

## Background and Significance

The significant challenges nurses face when juggling demanding work schedules with the responsibilities of childcare, often lead to increased stress, burnout, and potential negative effects on both professional performance and family well-being, particularly when dealing with young children who require substantial attention and consistent care. Since Nurses have to be at work while kindergartens and schools are closed, healthcare employees who work outside the typical workday may find it especially difficult to find balance between work and family responsibilities.(Ingstad & Haugan, 2024)

## Search Procedures and Parameters

### Databases used

- EBSCOhost
- BioMed Central
- Wiley Online Library

### Key Words

- Balance
- Long shifts
- Work-life
- Home Life
- Lifestyle
- Families
- Child care
- Job satisfaction

## Purpose of Review

This systematic review aims to evaluate the mental toll on different women in the nursing field when it comes to work-life balance. Due to socioeconomic status and different family dynamics, nurses may have to work overtime at the hospital regularly. This affects their relationships with their children. After long day at work, coming home to children can be more exhausting. It's situations like these where burnout is very common. The quality time between the working mother and her kids is limited, which can cause strain on the family. This is why shorter work weeks are vital. There should be mental health resources in place to prevent work staff burnout and prioritize wellbeing.

## References

Ball, J., Day, T., Murrells, T., Dall'Ora, C., Rafferty, A. M., Griffiths, P., & Maben, J. (2017). Cross-sectional examination of the association between shift length and hospital nurses job satisfaction and nurse reported quality measures. BMC Nursing, 16(1). <https://doi.org/10.1186/s12912-017-0221-7>

Ingstad, K., & Haugan, G. (2024). Balancing act: exploring work-life balance among nursing home staff working long shifts. BMC Nursing, 23(1), 1–10. <https://doi.org/10.1186/s12912-024-02165-8>

Lin, S.-H., Liao, W.-C., Chen, M.-Y., & Fan, J.-Y. (2012). The impact of shift work on nurses' job stress, sleep quality and self-perceived health status. Journal of Nursing Management, 22(5), 604–612. <https://doi.org/10.1111/jonm.12020>

## What is Known

The studies revealed that the benefits of longer shifts is giving nurses more time off to spend with families and destress. Nurses struggle with work-life balance that negatively affects their mental and overall health. Nurses who work hospital shifts 3 times a week tend to have more days off, during time periods that their families/children would be home. Planning shifts around family events helps parent-nurses be more involved in their children's lives. They typically have a total of 4 days off to spend with their families. This also serves as downtime, boosting the mental health of working parents (Ball, J., Day, T., Murrells, T., Dall'Ora, C., Rafferty, A. M., Griffiths, P., & Maben, J. 2017)

## What is Next

For starters, questioning nurses on their abilities to care for young children at home on a wider scale will help researchers gain more information. Having a larger, more diverse sample of responses will help others gain perspective on the subject at hand. Nurses from different locations may feel differently about the issue, based on the economical state of their area, culture, religion, family-lifestyle, etc. After gathering this evidence, it would then be crucial to do comparative studies across a wider scale. Surveying within different demographics allows for more comparison. After learning patterns and coping strategies, these methods can then be applied as interventions for future case studies. The study of patient-impact can also be analyzed. Nurses who have their childcare handled may be able to provide better care for their patient compared to a nurse who is stressed and burnt out due to caring for young children while working( Lin, S.-H., Liao, W.-C., Chen, M.-Y., & Fan, J.-Y. 2012).

## Thank you!

Presented at: Monmouth University Scholarship Week  
Please direct all feedback to: Dr Patricia Sciscione, Ph.D, RN,  
CSN, Monmouth University, psciscio@monmouth.edu