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**Nurses’ strategies for drowsy driving prevention: A qualitative, multiple case study**

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**Statement of the Problem:** Worldwide each year, drowsy driving causes thousands of deaths and injuries. The purpose of this qualitative, exploratory multiple case study was to explore the strategies nurses implemented to lessen the possibility of driving while drowsy after working nights in hospitals, nursing homes, and home health facilities. Twelve nurses participated by answering 11 demographic questions and 11 semi-structured questions in telephone interviews to identify similarities and patterns relating to driving challenges after night-shift work and strategies for sleepy driving prevention. The semi-structured interviews included 11 scripted questions, in the same order, without conversation. Three major themes emerged from the data analysis. Theme 1: Fatigue is a significant challenge that impedes driving home safely. Theme 2: Multiple strategies are helpful, but they do not replace the body’s need for sleep. Theme 3: Night nurses experience significant additional stressors relating to caring for family, school, and multiple jobs. Health care administrators may use the results to gain insight for training nurses for the night shift to prevent drowsy driving injuries and fatalities. The results of the study may offer a platform for further investigation that may uncover best-practice strategies for health care administrators staffing other types of 24-hour medical care facilities.

Participant Response	Percentage of Responses
<b>Night Driving Challenges</b>	100%
Had fatigue and drowsiness prior to leaving work and during the drive home	91%
Had slower reaction times	75%
Had difficulties gaging vehicle speed and distance from other vehicles	66%
Had visual challenges relating to low light or glare on windshield	58%
<b>Night Driving Strategies</b>	
Offered strategies to stay alert while driving	100%
Ate a snack during the drive	91%
Drank coffee on the drive	75%
Stopped on the way home for a nap	41%
Used an electronic alarm to warn when nodding off	16%
<b>Stressors/Anxiety of Night Workers</b>	
Expressed stress/anxiety-producing issues	100%
Cared for children under the age of 12	58%
Attended school full time or took courses	50%
Worked on more than one job	41%
Cared for aging parents over the age 65	8%

**Biography**

Rhodes has her expertise in evaluation and passion in improving the safety and wellbeing of health care workers. The transtheoretical model of change and the theory of planned behavior guided her research and adds new knowledge to the issue of drowsy driving prevention among nurses. Dr. Rhodes identified in this doctoral research that leaders who focus on employee wellbeing and safety could increase business results in three areas: productivity, organizational commitment, and life satisfaction. Rhodes believes her research will enhance the field of health administration by teaching leaders that creating well-being and safety for employees will increase the likelihood of achieving organizational goals regardless of industry pressures.

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**Notes:**