

Grey, Christine W (DHHS)

From: Bhardwaj, Rachel A (DHHS)
Sent: Sunday, 14 December 2014 3:42 AM
To: One Health System (DHHS)
Subject: 12.5 hours shifts for nurses

Dear Sir/Madam,

I am a registered nurse at St Marys Community Health Centre, where I have been employed for the past 4 years. Prior to this I worked as a nurse in the UK, and experienced the transition to 12.5 hour shifts, which despite initial resistance proved successful and popular with the majority of nurses.

There are many advantages to 12.5 hour shifts these include

- Cost savings for the DHHS (in my facility where we have one RN and one EN 24/7 staffing costs would be reduced by 14 EN hours, and 14 RN hours per week). Savings accross the DHHS would be much greater
- Saved hours could be used to facilitate training days and allow for admin days for Grade 4 RNs
- Reduction in number of days worked per week = more quality time at home with family
- Reduced travel costs and time travelling
- Increased job satisfaction on Night Shift - Night shift workers would dispense 8pm medications, and settle patients for the night, and thus be better placed to write care plans on night shift

I suggest 12.5 hour shifts be trialled at a small rural site e.g. St Marys, if you think the newly restructured THO will consider this option I will gladly approach my colleagues about this.

regards

Rachel Bhardwaj (RN)