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Selective attention and speed of perception among nurses while driving home after night-shift work

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ABSTRACT

Introduction: Studies have shown that nurses' sleepiness and fatigue while driving home after the night shift is a serious health and safety problem that lead to numerous car crashes. The purpose of this study was to measure the effect of night shift work on 2 psychomotor abilities of driving including selective attention and speed of perception among nurses.

Material and methods: A cohort study was managed among 23 night shift and 24 day shift nurses aged between 20 and 40 years working in Sina Hospital in Tehran (Iran). Data collection instruments were demographic and Circadian Type Inventory (CTI) questionnaires and Cog and ATAVT computerized tests of Vienna Test System (VTS). Analysis was performed using Linear Regression and Paired t tests.

Results: Results indicated a significant association between precision of the control of attention variable in Cog Test (P value= 0.028) and night shift work but speed of perception has not any association.

Conclusion: On basis of the study results selective attention of nurses was statistically decreased while driving home after night shift that is very important psychomotor skill for safe driving.

Key words: selective attention, night shift, speed of perception , psychomotor ability of driving

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