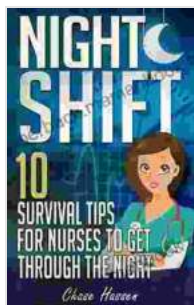


10 Survival Tips for Nurses to Get Through the Night as a Licensed Practical Nurse

Working night shifts as a Licensed Practical Nurse (LPN) can be both rewarding and challenging. While night shifts offer unique opportunities for growth and patient care, they also come with their own set of obstacles, including fatigue, sleep deprivation, and increased workload.

To help LPNs navigate the challenges of nighttime nursing, here are 10 essential survival tips:



Night Shift: 10 Survival Tips for Nurses to Get Through the Night! (Licensed Practical Nurse, Registered Nurse, Certified Nursing Assistant, Nurse Practitioner, ... Nursing Scrubs, Nurse Anesthetist Book 1) by Chase Hassen

★★★★☆ 4.1 out of 5

Language : English
File size : 3947 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 32 pages
Lending : Enabled



1. Establish a Regular Sleep Schedule

Maintaining a regular sleep schedule is crucial for nurses working night shifts. Aim to go to sleep and wake up around the same time each day,

even on weekends. This will help regulate your body's natural sleep-wake cycle and minimize fatigue.



2. Create a Relaxing Bedtime Routine

Create a relaxing bedtime routine to help you wind down before sleep. This could include taking a warm bath, reading a book, or listening to calming music. Avoid caffeine and alcohol before bed, as they can disrupt sleep.



3. Use Blackout Curtains and Earplugs

Blackout curtains and earplugs can help block out light and noise, creating a more conducive environment for sleep. Make sure your bedroom is dark, quiet, and cool to promote restful sleep.



4. Take Short Naps During Breaks

Short naps during breaks can help combat fatigue and improve alertness. Find a quiet place to nap for 20-30 minutes, setting an alarm to prevent oversleeping. Napping can boost energy levels and enhance cognitive function.



5. Stay Hydrated

Dehydration can contribute to fatigue and impaired cognitive function. Stay hydrated by drinking plenty of water throughout the night shift. Avoid sugary drinks like soda or juice, as they can dehydrate you.



6. Eat Healthy Snacks

Healthy snacks can provide sustained energy without causing a crash.

Choose nutrient-rich snacks like fruits, vegetables, yogurt, or nuts. Avoid heavy, greasy meals that can slow you down.



7. Exercise Regularly

Regular exercise can improve sleep quality and boost energy levels. Aim for at least 30 minutes of moderate-intensity exercise most days of the week. Exercise can help reduce stress, improve mood, and enhance alertness.

The infographic features a background image of a person's face with a hand on their forehead. In the top left, there is a blue cloud icon with a lightning bolt. In the top right, there are two black silhouettes of a person sitting and a person standing with arms raised. The text is overlaid on this background.

5 FACTS

about

SLEEP AND EXERCISE

1. Exercisers say they sleep better.
2. Vigorous exercisers report the best sleep.
3. Non-exercisers are the sleepest and have the highest risk for sleep apnoea.
4. Less time sitting is associated with better sleep and health.
5. Exercising at any time of the day appears to be good for sleep.

Source: National Sleep Foundation 2018



8. Connect with Others

Working night shifts can be isolating, but it's important to connect with others. Talk to your colleagues, family, or friends during breaks or after work. Social support can boost morale and reduce loneliness.



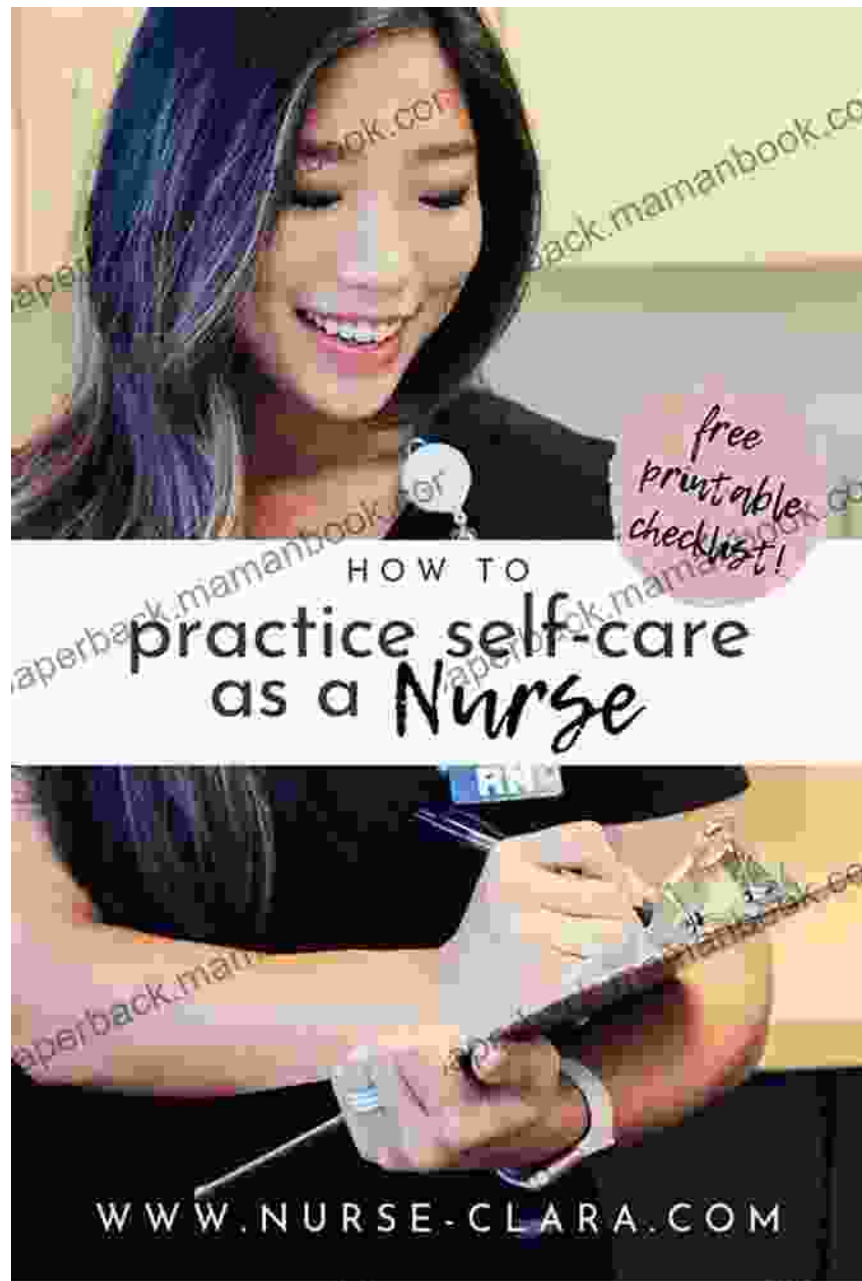
9. Prioritize Tasks and Delegate

Prioritize tasks and delegate responsibilities to manage your workload effectively. Focus on the most critical tasks first and delegate less important tasks to others when possible. This can help reduce stress and free up time for essential patient care.

Nursing Delegation		
CNA/UAP	LPN	RN
<p>Stable Patients Only Or 24 hours post OP</p> <p>ADL's Cleaning, Bathing, Ambulating, Oral care, Toileting, Linen care, Position Change, and IV's if stable</p> <p>Feeding / if no swallowing issues Cleaning, Bathing, Ambulating, Oral care, Toileting, Linen care and UO's if stable</p> <p>Vital signs for stable Pt</p> <p>↓ CAN NOT DO ↓ Med Teaching, Assessment, Planning or Evaluating</p>	<p>All UAP duties Only Gather / monitor data for RN. They do not interpret</p> <p>Stable Patients with predictable outcomes Chronic / Not stable</p> <p>Routine procedures Blood glucose, Foley, EKG, Suctioning, Tracheostomy care</p> <p>Can implement care but not plan it. Can give med / injection, Narcotics, and IV Meds</p> <p>NO Teaching, Assessment, Planning or Evaluating</p>	<p>All previous duties</p> <p>Teaching All education needs.</p> <p>Assessments Initial and clinical</p> <p>Planning Care of patient</p> <p>Evaluating</p> <p>Unstable Patients Can do invasive procedures and care</p> <p>Can do full ADPIE</p> <p>Can give meds, IV, and blood</p>

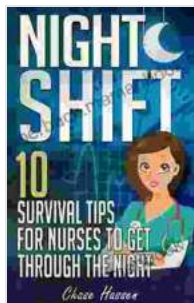
10. Practice Self-Care

Self-care is essential for nurses working night shifts. Take time for yourself to relax and recharge. Engage in activities that make you happy, such as spending time with loved ones, pursuing hobbies, or reading. Self-care can prevent burnout and maintain your well-being.



Working night shifts as a Licensed Practical Nurse can be challenging, but it is also an opportunity for growth and professional development. By following these 10 survival tips, LPNs can effectively manage the unique challenges of nighttime nursing and deliver optimal patient care while maintaining their own health and well-being.

Remember, taking care of yourself is just as important as taking care of your patients. By prioritizing your sleep, nutrition, and emotional health, you can thrive as a night shift LPN and make a positive impact on the lives of those you care for.



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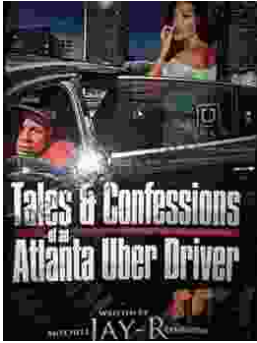
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