

### Background & Significance

- Nurses circadian rhythm becomes disrupted when they are working the night shift
- Night shift nurses are found to have more mental health issues compared to nurses who work the 12-hour day shift
- Days off are harder to adjust to especially when their sleeping schedule is during the day.
- Studies have shown that night shift nurses have mental health issues due to night shift work affect decision-making and overall job performance
- Since many of us will choose to work night shifts, research on this topic can be crucial to maintaining positive mental health by learning coping strategies and ways to prevent poor mental health due to the overnight shift hours.

### Purpose

- The purpose of this scoping review is to investigate mental health issues due to night shift work, affects decision-making, depression, and overall job performance
- To investigate strategies that can promote a positive mental health



### What is known

- Findings from research studies show how working a twelve-hour night shift affects the mental health of nurses because their circadian rhythm is affected.
- Night shift nurses are sleeping during the day but may not be getting the full nights rest, meaning they are left feeling tired.
- Night shifts nurses exhibit behaviors of mental health issues more than nurses who work the day shift.
- "A nap at 3 am increases performance and reduced sleepiness and fatigue among nurses

### What is Next

- The larger samples are needed for future studies
- Educational material to learn about safety precautions to prevent night shift nurses from experiencing depression
- "Hospital administrators should develop and implement risk-management schemes to mitigate work-related fatigue among night-shift nurses and to improve patient safety"
- Restorative yoga may be an effective strategy for reducing occupational stress among female nurses working night shift.
- Aromatherapy massage can improve sleep quality among nurses working monthly rotating night shift.

### Search Procedures and Parameters

#### Databases Used

- CINAHAL
- National Library of Medicine 2022
- PubMed
- University of Saskatchewan 2022

#### References

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### What is known

- "Shift work is associated with depressive symptoms and may exacerbate symptoms in individuals with a history of depression and mood disorders"
- "Disrupted circadian rhythm and insufficient sleep quality and quantity have been recognized as two of the most significant factors in the long-term impacts of night shift work on nurses' mental health"
- Night shift is a 7 pm to 7 am shift, from when the sun sets and to the sun rises, these are the hours the night shift nurses need.
- Studies have shown that keeping a solid schedule where night shifts are clustered together and following a similar schedule on off-days can help the body stick to a pattern.

