



# Nurse in the station of dialyses. Fatigue versus occupational exposure.

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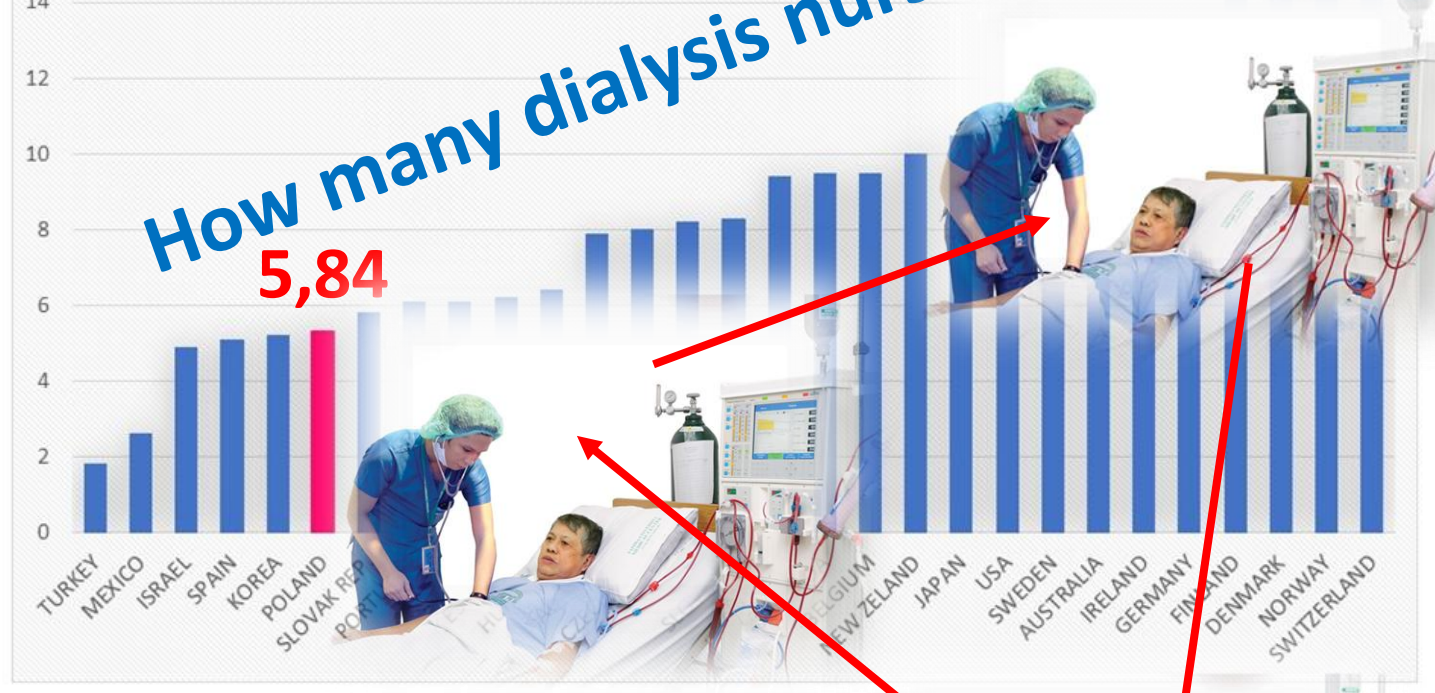




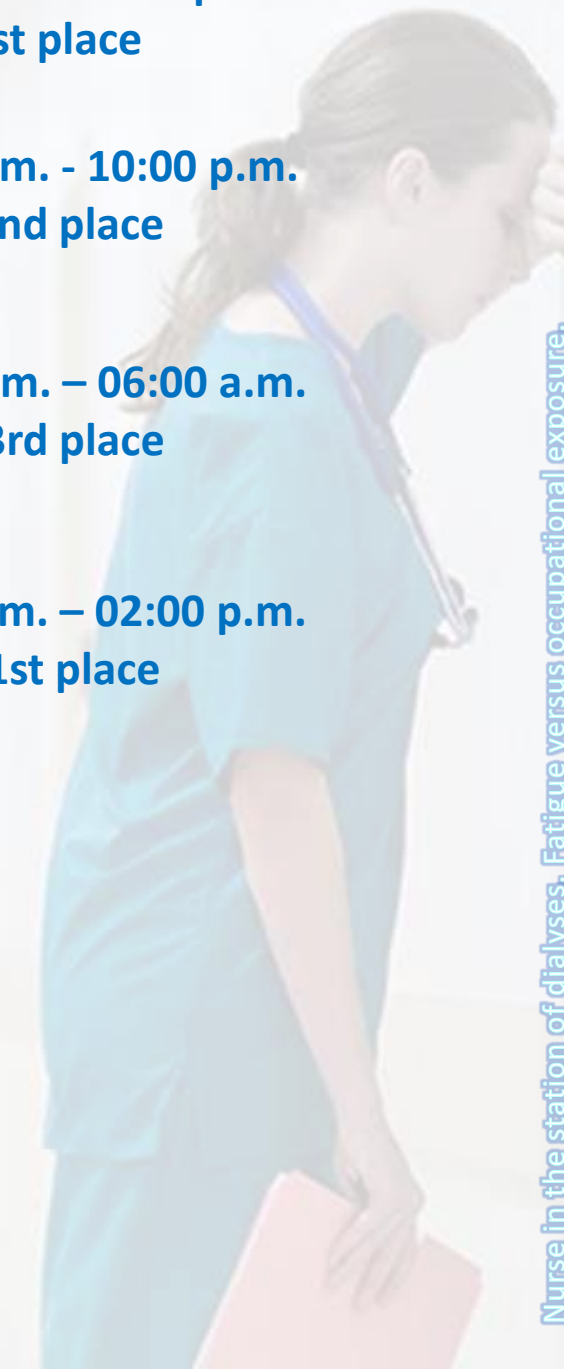
46th EDTNA/ERCA  
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population (2016).



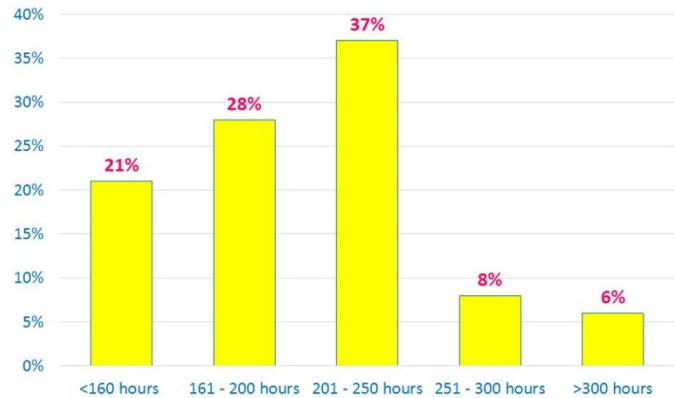
- 06:00 a.m. - 02:00 p.m.  
1st place
- 03:00 p.m. - 10:00 p.m.  
2nd place
- 10:00 p.m. - 06:00 a.m.  
3rd place
- 06:00 a.m. - 02:00 p.m.  
1st place



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We conducted a survey of 200 nurses. We checked whether there was professional exposure.  
We asked nurses how many hours they work a month. We asked whether they are tired.

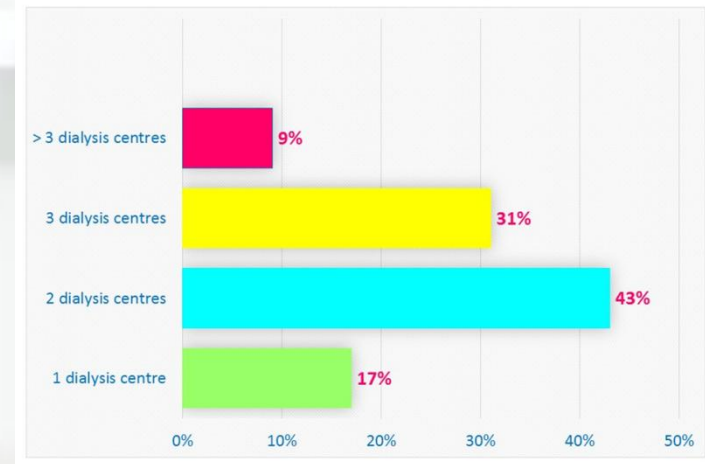
How many hours do you work in a month?



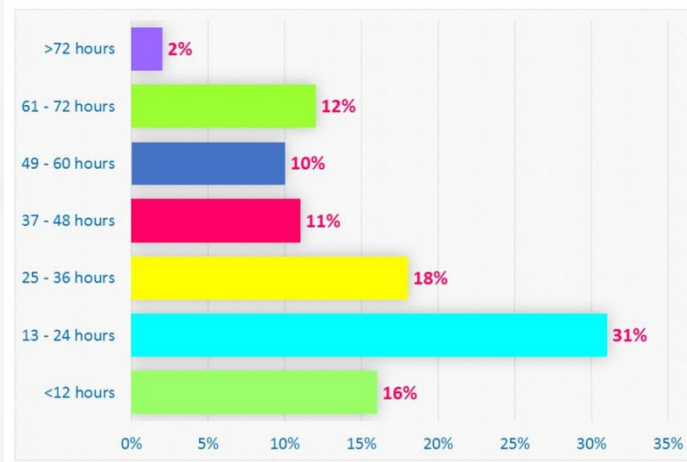
Nurses work up to 400 hours each month.  
This means that nurses are very tired  
and make mistakes.

Almost half of nurses work in 2 places.

How many dialysis centers do you work?

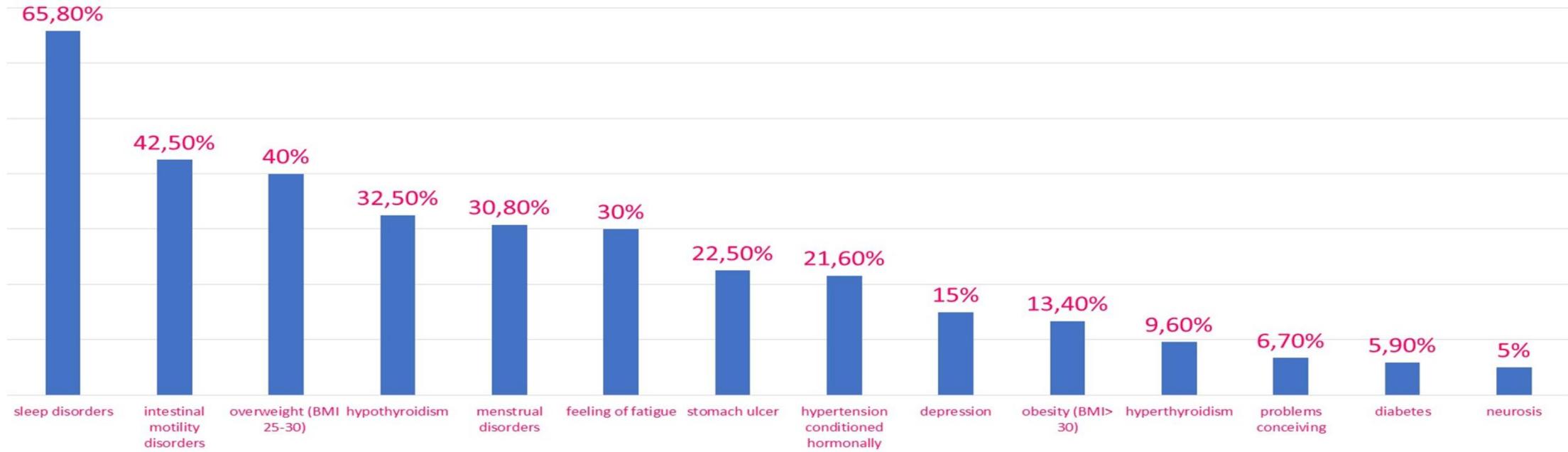


How many hours did you work continuously?



31 percent of nurses work 24 hours a day.

# Nurses have a lot of hormonal disorders caused by shift work.



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More than half of nurses feel tired.



Nurse in the station of dialyses. Fatigue

## Tragedia w szpitalu: lekarka zmarła podczas dyżuru



Radio Szczecin podało informację, o tragedii, jaka wydarzyła się w szpitalu w Białogardzie.

The doctor died at work. She worked 4 days without interruption.

## NA DYŻURZE W SZPITALU ZMARŁA POŁOŻNA. Z PRZEPRACOWANIA?

Publikacja: 9 października 2015, 16:47  
Lubię to! 13 Udziałuj Twój



Midwife died at work. She had 2 works.

## 57-letni anestezjolog zmarł na dyżurze. Sprawę bada prokuratura

2016-08-24, 21:32  
Lekarz zmarł nagle na korytarzu sosnowieckiego szpitala. Prokuratura bada, czy śmierć 57-letniego anestezjologa mogła wynikać z przepracowania. W Polsce brakuje lekarzy, branie nadgodzin, praca na kilka etatów to norma. W skrajnym udokumentowanym przypadku lekarz przepracował aż 120 godzin bez wymaganego odpoczynku.



The doctor died on duty. He worked 100 hours a week.

# KAROSHİ 過勞死 death by overwork

## ŚLEDZTWO WS. ZGONU 28-LETNIEJ LEKARKI NA DYŻURZE

Śledztwo w sprawie zgonu 28-letniej lekarki podczas nocnego dyżuru w przychodni w Niepolomicach wszczęła w piątek Prokuratura Rejonowa w Wieliczce – poinformował PAP rzecznik Prokuratury Okręgowej w Krakowie prok. Janusz Hnatko. Śledztwo prowadzone jest w sprawie nieumyślnego spowodowania śmierci – poinformował rzecznik.



23/08/2017. 28 year old doctor died on duty. She worked the day, had 2 jobs.

## Dramat we Włoszczowej: Chirurg zmarł z przepracowania! Czy ktoś zatrzyma to szaleństwo?



3/09/2017. Surgeon died at work. He worked the day. He was supposed to work for hours.

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Cautions: Handle as  
sharps. Do not  
recap, bend, break, or  
dispose of needles in  
trash. Use proper  
technique for disposal.  
256101  
MAY 2013-12 2018-12

A close-up photograph of a hand wearing a white latex glove. The hand is holding a clear plastic syringe with a green plunger. The syringe contains a small amount of red liquid, likely blood. The background is a bright yellow surface. The text "37 000 cases of occupational exposure per year in Poland" is overlaid in white at the bottom of the image.

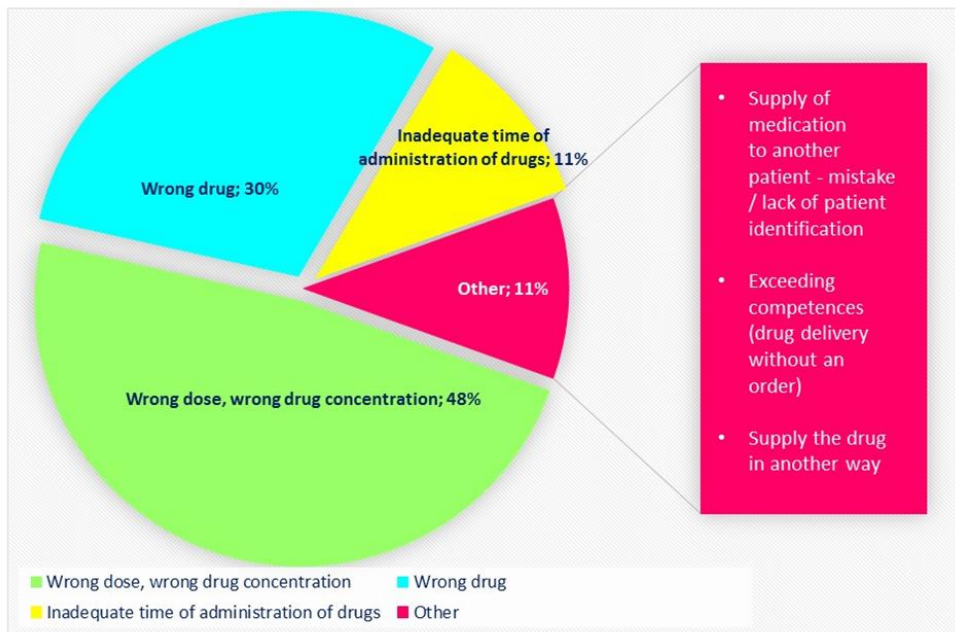
37 000 cases of occupational exposure  
per year in Poland

A close-up photograph of a hand wearing a white nitrile glove. A thin needle is inserted into the skin on the back of the hand, and a small amount of blood is visible at the puncture site. The background is a plain, light-colored surface.

**60%**

**60%  
of the  
occupational  
exposure happens  
to the nurses**

## Mistakes at work, related to drug administration.

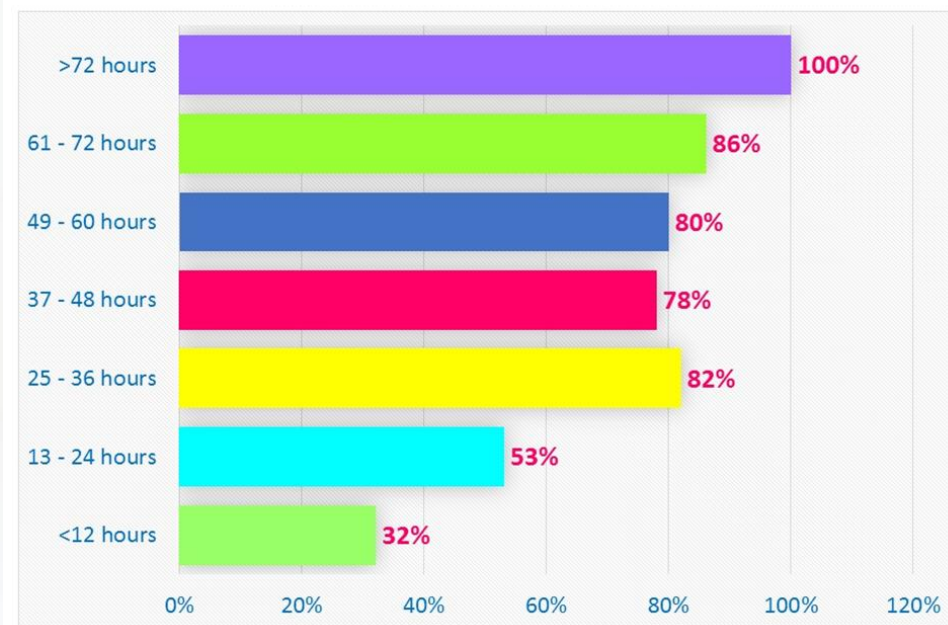


Nurses are frequently hurt by sharp tools on dialysis units. Nurses are very tired. They are often burned out. Their workload is too heavy and this affects how they work. 86% of nurses make mistakes because they are overtired.

Exceedingly low wages force nurses to undertake additional work. Additional work causes additional fatigue.

Improving the working conditions of nurses would improve the quality of care too.

## Hours at work versus occupational exposure (last 12 months)





# What is the quality of our work?

## Are we safe at work?

## Are our patients safe?



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SAFE PATIENT = SAFE NURSE



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THANK YOU