

- Research Methodology: cross-sectional design
- Purpose: Relationship between hospital nurses’ shift length and three nurse outcomes. (burnout, job dissatisfaction, and intention to leave job)
- Level of Evidence: 6
Witkoski Stimpfel, A., Sloane, D.M., & Aiken, L.H. (2012). The longer the shifts for hospital nurses, the higher the levels of burnout and patient dissatisfaction. *Health Affairs, 31*(11), 2501-2509. (continued)

- Research and Sample Design: Cross-sectional analysis design
- Validity and reliability
- Currency, relevancy, authority, accuracy, and purpose (CRAAP method)
- Limitations
- Conclusions
Summary of Resources

- Moral distress leads to burnout (Shoorideh et al, 2015)
- Burnout increases with longer shift lengths (Witkoski Stimpfel, 2012)
- Working longer shifts leads to unhealthy fatigue recovery (Chen et al, 2014)
- Patient satisfaction is lower when nurses work longer hours (Witkoski Stimpfel, 2012)
Application of Evidence Based Practice

- Based on our scenario, PICO question and research findings:
  - Nurse burnout increases (with > 12 hour shifts)
  - Patient satisfaction decreases (with > 12 hour shifts)

- These findings can guide clinical practice regarding shift lengths.
  - Nurse preference and staffing needs also play a role.
Publication

- Journal: Critical Care Nurse
- Requirements for submission
- Interesting Requirements of Manuscript
  - No author identifiers
  - Tables submitted separately from publication
  - Follow American Medical Association Manual of Style 10th edition
  - Drug names must be generic (Critical Care Nurse, 2016)


Critical Care Nurse. (2016). http://ccn.aacnjournals.org/site/misc/ifora.xhtml


Witkoski Stimpfel, A., Sloane, D.M., & Aiken, L.H. (2012). The longer the shifts for hospital nurses, the higher the levels of burnout and patient dissatisfaction. Health Affairs, 31(11), 2501-2509.
Questions?