

PerfectFit@Night

No registrations found.

Ethical review	Positive opinion
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON23643

Source

NTR

Brief title

PerfectFit@Night

Health condition

N/A

Sponsors and support

Primary sponsor: N/A

Source(s) of monetary or material Support: ZonMw

Intervention

Outcome measures

Primary outcome

Sleep and work ability

Secondary outcome

Fatigue, dietary intake, general health status, social support at work

Study description

Background summary

Healthcare professionals need to be present 24 hours a day to ensure continuity of care in hospitals. Therefore, many healthcare workers work night shifts. However, night work increases the risk to develop short- and long-term health problems, which endanger the sustainable employability of these workers.

Different departments of the Erasmus University Medical Center (Erasmus MC) will implement this intervention for healthcare workers with night shifts, focusing on the individual lifestyle as well as the environmental (work) context. The intervention elements are developed with a participatory research approach, combining information from literature, the outcomes of a pilot study, good practices, and interviews with hospital workers with night shifts. Both the effectiveness of the intervention on sleep, recovery, and work ability, and the implementation process will be evaluated using data from questionnaires.

Study objective

Improvement of sleep, recovery, and work ability in the intervention group.

Study design

Baseline, three months, six months, nine months, twelve months, fifteen months

Intervention

- E-learning
- Powernap bank/chair
- Healthy food/snacks
- Workshop concerning healthy rostering
- Indicated coaching

Contacts

Public

Erasmus University Medical Center
Fleur van Elk

N/A

Scientific

Erasmus University Medical Center
Fleur van Elk

N/A

Eligibility criteria

Inclusion criteria

Healthcare workers with regular night shifts, agreed to participate in the study

Exclusion criteria

Workers not working regular night shifts, pregnant workers, workers on long-term sick leave (4 or more weeks)

Study design

Design

Study type:	Interventional
Intervention model:	Other
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-05-2021
Enrollment:	630
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Plan description

N/A

Ethics review

Positive opinion

Date: 27-01-2021

Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL9224
Other	METC Erasmus MC : MEC-2020-0959

Study results

Summary results

N/A