Irritable Bowel Syndrome: Prevalence, Predictors, Factors, and Shift Work Among Nurses

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Abstract:

Introduction: Irritable bowel syndrome (IBS) presents as a dominant functional disorder within the gastrointestinal tract and is characterized by numerous symptoms ranging from mild to severe. Irritable bowel syndrome (IBS) may have an impact on the health-related quality of life, lower work productivity, and increase the already spiraling cost of healthcare. Nurses face multiple challenges due to the intensity of the workplace environment, time pressure, and the shift schedule. Workplace stress is the most prevalent trigger of irritable bowel syndrome (IBS).

Study aim: This study aims to assess the prevalence of IBS and its associated predictor factors among nurses in Yanbu City, Saudi Arabia.

Study methodology: Quantitative, descriptive, correlational, and cross-sectional design was used in this study. Using convenience sampling, two hundred eight nurses working in Yanbu General Hospital, Saudi Arabia, were selected. Sociodemographic and Work Data Assessment Questionnaire, Pittsburgh Sleep Quality Index (PSQI), Hospital Anxiety and Depression Scale (HADS), and Rome IV Criteria were used for data collection (using Google Form) over three months from the beginning of February until the end of April. Both descriptive and inferential statistics were used to analyze data.

Results: The prevalence of IBS among nurses was 32.2%. The present study found that no significant associations were, however, observed with other factors such as age, gender, marital status, exercise, nursing experience, work shift, or department. In terms of mental health, those nurses with IBS had higher significant depression scores and a higher proportion of abnormal levels of anxiety and the global Pittsburgh Sleep Quality Index score was notably higher. These findings demonstrate the huge effect that IBS has on the physical, mental, and sleep health of nurses.

Conclusion: The prevalence of IBS was 32.2%. consumed more than two servings of fatty foods per week, with a family history of IBS (44.6% vs. 27.6%, p-value = 0.002), and having food allergies were the predictors of IBS.

Keywords:

rritable bowel syndrome (IBS), functional disorder, Nurses, predictors factors, shift work.