



Nightshift

H@N Wellbeing Guide

Division of Unscheduled Care | Version 2





With regard to any Infection Prevention & Control advice (including PPE queries) please see the Infection Prevention & Control Intranet page

<http://nhsgintranet.grampian.scot.nhs.uk/depts/InfectionPreventionAndControlManual/Pages>



Before Shift:



Aim to come to work well rested.

Prepare for your first night shift by getting extra sleep before working. Have a longer lie in and then have a later afternoon nap of at least two hours before coming on duty.



Consider having a nap or rest at the hospital before the start of your shift.

If you have a long commute.

Driving to and from work can be risky, particularly after a a shift, a night shift or before an early start. The following strategies may make driving safer: consider using public transport or taxis rather than driving; exercise briefly before your journey; share driving if possible; drive carefully and defensively; try not to hurry; stop if you feel sleepy and take a short nap if it is safe to do so; make occasional use of caffeine or energy drinks.

Consider using public transport or car sharing.



During Shift:

Please be aware that you will be asked to move to assist in different areas overnight depending on patient need.

HALTTT (hungry, angry, late, tired, thirsty and needing toilet) impacts your effectiveness. Keep hydrated and eat proper meals during your shift that provide slow energy release rather than a short sugar burst.

Lockers are available to store your valuables overnight.



Your shift may be busy but it is still important to take breaks. Any shift over 9 hours is entitled to 2 x 30 min breaks. Taking breaks helps counteract fatigue, as well as maintain your own efficiency and wellbeing.



Fridge, microwave and toaster are available.



Minimise risk of interruptions by informing the nurse in charge of the areas you are supporting and the senior colleague in your area - eg Registrar, IMT or Lead ANP. You can also take the initiative and arrange with another colleague who is not on their break to hold your phone so you will not be interrupted.



Unless there is a clinical emergency, you must attend the H@N Huddle which takes place between 01:15 and 02:00 in the H@N Meeting Room on Level 0. This meeting is for your own health and wellbeing and is a chance to meet others and share information. The Team also meet around 05:00 and we welcome and value your joining in to contribute your experiences.

Please make your health a priority.



Restorative rests such as a brief period of napping can reduce fatigue, improve vigilance and alertness. Aim for no longer than 10 to 30 minutes and set an alarm so you can really relax and not worry about over-sleeping. Allow some time to snap out of your post-nap grogginess-take a brief walk or stretch to get your brain back into work mode.



After Shift:



If you have a long commute, consider having a rest or nap before departing.

Have some food available to snack on en route.

If tired whilst driving, take a break! Your life and that of others may depend on it. If fatigue from work is found to contribute to a road accident this does not protect you from potential prosecution.



Coming off nightshift and back onto day shift can be difficult. Try to have a short sleep when you get home after your last shift, do normal day activities when you wake up and then go to bed at your regular time that night to get back to your usual sleep routine.



Once home try to sleep immediately.

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- Smith-Coggins R et al. Improving alertness and performance in emergency department physicians and nurses: the use of planned naps. *Annals of Emergency Medicine* 2006; 48, 596-604.
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