

Supporting Healthy Lifestyles in Healthcare Professionals

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**How does your profession
affect your ability to have a
healthy lifestyle?**

Context!

Why we chose this topic:

Former and current healthcare professionals who have experienced challenges in the work environment and expectations for healthcare providers set by administrators

For the sake of the project...

Who we are:

Healthcare workers who are advocating for better working conditions

Who you are:

Healthcare administrators who make policy decisions

The Data

- Personal data collected from 374 individuals
 - Gender, Age, Occupation, Sleep Duration, Sleep Quality, Physical Activity Level, Stress Level, HR, Daily Steps
- We predominantly focused on professionals in healthcare (doctors and nurses) vs. other careers and their stress levels, sleep quality, and activity levels
- Some data was surveyed/self-reported
 - Quality of sleep & stress levels were reported on a scale of 1-10

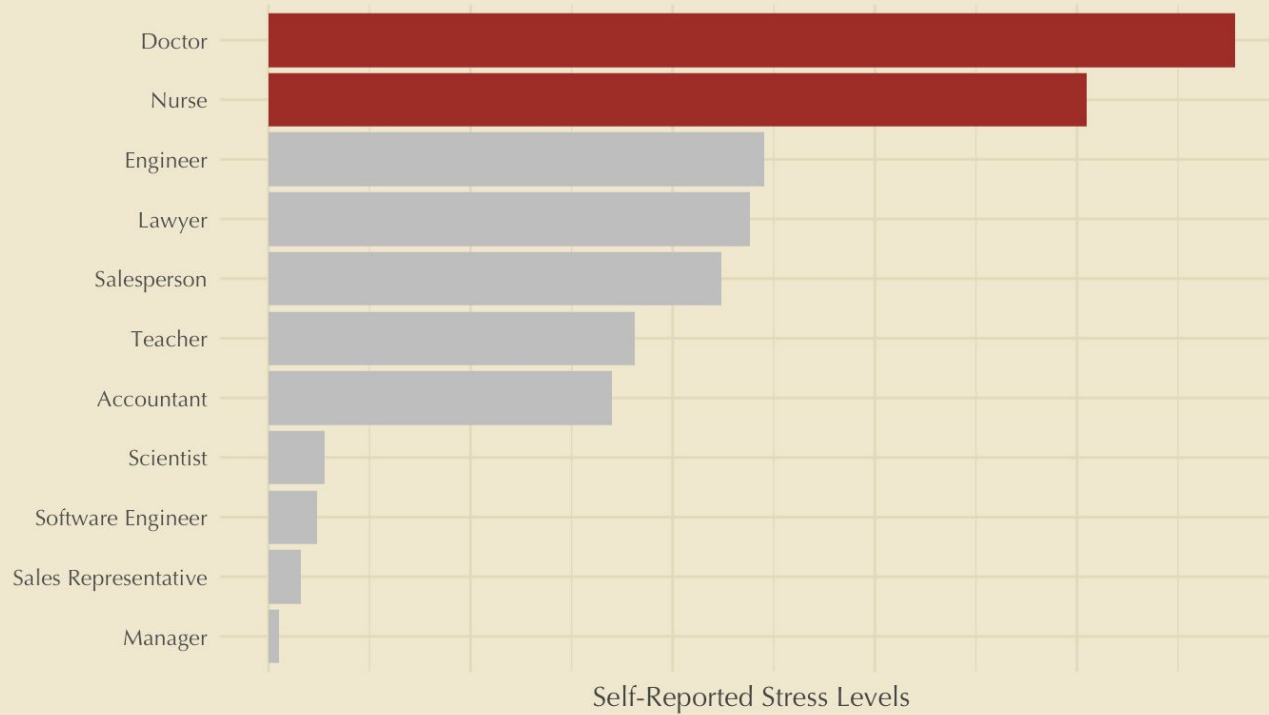


46%

of healthcare workers reported feeling high levels of burnout due to their career in 2022.

Healthcare Providers Are in a Mental Health Crisis

How levels of Stress Compare Across Professions

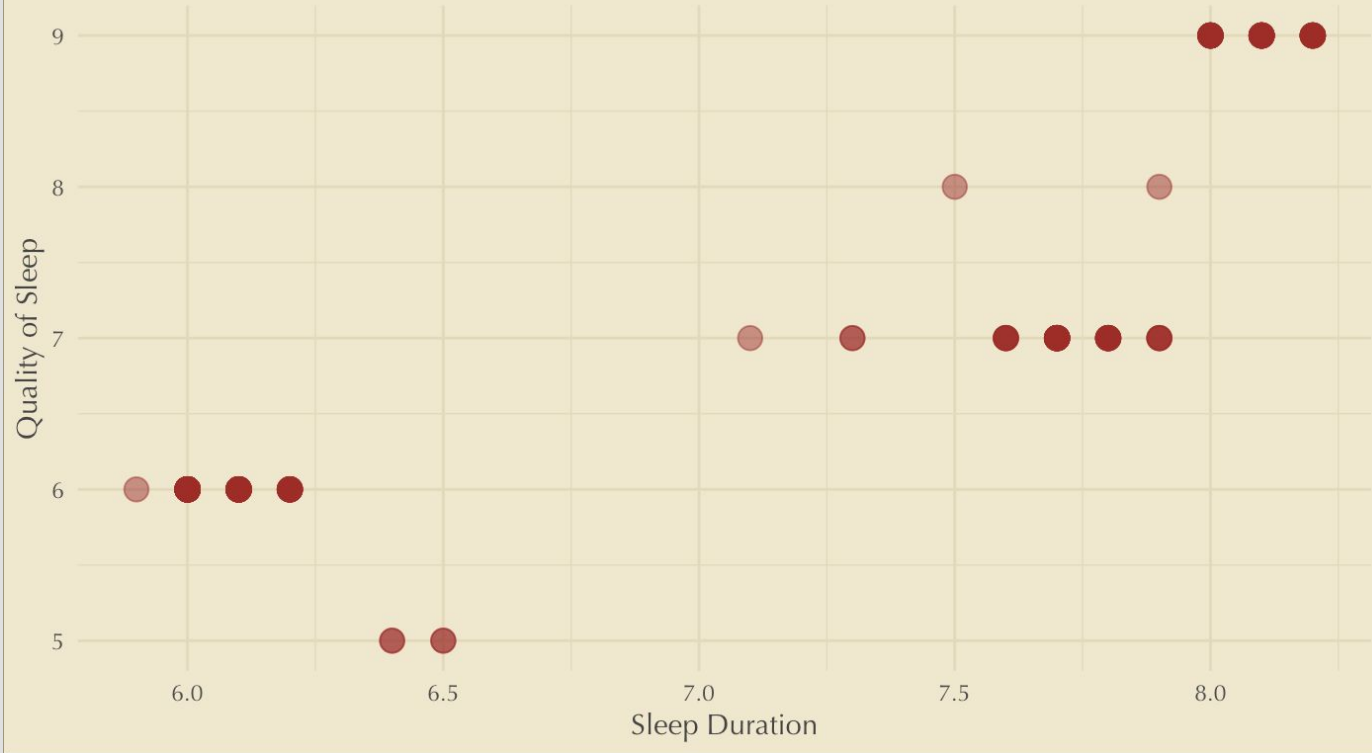


Exhaustion at Work & Overtime in Healthcare

- Healthcare workers often accrue overtime hours; this has become the “norm” since the pandemic
 - “More than one in five healthcare workers logged overtime in 2021, ... On average, workers clocked 8.2 hours of paid overtime and 5.8 hours of unpaid overtime per week that year - making up the equivalent of 9,000 full-time jobs.” (National Library of Medicine)
- In a study conducted at Chen Hsin General Hospital, the role of fatigue in healthcare providers as it affects their ability to complete job-related tasks was evaluated. Researchers found that fatigued healthcare workers (classified as working over 40 hours per week) are more likely to commit medication errors and other patient-care related mistakes.
- Healthcare providers in specific fields (emergency medicine, urgent care, etc.) are also expected to work overnight shifts to provide 24-7 care. Even if they are getting a full 8 hours of sleep, the disruption of a human’s natural circadian rhythm causes loss of alertness and decision-making skills.

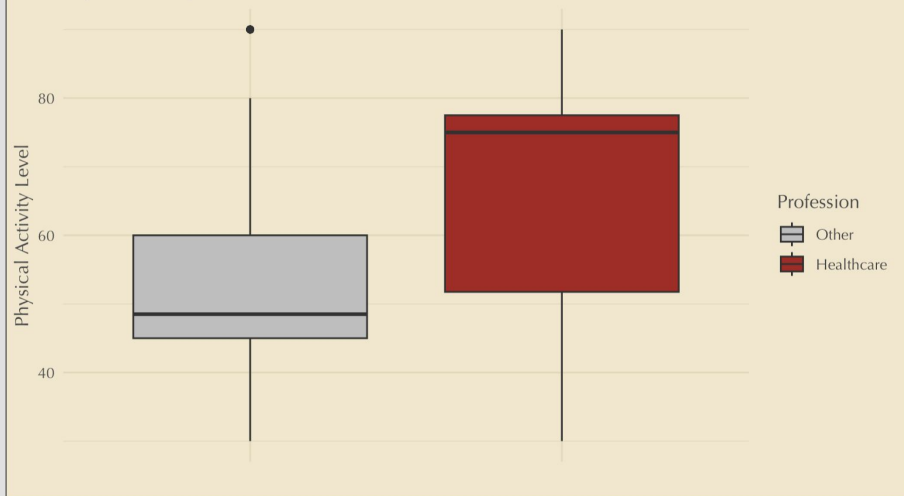
Sleep: The Best Medication

Sleep Duration and Quality of Sleep of Healthcare Professionals



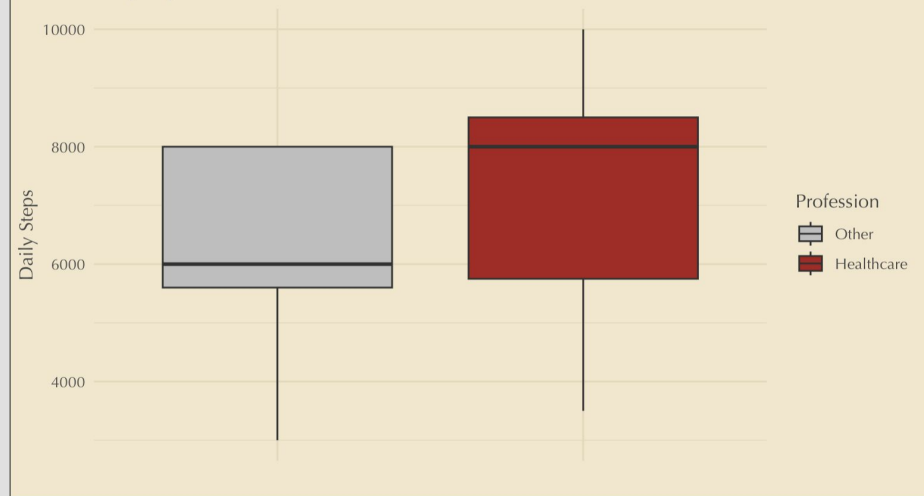
Overexertion in the Workplace

Physical Activity Levels



Overexertion in the Workplace

Daily Steps



Importance of Balance in Physical Activity Levels

- Regular physical activity levels play a positive role in overall health
- However, we are concerned of the *overexertion* that health workers may face
- Overexertion:
 - Fatigue
 - Inability to perform at your typical level
 - Trouble sleeping
 - Overuse injuries
 - Lowered immune system
 - Prolonged standing environments create an occupational risk factor for nurses, especially for developing foot and ankle disorders (Bernardes RA, Caldeira S, Parreira P, et al., 2023)

Call to Action

- Understand the value of supporting healthy working conditions in medical offices and facilities
- Include workers in policy and scheduling decisions
 - Overtime expectations, staffing discussions
- Support adequate time away from work
 - Encourage “mental health” days and recognize the importance of breaks from work and during shifts
- Allow direct access to mental health support
 - 24-hour remote therapy support, include mental health support in insurance plans, etc.

Sources

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