Research title:

Phenomenological study of nurses’ night-shift work experiences in Tehran University of Medical Sciences

Nikbakht Nasrabadi A., Ph.D, ParsaYekta Z. Ph.D, Seif H. MscN, Rasoolzadeh N. MScN, Latifi M. MSN Student

Faculty of Nursing & Midwifery of Tehran University of Medical Sciences

Abstract

Introduction:
Phenomenological investigation of nurses night shift works experiences in Tehran University of Medical Sciences, exploring the nurse's point's of view, bariers and bridges as well as describing its related positive and negative effects and, socio-cultural challenges accompanying it are the key components of this qualitative study.

Methodology:
A qualitative-phenomenological approach was used in order to explore the meanings of these experiences in participants. Data were gathered through series of semi structured in-depth interviews. Benner's interpretive method was used for data analysis.

Results:
From 18 participants points of view 3 main themes emerged which encompasses the whole experiences of participants' experiences. These themes including: night work and its related somato-psychotic burnout, night work and its socio-cultural challenges and night work as a way for better clinical learning and higher self esteem.

Conclusion:
Night work is an inevitable part of nursing work. It is important for managerial system as well as nurses that have a specific strategy and plan of acts in reducing the negative effects of the night shift work as well to enforce the positive aspects of it. Using a Grounded theory research methodology we can consider and combine all together involved components detective in this phenomena and presenting a culturally oriented model for improving the phenomenon among nurses.

Keywords:
Nurses, night shift work, Phenomenology