

# Night work SEH: minimize harmful health effects among caregivers on emergency care caused by night shifts.

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<b>Ethical review</b>	Not approved
<b>Status</b>	Will not start
<b>Health condition type</b>	Gastrointestinal disorders
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON48023

### Source

ToetsingOnline

### Brief title

Night work SEH

### Condition

- Gastrointestinal disorders
- Sleep disorders and disturbances
- Lifestyle issues

### Synonym

Sleep quality and health in general

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Jeroen Bosch Ziekenhuis

**Source(s) of monetary or material Support:** Interne financiering

## **Intervention**

**Keyword:** food, harmful health effects, night shift, powernap

## **Outcome measures**

### **Primary outcome**

Main output measures relating to health, sleep quality, mood and recovery service.

### **Secondary outcome**

Second an output measure is the subjective drowsiness in the night shift and the presence of a Shift Work Disorder (SWD)

## **Study description**

### **Background summary**

Working at night during hours disturbs the day-night rhythm of the body. The normal pattern is broken and the day-night cycle changes, with exposure to light, nutrition and activity taking place at a different time than normal. The biological clock indicates in the night shift that it is time to sleep and the caregivers are usually long awake before the start of the service, they become sleepy and less alert during the night. By working in shifts, due to the disruption of the biological clock, many problems arise. Sleep disorders but also serious health risks such as heart disease and diabetes.

### **Study objective**

The aim of the study is to test whether the implementation of a package of specific measures during the night shifts at the emergency room, alertness and performance during the night, sleep and physical complaints in general change. In addition, we investigate whether the package of measures has an affect after 6 months implementation the long-term health effects .(testing markers of diabetes mellitus and cardiovascular disease)

### **Study design**

This is a single center intervention study with a before and after design at the care providers who do night shift at the emergency room in the Jeroen Bosch Hospital.

## **Intervention**

The intervention consists of a number of measures, namely light therapy in the night and in the morning, food and powernap. These measures are applied for a period of 6 months.

## **Study burden and risks**

The burden for the participants consists of completing a short questionnaire regarding subjective sleepiness (1 minute) in each night shift and before intervention and after 6 months a questionnaire concerning sleep quality and quality of life and health complaints (2 x 60 minutes). Likewise, blood is taken before and after 6 months to mark health complaints.

Possible risks. Participants may have a nut and / or fruit allergy that has not previously been revealed. There are apossible pain complaints and / or bruising after blood tests

## **Contacts**

### **Public**

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### **Scientific**

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## **Eligibility criteria**

### **Age**

Adults (18-64 years)

Elderly (65 years and older)

## Inclusion criteria

All caregivers who work in a night shift and who, after inclusion, will be working for more than 6 months at the Emergency Department.

## Exclusion criteria

Lack of informed consent from the participants.

Women who are pregnant and do not have night shifts during the study

## Study design

### Design

**Study type:** Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Prevention

### Recruitment

NL

Recruitment status: Will not start

Enrollment: 73

Type: Anticipated

## Ethics review

Not approved

Date: 11-02-2019

Application type: First submission

Review commission: METC Brabant (Tilburg)

## Study registrations

**Followed up by the following (possibly more current) registration**

No registrations found.

**Other (possibly less up-to-date) registrations in this register**

No registrations found.

**In other registers**

Register	ID
CCMO	NL68621.028.18