

A comparative study of job characteristics and fatigue between nurses and nursing assistants

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Objective

To study the correlation between job characteristics and fatigue of nurses and nursing assistants.

Methods

Descriptive correlation design was adopted.
Tools:
Job Traits and Workplace Fatigue Scale.

Results-1

The overall job characteristics of nursing staff are significantly higher than those of nursing assistants, and the degree of work physical load is higher among job characteristics.

Results-2

The occupational fatigue of nursing staff is significantly higher than that of nursing assistants, and the job fatigue is significantly higher than that of nursing assistants.

Results-3

Among the job characteristics of nurses and nursing assistants, intensive care unit is the most tiring department in clinical service.

Results-4

There is a significant correlation between job characteristics and exhaustion of nurses and nursing assistants.

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Discuss

We need to strengthen the satisfaction and demand factors of nurses and nursing assistants, formulate policies to optimize working procedures, and pay more attention to the fatigue of nurses and nursing assistants in intensive care unit. We also need to formulate the functions and responsibilities of nurses and nursing assistants, take care of patients together in the mode of nursing team cooperation, with each staff performing their duties, and reduce each other's occupational fatigue in the mode of team cooperation.

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