

Impact of the work routine on the sleep quality of professionals in the mobile emergency care service

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ABSTRACT

SAMU professionals face high stress and sleep deprivation due to night shifts and intense emergencies, which affects their physical and mental health, including increased anxiety and difficulty concentrating (Azambuja et al., 2023; Andrechuk et al., 2023). Poor sleep quality, exacerbated by the COVID-19 pandemic, has significant negative impacts on the quality of life and performance of these professionals (Laurentino et al., 2022; Dal Pai et al., 2021). Interventions such as integrative practices and sleep health education programs are essential to improve these conditions (Silva Santos et al., 2021; Silva et al., 2022).

Keywords: Sleep, Sleep Deprivation, Emergency Medical Services.

INTRODUCTION

Health services in critical situations, such as Mobile Emergency Care (SAMU), are highly stressful. Professionals face constant challenges when dealing with patients at imminent risk of death or intense suffering (Laurentino *et al.*, 2022; Dal Pai *et al.*, 2021). Poor working conditions, such as scarcity of resources and overload, increase stress and susceptibility to illness. Sleep deprivation is a growing concern, affecting physical and mental health, with consequences such as anxiety, difficulty concentrating, and hypertension (Azambuja *et al.*, 2023; Andrechuk *et al.*, 2023).

This study seeks to investigate the factors that influence the sleep quality of SAMU professionals, exploring the effects of work shifts, intensity of emergencies, and impacts of the COVID-19 pandemic, in addition to proposing strategies to improve the well-being and performance of these professionals.

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MATERIALS AND METHODS

To achieve this objective, a detailed literature review was carried out in several renowned databases, including SciELO, PubMed, Google Scholar and Virtual Health Library. The descriptors used covered terms in Portuguese, English and Spanish related to the theme, such as "Sleep", "Sleep Deprivation" and "Emergency Medical Services".

The selection of articles considered studies from the last 4 years, systematic reviews and meta-analyses relevant to the understanding of the complications associated with the work routine in the quality of sleep of SAMU professionals. After a careful analysis, 8 articles were selected that most contributed to the specific objectives of this investigation.

RESULTS

Studies indicate that many SAMU professionals have high scores on the Pittsburgh Sleep Quality Index (PSQI), indicating poor sleep quality (Miranda, Passos., 2022). Factors such as night shifts and the intensity of emergencies contribute to irregular sleep patterns, with more than half of professionals reporting poor sleep, which has become a public health issue (Laurentino *et al.*, 2022; Andrechuk *et al.*, 2023). Nurses on night shifts have sleep changes and negative repercussions, such as depression and irritability, with female professionals being more prone to sleep disorders due to hormonal factors and domestic responsibilities (Azambuja *et al.*, 2023).

During the COVID-19 pandemic, these problems have worsened, with nurses experiencing greater physical and mental fatigue (Dal Pai *et al.*, 2021). Fatigue negatively affects the work performance, quality of life, and safety of professionals and patients (Sehn, Cordenuzzi., 2022). The worse the quality of sleep, the lower the quality of life due to lack of rest and high levels of fatigue (Toledo Oliveira, Toledo Oliveira, Silva., 2021). The work routine in emergency rooms leads to sleep disorders and increased daytime sleepiness. Integrative and complementary practices, such as online Cognitive Behavioral Therapy, have been shown to be effective in improving sleep quality, allowing participation regardless of time and place of work (Silva Santos *et al.*, 2021; Silva *et al.*, 2022; Lavratti *et al.*, 2023).

FINAL CONSIDERATIONS

Poor sleep quality is a worrying reality among SAMU professionals, influenced by irregular shifts and stressful working conditions. Interventions such as integrative practices and sleep health education programs are essential to improve the quality of life and performance of these professionals. Additional studies are needed to further explore the relationship between the work environment and sleep quality, as well as develop effective strategies to mitigate the identified negative impacts.



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