

**TITLE:** **EDUCATING NURSING STUDENTS ABOUT THE HEALTH RISKS OF ROTATING AND OVERNIGHT SHIFTS**

**SUBMITTED BY:** **New Jersey Nursing Students, Inc., Trenton, New Jersey**

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WHEREAS, the National Student Nurses' Association (NSNA) House of Delegates in 2014 adopted the resolution "In Support of Increased Awareness of Shift Length Regulation for Nurses Working Shifts over Twelve Hours" and in 2011, "In Support of Further Evidence-Based Research and Education on the Effects and Prevention of Job Related Nurse Fatigue"; and

WHEREAS, the International Agency for Research on Cancer of the World Health Organization classified shift work that disrupts circadian rhythm as a probable carcinogen (World Health Organization, 2007); and

WHEREAS, more than half of night-shift or rotating-shift healthcare workers sleep six or less hours per one 24-hour period (Royalty-Bachelor, 2015); and

WHEREAS, circadian rhythm disruption by shiftwork or bright light exposure at night increases the rate of cancer and decreases the nocturnal rise in melatonin (Khan et al., 2018); and

WHEREAS, disrupted circadian rhythm and telomere shortening through shiftwork effects the development of breast cancer (Khan et al., 2018); and

WHEREAS, female nurses who worked rotating night shifts for five years or more are at a greater risk of developing a fatal cardiovascular disease, particularly ischemic heart disease, and those who worked 15 years or more on rotating night shifts are at a greater risk of fatal lung cancer (Gu et al., 2015); and

WHEREAS, night shift work is associated with obesity, a higher body mass index ( $>30 \text{ kg/m}^2$ ), shown to increase respectively by  $0.477 \text{ kg/m}^2$  per 1000 night duties, and a higher waist circumference, shown to increase respectively between 0.99 cm and 1.089 cm (Peplonska et al., 2015); and

WHEREAS, rotating shift work is associated with the development of irritable bowel syndrome and abdominal pain that involve circadian rhythm disturbances (Nojkov et al., 2010); therefore be it

RESOLVED, that the National Student Nurses' Association (NSNA) publish an article in *Imprint* and on the NSNA website regarding this topic and share the article on social media networks to increase awareness, if feasible; and be it further

RESOLVED, that the NSNA host a breakout session at the MidYear Career Planning Conference and/or the National Convention regarding this topic and encourage all state associations to include a breakout session at their conventions, if feasible; and be it further

RESOLVED, that the NSNA support its constituents in educating about the health risks of overnight and rotating shifts; and be it further

RESOLVED, that the NSNA support further research about the impact of overnight and rotating shifts on physical health; and be it further

RESOLVED, that the NSNA send a copy of this resolution to the Academy of Medical-Surgical Nurses, American Association of Colleges of Nursing, American Association of Nurse Practitioners, American Hospital Association, American Nurses Association, Organization for Associate Degree Nursing, American Organization of Nurse Executives, Association for Nursing Professional Development, Emergency Nurses Association, National Center on Sleep Disorders Research, National Council of State Boards of Nursing, National League of Nursing, Sigma Theta Tau International Honor Society of Nursing, and all other professional organizations deemed appropriate by the NSNA Board of Directors.