

ABSTRACTS

BASIC SLEEP RESEARCH

BSR006

EXCESSIVE DAYTIME SLEEPINESS IN PERSONNEL AT RAJAVITHI HOSPITAL, BANGKOK, THAILAND

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Aims: Excessive daytime sleepiness (EDS) is a serious health effect in the workplace and reduces work productivity. Prevalence of EDS is varied and inconsistent in literature. Many factors related to EDS such as gender, work types, health behavior.

This study aims to determine prevalence and factors associated with EDS in personnel working in Rajavithi Hospital, a tertiary hospital in Thailand.

Methods: This was a cross-sectional study of 1,509 personnel at Rajavithi Hospital, Bangkok, Thailand. One criterion for eligible participant was work experience in the current position at least 1 year. Independent variables were general characteristics such as gender, age, BMI, income, work types and positions, work experiences, educational levels, health problems, and recreation. Dependent variables were EDS. The data were collected using (1) demographics, (2) health behaviors and (3) a Thai version of the Epworth Sleepiness Scale (score ≥ 12 is excessive daytime sleepiness). A binary logistics regression was performed to determine factors related with EDS. This study was reviewed and approved by the ethics committee, Rajavithi Hospital. All participants gave consent forms.

Results: Most of the personnel were female with mean age of 39.27 ± 11.58 years, range 18-74 years. The majority of the participants were medical and public health personnel (51.3%). Of this, nursing staffs were found 34.5%. The prevalence of EDS was 26.8%. Significant associated factors of EDS were personnel who worked in administration cluster of work type (OR 1.74, 95% CI 1.22-2.49, $p=0.003$), female (OR 1.69, 95% CI 1.13-2.51, $p=0.010$) and alcohol consumption (OR 1.43, 95% CI 1.04-1.99, $p=0.029$). However, age, underlying diseases, marriage status, education, income, smoking, exercise and sleep quality were not associated with EDS.

Conclusion: The overall prevalence of excessive daytime sleepiness was 26.8% and consistent with other studies. Associated factors of EDS were those who worked in administration work, female and alcohol consumption.

สำเนาถูกต้อง

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