



Mogadishu University

Postgraduate Program

Department of Health Management

Association between the workload of nurses and patient safety outcomes at Mogadishu, Somalia,
Turkey's Recep Tayipp Erdogan Training and Research Hospital

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Abstract

The nursing workload is a significant public health concern and one of the most persistent themes in health worldwide. According to research, insufficient nurse staffing or overworked nurses in hospital-based care can have a negative impact on patients' safety outcomes, such as mortality, infections, and failure to rescue. They can also be associated with decreased patient safety, quality of care, and vulnerability.

This study aimed to determine the association between nurses' workload and patient safety outcomes at Mogadishu, Turkey's Recep Tayyip Erdogan Training and Research Hospital, Mogadishu, Somalia.

Method: The study was a cross-sectional survey study.

The study was conducted among registered working nurses and selected patients who were registered, admitted and hospitalised at Mogadishu, Somalia—Turkey's Recep Tayyip Erdogan Training and Research Hospital. The study was carried out between November 2021 and December 2022. The study populations were selected using simple random sampling methods, and the data were analysed using multiple logistic regression analysis.

A total of 360 participants were included and analysed. Overwhelmingly, 93 (51.7%) nurses worked between 8 and 12 hours per day in each shift. Of every five nurse respondents, one worked more than 12 hours daily—63 (35%). According to the findings of this study, the majority of nurses (82.88%) felt stressed due to their workload. Multiple logistic regression analysis revealed that UTI infection (AOR = 0.03 95% CI = (0.163-0.571, P = 0.000), BSI infection (OR = 3.909, 95% CI = 2.312-6.610, P = 0.000), and patient monitoring tragedy (AOR = 0.61 95% CI = (0.031-0.199, P = 0.000) were risk factors associated with nursing workload and patient safety outcomes.

The finding of this study revealed that the most nurses worked between 8 and 12 hours per day and were stressed due to their workload. The risk factors associated with nurses' workload and patients' safety were the incidence of UTI, central line-associated bloodstream infections. Patient monitoring found that the nursing workload affects the time a nurse can allot to various tasks. Under a heavy workload, nurses may need more time to perform tasks that can directly impact patient safety. This study recommends the ILO standard on working hours, based on the ILO Convention, sets a maximum of 8 hours per day and 48 hours per week, with a few exceptions under exceptional circumstances.