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**TITLE: CHANGES IN HEMODYNAMIC STATUS, SLEEP PATTERN, MENTAL HEALTH , AND SOCIAL LIFE AMONG NIGHT SHIFT MEDICAL WORKER IN JORDANIAN HOSPITALS**

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**Background:**

Shift work is essential for many occupations like in the Emergency Medical Service that provides critical services that must be available all hours as a result of the irregularly day and night nature work (e.g., 9 p.m to 7:30 am ) with long-duration shifts (e.g., 24h and 48h) they could end up with a higher risk of disturbances in hemodynamic status which is contributed to (shock, heart failure, pressure changes, Sleep deficiency) along with mental health issue

**Objective:** we aim to compare the blood pressure, heart rate, and O2 saturation and investigate the effect of demographic that includes (BMI, age, sex, educational level, mental status, memory, and decision-making ability. ) symptoms, and substance consumption (including caffeine, tea, energy drink, alcohol, smoking, multi-vitamin ..etc) between two group night shift and day shift

**Method:**

this study will be conducted in private hospitals and public hospitals in Jordan (Amman and Irbid ) and its design is a **cross-sectional observational** where adult health care providers will be invited to participate in completing **an interviewer administration questionnaire**

**Results:** the high percentage of night medical workers faced a problem in many aspects including sleep disturbances, higher pressure, high caffeine intake, low focus, and decision-making ability along with social and family issues and mental health disturbances

**Conclusion:** so we could conclude that medical night Shift work is associated with impaired alertness and low efficacy due to sleep loss and circadian disturbances so the performance remains mainly impaired during night shifts and the ability to focus and solve the problem and memorize information become lower with time

In the end, we hope that medical institutions and hospitals would care more about the working environment not only the physical side but also mental health which should be put under the consideration

**Keywords:**

hemodynamic status, night shift, mental health, cardiovascular disease, social life