Break habits of Registered Nurses working in the acute care setting during the COVID-19 pandemic

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Break habits of Registered Nurses working in the acute care setting during the COVID-19 pandemic

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BACKGROUND
• Registered Nurses (RNs) working in hospitals report burnout and stress
• Restorative breaks for RNs may mitigate burnout and enhance care
• Little evidence exists describing how RN’s take breaks when working 12-hour shifts during COVID-19

PURPOSE
To describe break frequency of RN’s working 12-hour shifts in hospital settings during the COVID-19 pandemic

REFERENCES
Provided upon request

METHODS
• Two cross-sectional studies on RNs conducted in the United States
• Self-report break frequency collected
• Breaks characterized as high (2 or more per shift) or low (1 or less per shift)
• Descriptive statistics conducted in excel

RESULTS
• N=121 RN’s provided break data (Table 1)

<table>
<thead>
<tr>
<th>Table 1. Demographics by Break Frequency</th>
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<tbody>
<tr>
<td>Gender</td>
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<tr>
<td>Female</td>
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<tr>
<td>Male</td>
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<tr>
<td>Shift</td>
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<td>Day</td>
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<tr>
<td>Night</td>
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<tr>
<td>Region</td>
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<tr>
<td>PNW</td>
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<tr>
<td>SW</td>
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</tbody>
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DISCUSSION
• Project provides evidence RN’s may take sub-optimal breaks
• Restorative breaks are important to mitigate burnout and optimize RN ability to provide excellent care

IMPLICATIONS
• Assessing quality and quantity of RN break is critical for optimal care
• Continuing research is needed to support restorative RN breaks and monitor resulting outcomes

LIMITATIONS
• Differing break measures used
• Cross-sectional design does not allow inferences of causation