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28 Getting “hip” to hip hemiarthroplasty
By Judith A. Nagle, MSN, CNOR, FNP-BC
A hip fracture can be a life-changing event for your patient. Here, you’ll review normal joint anatomy, hip fracture types, and the goals of arthroplasty. Then take steps to prepare your patient for surgery and prevent hip dislocation and other complications afterward.

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By Janine Jagger, PhD, MPH; Jane Perry, MA; Ginger Parker, MBA; and Elyayne Kornblatt Phillips, PhD, MPH, RN
Last spring, Nursing2011 asked nurses nationwide to take part in a survey exploring blood exposure risks associated with inserting or removing short peripheral I.V. catheters. Read these results to determine whether you and your facility are following current standards and best practices to minimize risks.

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Do you find yourself skipping meals, avoiding exercise, and feeling fatigued when you work 12-hour shifts? These practical tips will help you survive and thrive.

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13 tips for surviving the 12-hour shift

By Kathryn M. Kolasa, PhD, RD, LDN, and Gina Cahoon Firmhaber, MSN, MLS, RN

IF YOU WORK 12-hour shifts, you may find yourself skipping meals and breaks, avoiding exercise, and feeling fatigued. This lifestyle can wreak havoc on both your health and performance. In this article, we review current evidence regarding the impact of shift work on diet and weight status and suggest steps you can take to improve your well-being.

**Shift work, diet, and weight**
Studies describing the effects of 12-hour shifts on the health and well-being of nurses have focused primarily on fatigue, performance, productivity, or patient safety. There are surprisingly few studies describing how shift work is associated with diet and weight-related conditions. Shift work has been associated with increased body mass index (BMI), waist circumference, BP, and low-density lipoprotein—in other words, metabolic syndrome. Your risk for heart disease increases when you have at least three of the following:
- waist circumference over 35 in (88 cm) for women and over 40 in (102 cm) for men
- triglycerides over 150 mg/dL
- high-density lipoprotein under
40 mg/dL for men and under 50 mg/dL for women.
- BP over 130/85 mm Hg
- fasting blood glucose level over 100 mg/dL.³

Healthy eating habits may be difficult to maintain when working 12-hour shifts, which can lead to decreased alertness and inappropriate food choices.¹² Some barriers to eating healthy are institutional in nature. Lack of access to healthy food around the clock, higher costs of healthy foods, limited varieties of available foods, breaks and meal times lasting less than 30 minutes, and lack of convenient access to equipment for storing/heating the food brought from home can all stand in the way of healthy eating during a nursing shift.⁴

You can take steps to stay healthy while working 12-hour shifts. Follow these 13 tips to help you stay in tip-top shape.

### #1: Achieve and maintain a healthy weight
If your BMI is over 27 with other health risks or over 30 with no comorbidities, a clinically significant weight loss of 7% to 10% of your baseline weight can be achieved by eating 250 to 500 fewer calories per day over 24 weeks. If you’ve been gaining unwanted weight, keeping a food diary may help you manage your weight.⁵

### #2: Follow a Mediterranean-style eating plan
Following the Mediterranean eating plan has been associated with lower risk for heart disease, stroke, and diabetes and can also contribute to weight management.⁶⁷ It’s currently recommended for the treatment of metabolic syndrome.⁸ The Mediterranean eating plan isn’t made up of specific foods; it’s more a pattern of food choices. Rate your diet to determine how closely your eating patterns align with the Mediterranean style (see Going Mediterranean).⁹

### The Mediterranean eating plan isn’t made up of specific foods; it’s more a pattern of food choices.

The Mediterranean plan emphasizes eating whole foods, particularly fruits, vegetables, whole grains, legumes, seeds, and nuts. Olive oil or canola oil is used instead of vegetable oil, shortening, butter, and lard; animal meat and fats are limited to minimize intake of saturated fats and trans fats. “Good fats” also include oils from sunflower, safflower, peanut, pistachio, and almond as well as avocados. Total fat content in your diet should be 25% to 35% of calories, with saturated fat being only 7% to 8% of calories. Intake may include moderate amounts of fish, up to 5 servings per week, and moderate amounts of chicken (no more than 3 servings per week) with red meat intake of no more than 16 oz per month. Fruit is a good choice for desserts.¹⁰

Focus on choosing whole foods with high levels of dietary fiber. You can supplement with psyllium, wheat dextrin, pectin, resistant starch, inulin, flax, or guar gum on days when intake doesn’t provide at least 14 g of dietary fiber for every 1,000 cal of food.¹¹

### #3: Eat a high-protein breakfast
High-protein foods have been shown to improve satiety and retention of lean body mass.¹² Some experts suggest adults following a weight-loss eating plan should get at least 25% of their calories from protein and recommend a high-protein breakfast (25 g) with at least 6 g from the amino acid leucine to reduce hunger later in the day. Meal replacement shakes contain leucine; other sources of leucine are egg whites, soy protein isolates, whey protein, tuna, turkey, pork, and fish.

Eating breakfast has also been linked to a reduced urge to consume calorie-dense foods, improved attention span, and increased energy for physical activity.¹³

Pack a “survival” lunch bag with a protein source (skim milk, turkey, low-fat deli meats, hard-boiled eggs, low-fat yogurt, low-fat cottage cheese), a fruit and/or vegetable, and a whole grain (high-fiber cereal, oatmeal, whole grain crackers, whole grain bread or cereal) to avoid the fast-food drive-thru. Plan to improve your diet in advance by stocking your pantry with higher protein, lower fat choices. Use the Nutrition Facts label on food packages to select better cereals or meal replacement bars and store some in your desk or locker. A cereal should have less than 200 cal, less than 6 g of sugar, and at least 3 g of dietary fiber per serving. A meal replacement bar should have less than 300 cal, at least 3 g of dietary fiber, less than 15 g of sugar, and less than 5 g of fat per serving.

### #4: Make sure you’re getting enough vitamin D
Vitamin D deficiency, defined as 25-hydroxy vitamin D levels under 20 ng/mL, may contribute to fatigue. Experts suggest serum levels at least 32 ng/mL vitamin D, which contribute to optimal calcium absorption, improved bone density, fewer falls, and reduced risk for some cancers, diabetes, osteoporosis, metabolic syndrome, and obesity.¹⁴

Good food sources of vitamin D include cod liver oil, salmon, mackerel, tuna and sardines canned in oil,
GOING MEDITERRANEAN

This chart can help you see how close you are to following the Mediterranean eating plan. For each food group, circle the phrase that best describes the way you eat in a typical week. Then write the number of points for that choice in the Points column. Add up your total points.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Whole grain products</td>
<td></td>
</tr>
<tr>
<td>&lt;1 portion a day</td>
<td>0</td>
</tr>
<tr>
<td>1 to 2 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>3 to 4 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>5 to 6 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>≥ 7 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
</tr>
<tr>
<td>&lt;1 portion a day</td>
<td>0</td>
</tr>
<tr>
<td>1 portion a day</td>
<td>0</td>
</tr>
<tr>
<td>2 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>3 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>≥ 4 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>Fruits</td>
<td></td>
</tr>
<tr>
<td>&lt;1 portion a day</td>
<td>0</td>
</tr>
<tr>
<td>1 portion a day</td>
<td>0</td>
</tr>
<tr>
<td>2 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>3 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>≥ 4 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>Legumes, nuts, and seeds</td>
<td></td>
</tr>
<tr>
<td>&lt;0.5 portion a day</td>
<td>0</td>
</tr>
<tr>
<td>&lt;0.5 portion a day</td>
<td>0</td>
</tr>
<tr>
<td>1 portion a day</td>
<td>0</td>
</tr>
<tr>
<td>≥ 2 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>Olive oil, olives, and margarine made of olive oil</td>
<td></td>
</tr>
<tr>
<td>&lt;1 time a day</td>
<td>0</td>
</tr>
<tr>
<td>1 time a day</td>
<td>0</td>
</tr>
<tr>
<td>2 times a day</td>
<td>0</td>
</tr>
<tr>
<td>3 times a day</td>
<td>0</td>
</tr>
<tr>
<td>≥ 4 times a day</td>
<td>0</td>
</tr>
<tr>
<td>Milk and dairy products</td>
<td></td>
</tr>
<tr>
<td>&lt;1 portion a day or ≥4 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>4 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>1 portion a day</td>
<td>0</td>
</tr>
<tr>
<td>2 to 3 portions a day</td>
<td>0</td>
</tr>
<tr>
<td>Fish and seafood (other than breaded)</td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>0</td>
</tr>
<tr>
<td>&lt;1 portion a week</td>
<td>0</td>
</tr>
<tr>
<td>1 portion a week</td>
<td>0</td>
</tr>
<tr>
<td>≥ 3 portions a week</td>
<td>0</td>
</tr>
<tr>
<td>Poultry (other than breaded)</td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>0</td>
</tr>
<tr>
<td>&lt;1 portion a week or 2 to 4 portions a week</td>
<td>0</td>
</tr>
<tr>
<td>1 portion a week</td>
<td>0</td>
</tr>
<tr>
<td>3 portions a week</td>
<td>0</td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
</tr>
<tr>
<td>0 to 4 times a week</td>
<td>0</td>
</tr>
<tr>
<td>5 to 6 times a week</td>
<td>0</td>
</tr>
<tr>
<td>0 to 4 times a week</td>
<td>0</td>
</tr>
<tr>
<td>Sweets (cookies, pies, foods with added sugars, and candies)</td>
<td></td>
</tr>
<tr>
<td>0 to 4 times a week</td>
<td>0</td>
</tr>
<tr>
<td>5 to 6 times a week</td>
<td>0</td>
</tr>
<tr>
<td>0 to 4 times a week</td>
<td>0</td>
</tr>
<tr>
<td>Red meat/processed meat</td>
<td></td>
</tr>
<tr>
<td>0 to 4 times a week</td>
<td>0</td>
</tr>
<tr>
<td>5 to 6 times a week</td>
<td>0</td>
</tr>
<tr>
<td>0 to 4 times a week</td>
<td>0</td>
</tr>
<tr>
<td>Total Points</td>
<td></td>
</tr>
</tbody>
</table>

If your total score is 33 to 44, you’re following the Mediterranean eating plan.
If your total score is 11 to 32, there are some more changes you need to make to eat the Mediterranean way.
If your total score is 0 to 10, you have many changes to make.
fortified orange juice, and fortified dairy products. Read Nutrition Facts labels because not all dairy products (some yogurts for example) are fortified. Recommendations for daily supplementation vary from 800 to 1,000 international units per day. For someone who’s vitamin D deficient, a regimen of 10,000 international units once per week for 8 to 12 weeks may be prescribed.\(^{15}\)

### #5: Get enough sleep
Sleep deprivation is a common consequence of the 12-hour shift. Long-term sleep loss has been associated with obesity and diabetes. The exact mechanisms are unknown, but it’s thought that sleep modulates hormone secretions, which may impact glucose utilization, insulin sensitivity, appetite regulation, and resting energy expenditure. Sleep may also impact circulating leptin, ghrelin, thyroid-stimulating hormone, and cortisol levels.\(^{16}\)

Drinking caffeine, especially in amounts over 250 mg/day, can affect sleep and/or cause symptoms such as tremors or anxiety.\(^{17}\)

Most adults require at least 6.5 hours but not more than 9 hours of sleep per day to avoid carbohydrate craving, stimulated overeating, and/or increased appetite.\(^{18}\) If it isn’t possible to acquire the needed hours of sleep, focus on choosing foods with high dietary fiber and lower carbohydrate content.

### #6: Count your steps
If shift work prevents adherence to a regular exercise program, try to include activity in your workday. Wear a pedometer to document the number of steps you take during your shift. For weight management purposes, all steps count. An appropriate goal for weight maintenance is 10,000 steps (about 5 miles) per day. A goal for heart health would be 3,000 steps in 30 minutes at least 5 days a week. These steps can be done in bouts of 10 minutes.\(^{19}\) If you don’t meet your goal during your shifts, plan to catch up on a day off.

### #7: Don’t skip meals
Keep a supply of prepackaged meal replacements in your break room. Select those that have 200 to 400 cal, 3 to 5 g of dietary fiber, 10 g of protein, 4 g or less of saturated fat, 0 g of trans fat, and less than 500 to 750 mg sodium.\(^{20}\) Even if you can’t take a real lunch break, at least you’ll have something good to fall back on.

### #8: Advocate for appropriate meal breaks
Teamwork is essential for both patient safety and nurse well-being.\(^{21}\) Work together to create a culture that allows staff the opportunity to take meal breaks without feeling they’re abandoning their patients. This requires mutual support and planning.

### #9: Stay hydrated
Depending on our age, water makes up half, if not more, of our bodies, serving many important functions including transporting nutrients throughout the body. If you don’t drink enough fluids, you may experience signs and symptoms of dehydration, including lightheadedness, dizziness, or nausea. The body needs fluid in the form of water or beverages such as juice, milk, tea, or sports drinks, as well as some fluid from food. Contrary to widespread belief, caffeinated beverages contribute to daily fluid needs and aren’t dehydrating—with one exception. Caffeine is dehydrating for a person who doesn’t consume caffeine routinely.\(^{22}\)

Recent publications have reported the negative effects of mild dehydration on health and human performance, even when just 1% or 2% of body weight is lost.\(^{23}\)

### #10: Moderate your caffeine intake
Track your caffeine intake to determine if it exceeds 300 mg/day. To reduce intake, switch to decaffeinated coffee or soft drinks, mix caffeinated with decaffeinated drinks, or limit the number of caffeinated drinks to a preselected number then switch to decaffeinated.

### #11: Consider chewing gum
Chewing sugar-free gum (away from patient-care areas) can be a replacement for snacks such as candy while contributing only 10 to 15 cal. Recent studies demonstrate that gum chewing can increase alertness, concentration, and oral health while decreasing stress and tension.\(^{24}\)

### #12: Advocate for access to healthy foods and beverages for all shifts
Many hospitals have made significant policy changes to ensure healthy, affordable foods and beverages are available to staff around the clock.\(^{25}\) If your hospital hasn’t yet done so, advocate for change. Tools from the North Carolina Prevention Partners Healthy Hospital program describe steps to take (www.ncpreventionpartners.org). If break rooms aren’t equipped with proper equipment for food storage and preparation, advocate for a refrigerator, microwave, a water cooler or bottled water, and vending machines with healthy options.

### #13: Take advantage of your hospital’s employee wellness program
Investigate program options that fit your schedule. If your benefit plan provides a consultation with a registered dietitian, take advantage of this service to help individualize your eating plan.

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**REFERENCES**


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