

FIRST WAVE OF COVID-19 PANDEMIC: CONCERN AND SLEEP DISTURBANCES IN ITALIAN HEALTHCARE WORKERS



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Background

Exposure of healthcare workers (HCWs) to Covid-19 may be an important risk factor for psychological distress and even full-blown psychiatric disorders. A stressful workplace has negative effects on both the quality of life and the professional activity, in terms of limited efficiency and ability in providing high-quality health services.

Aim: to explore and describe concerns and factors related to stress-induced sleep disturbances among Italian HCWs during the first wave of Covid-19 pandemic.

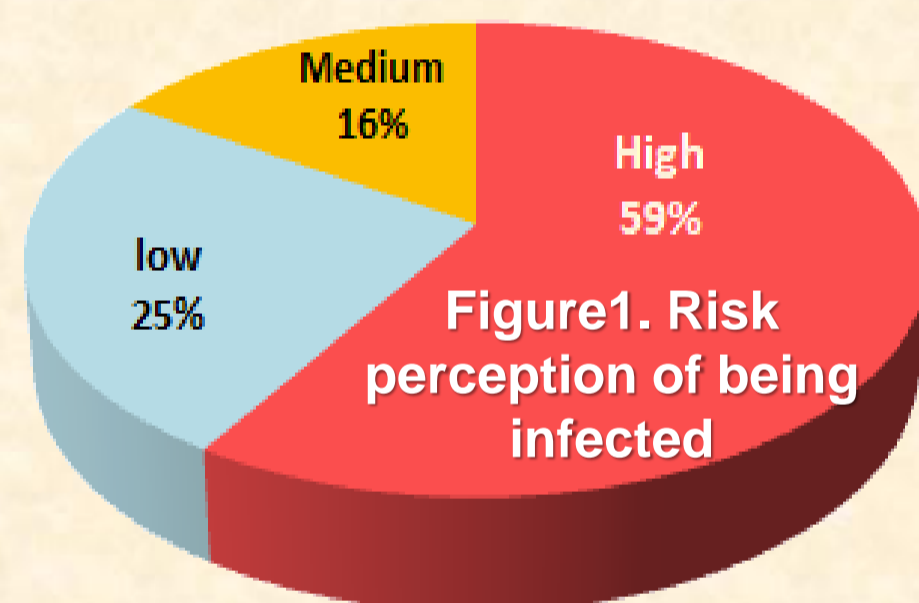
Methods

Cross-sectional study - survey design (February–May 2020). Participants were recruited by using a “snow-ball” sampling, by email, newsletters and social media. An ad hoc questionnaire was administered to collect data about sleep disturbances and concern (degree of worries had a score that ranged between 0 to 4, where 4 represents the highest degree of concern. Risk perception of being infected was classified as: low, medium and high). Multivariable logistic regression model was implemented to evaluate the association between sleep disturbances and some variable of interest. Homer-Lemeshow (HL) test for goodness of fit was performed. The level of $p < 0.05$ was considered significant.

Results

Participants were 2078. Mean age was 42 ± 11 years, 79% were female. 16% were infected.

55% of HCWs were worried by “The risk of infection for the surrounding people”; 59% stated to perceive high risk of being infected (Figure1).



Multivariable logistic regression showed that factors associated with sleep disturbances were:

to be a female (OR= 1.565; 95% CI: 1.240-1.975), to get higher risk perception of being infected (OR=1.603; 95% CI:1.156-2.221), to be a nurse (OR=1.664; 95% CI:1.290-2.146) and to obtain a high score of worry (OR=1.680; 95% CI:1.476-1.913) (HL test $p=0.4375$).

Conclusion

Pandemic has caused concerns and lifestyle changes affecting all aspects of HCWs life, such as sleep quality. Health authorities and policymakers can play an active role in maintaining the psychological well-being of their employees: this research, based on real-world data, may help them to address the most appropriate interventions during a public health emergency.

References

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