Drowsy Driving Among Shift Work Nurses: A Qualitative Data Analysis

Smith, A. 1, Sasangohar, F.1,2, McDonald, A. 1, Bonuel, N. 2, Shui, H. 2, Ouko, C. 2, Lazaro, L. 2

1Department of Industrial and Systems Engineering, Texas A&M University; 2Houston Methodist Hospital

1. BACKGROUND

The Problem of Drowsy Driving
- Drowsy driving is a serious problem that results in severe outcomes.
- From 2011-2015, 3,600 Deaths and 160,000 Injuries
- 60% of US drivers have driven drowsy and 37% have fallen asleep at the wheel (National Sleep Foundation, 2018)

Shift Workers and Drowsy Driving
- Shift workers are 6 times more likely to be involved in a drowsiness-related crash than non-shift workers (National Sleep Foundation, 2009)

Nurses and Drowsy Driving
- 79% of night shift nurses have driven drowsy after their shift (Scott et al., 2007)
- Night shift nurses have a higher chance of being involved in a drowsiness-related crash than other nurses (Gauti et al., 1990)

Critical Need: Understand night shift nurses' experiences of drowsy driving and opportunities for mitigating its occurrence

2. DATA COLLECTION

Interviews with Night Shift Nurses
- 30 night shift nurses were recruited from a large teaching hospital in South Texas
- Age: M = 36.1; STD = 11.27; Range = 22-64
- 1-20+ years of experience
- 9 different areas including ICU, CCU, IMU, Surgery
- Interviews were transcribed and validated.

3. INTERVIEW ANALYSIS

The visualization represents two major themes: Nurses' experience of drowsy driving (top) and nurses' preferences for mitigation techniques (bottom). Quotes from participants are presented below, attached to their corresponding code.

4. RESULTS

For more information about this work, please contact Dr. Anthony McDonald at mcdonald@tamu.edu or (979) 458-4299

5. IMPLICATIONS & WORK IN PROGRESS

- Limited support despite high rate of drowsy driving among night-shift nurses
- Nurses use ineffective techniques such as using the radio, A/C and talking on the phone.
- Nurses preferred audio, visual or tactile feedback from a device; and an interactive course with practical recommendations and statistics.

Ongoing Study
- 300 nurse participants
- Collecting driving data after shift to identify drowsy driving episodes and incidents
- Test the efficacy of an educational program and in-vehicle drowsy driving detection and notification technology