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Nursing Fatigue and Risk Management in Jordan: Gender Expectations and Experiences.

Fatigue is a reality in nursing and involves extreme feelings of tiredness, exhaustion and lack of energy as a result of physical, or mental exertion, or a combination of both. Every day, during each shift, nurses can experience fatigue. There are many factors directly or indirectly contributing to fatigue, such as workload, work hours, and work structures. Addressing nursing fatigue is very important in order to promote safety and health for both nurses and patients. However, in several Arab countries, including Jordan, there has been a scarcity of research measuring the prevalence of fatigue and the actual coping strategies nurses employ to combat it.

This doctoral research project outlines and discusses the concept of fatigue as it relates to the nursing workforce in Jordanian hospitals. The study is a mixed-method exploratory project, which intends to address gender experiences and expectations related to fatigue. The study will also explore the individual coping strategies that nurses use to alleviate work-related fatigue and assess fatigue levels using the Occupational Fatigue Exhaustion Recovery Scale (OFER15) and Fatigue Assessment Scale (FAS).

This study will:

- Provide insight to Jordan leaders in the nursing profession in their reviews of gender equality in the Jordanian healthcare setting as they relate to fatigue.
- Inform hospital policymakers, nursing management, on the present status of fatigue among male and female nurses. Provide data that can be used to consider issues related to nursing fatigue in Jordan with a broader and more personalised view of tackling work-related fatigue in the workplace.

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