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## THE SHIFT WORK: IT'S IMPACT ON HEALTH AND ON QUALITY OF LIFE AND SLEEP FOR NURSE OF HOSPITAL OF ORAN (ALGERIA)

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Shift work has grown considerably in the world, it helps to ensure continuity of production or services where its imposition is particularly by the public sector such as hospitals. This study explores sleep and vigilance disorders and related health status of the shift work, evaluates health condition and experiences of workers on shift work and study the possible relationship between shift work and some personal and professional factors. It is a transversal epidemiological study aiming to describe, and which is of an exposed-unexposed type conducted by questionnaire among nursing hospital. The study population includes 637 nurses: 52% work day shift, 31% in shift schedule and 17% in night schedule. Their mean age was comparable in the three groups with a male predominance (87%). Their average length was  $14 \pm 11$  years. The majority of workers are satisfied with their job (68%). sleepiness problems (Epworth >8) concerning for more night workers. Spiegel shows for the last night that 42% of night workers have sleeping troubles (score <18). Obesity and overweight are more noticeable. Mood disorders and taking sleeping pills or anti-anxiety drugs are encountered among night workers, on the other side hypertension, dyslipidemia and diabetes are more encountered in shift workers. For shift workers, the main motivation for this type of work is the salary (65). More of shift worker on two states have increased their consumption of tobacco, coffee. It is for the occupational physician to aware and informs workers and employees of the impact of this type of work.

### Biography

Rabia Medjane has completed her Master in Occupational Medicine at University Hospital and graduation from the Faculty of Medicine of Oran (Algeria). She is currently working as Hospital Assistant at The University Hospital of Oran, Algeria.

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