

# Twelve-hour Shifts

## NZNO Library Resource List

### Research into the effects of 12-hour shifts on nurses

The NZNO library has prepared this list of resources about twelve-hour shifts for members available either for direct download or to borrow from the library

### NZ WEBSITES

#### Health Navigator New Zealand - Shift Work and Sleep

<https://www.healthnavigator.org.nz/healthy-living/s/sleep-shift-work/>

Overview of the effects of shift work, with links to general resources on sleep and nutrition; includes clinical resources specifically for health practitioners.

#### Sleep/Wake Research Centre, Safer Nursing 24/7 <https://www.safernursing24-7.co.nz/>

Aims to combine new science with nursing knowledge and expertise to better manage fatigue in New Zealand hospitals.

### REPORTS

Ball J, Maben J, Murrells T, Day T, Griffiths P (2014). *12-hour shifts: prevalence, views and impact*. National Nursing Research Unit, King's College London.

<https://www.england.nhs.uk/6cs/wp-content/uploads/sites/25/2015/06/12-hour-shifts-report.pdf>

Booker, L., Sletten, T., Rajaratnam, S., Alvaro, P., Barnes, M., Collins, A., Lockley, S., Chai-Coetzed, C., & Howard, M. (2017). *Shift work disorder and the relationship between depression and anxiety severity amongst nurses* [Poster presentation]. *Journal of Sleep Research*, 26(Supp.1), Special Issue: Sleep DownUnder 2017.

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Dall'Ora, Chiara. (2019). *Costs and consequences of 12-hour shifts in nursing: Perspectives from England's National Health Service* [Summary]. XXIV International Symposium on Shiftwork & Working Time -- Shiftwork2019: Symposia. *Sleep Science*, 12(Supp.3), 3.

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Hudson, Amanda, Honn, Kimberly, & Van Dongen, Hans. (Eds.). (2019). XXIV International Symposium on Shiftwork & Working Time -- Shiftwork2019: Symposia. *Sleep Science*, 12(Supp.3), 1-75. <http://sleepscience.org.br/summary/59>

Safer Nursing 24/7 Project. (2019). *National Code of Practice for managing nurses' fatigue and shift work in District Health Board hospitals*. (First Edition). <https://www.safernursing24-7.co.nz/code-of-practice/> [NZ RESEARCH]

[Endorsed by WorkSafe, the New Zealand Nurses Organisation, and the Council of Trade Unions]

## JOURNAL ARTICLES

Baillie, L. & Thomas, N. (2019). **Changing from 12-hr to 8-hr day shifts: A qualitative exploration of effects on organising nursing care and staffing.** *Journal of Clinical Nursing*, 28, 148-158. <https://doi.org/10.1111/jocn.14674>

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Battle, C., & Temblett, P. (2018). **12-Hour nursing shifts in critical care: A service evaluation.** *Journal of the Intensive Care Society*, 19(3), 214-218. <https://doi.org/10.1177/1751143717748094>

Clendon, J., & Gibbons, V. (2015). **12 h shifts and rates of error among nurses: A systematic review.** *International Journal of Nursing Studies*, 52(7), 1231-1242. <https://doi.org/10.1016/j.ijnurstu.2015.03.011> [NZ RESEARCH]

Dall'Ora C., Griffiths P., Ball J., Simon, M., Aiken, L.H. (2015). **Association of 12 h shifts and nurses' job satisfaction, burnout and intention to leave: Findings from a cross-sectional study of 12 European countries.** *BMJ Open*, 5(9), e008331. <http://dx.doi.org/10.1136/bmjopen-2015-008331>

Ejebu, O.-Z., Dall'Ora, C., Griffiths, P. (2021). **Nurses' experiences and preferences around shift patterns: A scoping review.** *PLoS ONE*, 1(8), e0256300. <https://doi.org/10.1371/journal.pone.0256300>

Fagundo-Rivera, J., Allande-Cusso, R., Ortega-Moreno, M., Garcia-Iglesias, J.J., Romero, A., Ruiz-Frutos, C., Gomez-Salgado, J. (2021). **Implications of lifestyle and occupational factors on the risk of breast cancer in shiftwork nurses.** *Healthcare*, 9(6), 649. <https://doi.org/10.3390/healthcare9060649>

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James, L., Elkins-Brown, N., Wilson, M., James, S.M., Dotson, E.J., Edwards, C.D., Wintersteen-Arleth, L., Stevens, K., & Butterfield, P. (2021). **Effects of three consecutive 12-hour shifts on cognition, sleepiness, and domains of nursing performance in day and night shift nurses: a quasi-experimental study.** *International Journal of Nursing Studies*, 123, Article 104041. <https://doi.org/10.1016/j.ijnurstu.2021.104041>

Koy, V., Yunibhand, J., & Turale, S. (2022). **Comparison of 12- and 24-hours shift impacts on ICU nursing care, efficiency, safety, and work-life quality.** *International Nursing Review*, 69(1), 38-46. <https://doi.org/10.1111/inr.12715>

Ose S.O., Tjønnås M.S., Kaspersen S.L., & Færevik, H. (2019). **One-year trial of 12-hour shifts in a non-intensive care unit and an intensive care unit in a public hospital: A qualitative study of 24 nurses' experiences.** *BMJ Open*, 9, Article e024292. <http://dx.doi.org/10.1136/bmjopen-2018-024292>

Rhéaume, A., & Mullen J. (2018). **The impact of long work hours and shift-work on cognitive errors in nurses.** *Journal of Nursing Management*, 26, 26-32.

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Suter, J., Kowalski, T., Anaya-Montes, M., Chalkley, M., Jacobs, R., Rodriguez-Santana, I. (2020). **The impact of moving to a 12-hour shift pattern on employee wellbeing: A qualitative study in an acute mental health setting.** *International Journal of Nursing Studies*, 112, Article 103699.

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