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Pflegewissenschaft
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Health-related outcomes and their associations with homecare workers' psychosocial work environment

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Introduction

- Healthcare professionals are regularly exposed to occupational health hazards[1].
- Home care is a growing sector and presents specific risk factors (e.g., providing care alone at clients' homes)[2].
- Little is known about the psychosocial work environment and health-related outcomes of homecare workers.

Aims

- To determine the prevalence of tiredness, back pain, and burnout in homecare workers in Switzerland.
- To assess their association with elements of the psychosocial work environment.

Methods

Design: Multicenter cross-sectional study in Swiss homecare.

Sample: Employees from 88 homecare agencies were surveyed in 2021.

Data analysis: Multilevel linear and binary regression analyses (adjusted for individual factors).

Variables

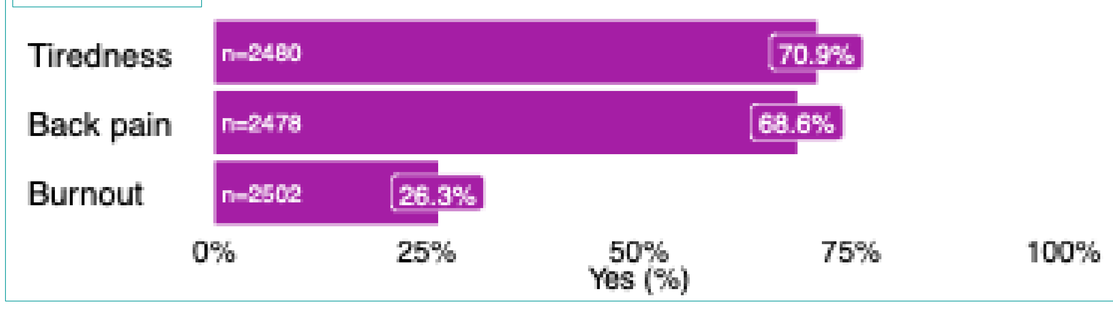
- Tiredness – single-item Swiss Health Survey[3] ('yes', 'no')
- Back pain – single-item Swiss Health Survey[3] ('yes', 'no')
- Burnout – Copenhagen Burnout Inventory[4] (scale 0-100)

Results

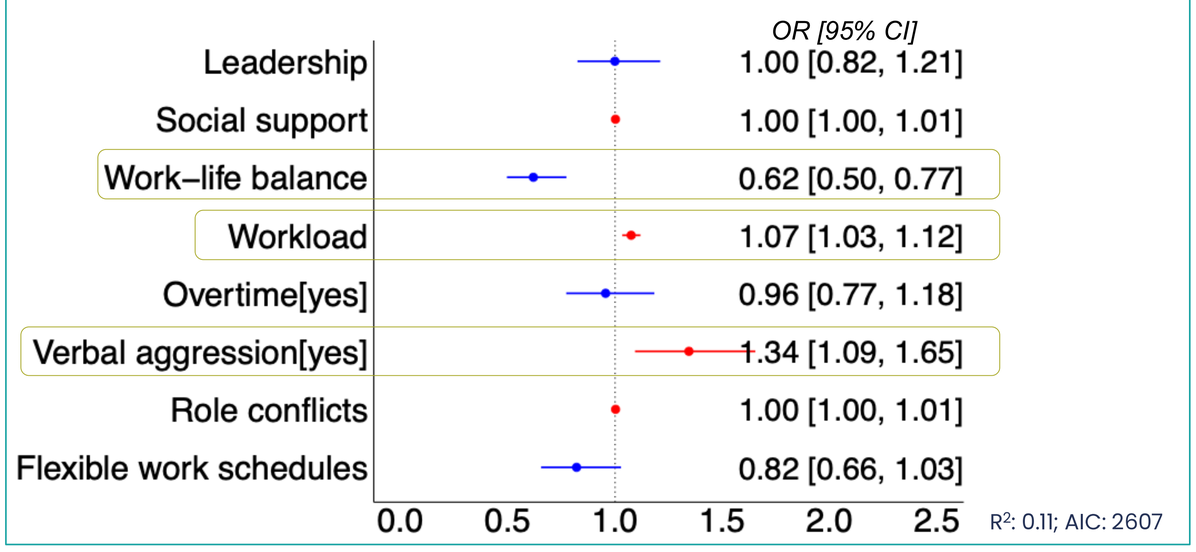
Sample

- n = 2514 homecare workers
- ø 46 (SD 11) years old
- 94.4% Female
- 38.5% Registered nurses

Outcomes

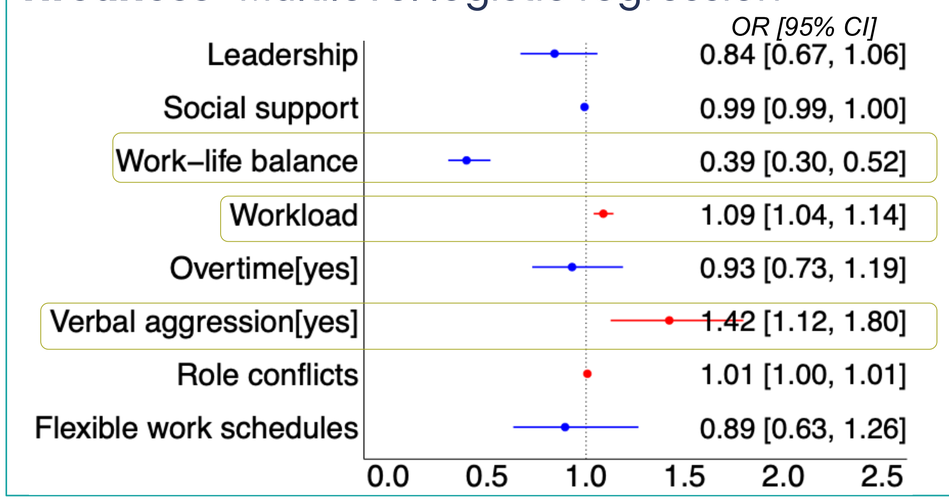


Back pain–Multilevel logistic regression



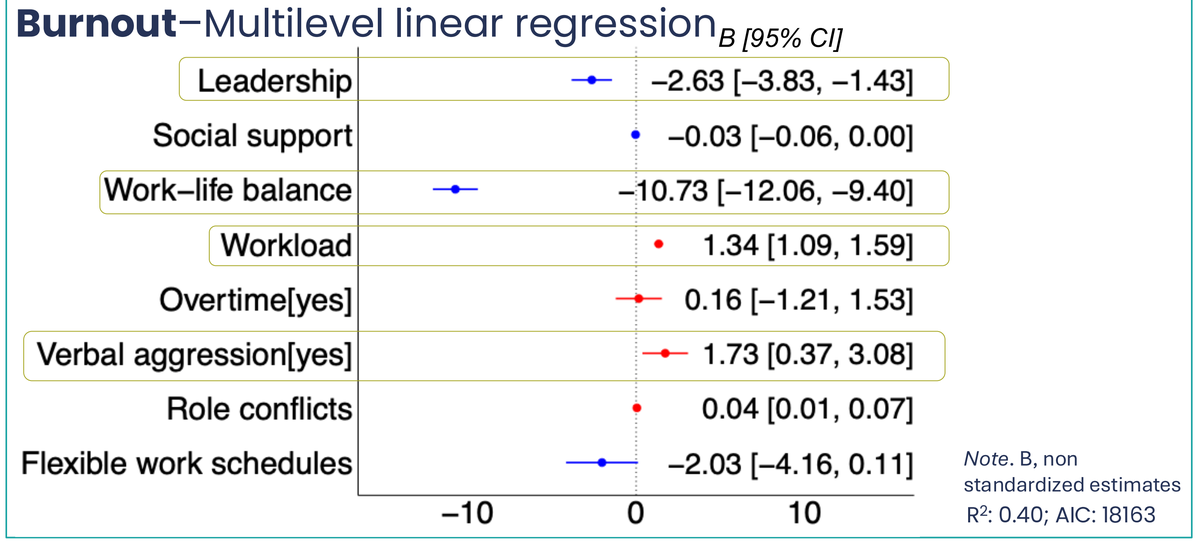
R^2: 0.11; AIC: 2607

Tiredness–Multilevel logistic regression



R^2: 0.28; AIC: 2124

Burnout–Multilevel linear regression



Note. B, non standardized estimates

R^2: 0.40; AIC: 18163

Conclusion

Better work-life balance → tiredness, burnout, back pain ↓

Better leadership→ burnout score ↓

Higher workload and verbal aggresion from clients → tiredness, back pain and burnout score ↑

Recommendations

- Monitor and further investigate homecare workers' health and psychosocial work environment.
- Design and implement interventions to enhance the psychosocial work environment, to improve workers' health, quality of care and homecare sustainability.

References

1) WHO International Labour Organization. (2022). Mental health at work: policy brief. Retrieved from https://www.who.int/publications/i/item/9789240057944; **2)** Carpenter, D., Famolaro, T., Hassell, S., Kaeberle, B., Reefer, S., Robins, C., & Siegel, S. (2017). Patient Safety in the Home: Assessment of Issues, Challenges, and Opportunities. Retrieved from Cambridge, Massachusetts; **3)** Federal Statistical Office. (2019). Schweizerische Gesundheitsbefragung. https://www.bfs.admin.ch/bfs/de/home/statistiken/gesundheit/erhebungen/sgb.assetdetail.7606607.html.; **4)** Kristensen, T. S., Borritz, M., Villadsen, E., & Christensen, K. B. (2005). The Copenhagen Burnout Inventory: A new tool for the assessment of burnout. Work and Stress, 19(3), 192-207. **5)** Lake, E. T. (2002). Development of the practice environment scale of the Nursing Work Index. Res Nurs Health, 25(3), 176–188. https://doi.org/10.1002/nur.10032;

Further information on the national study's methodology is here available in German, French and Italian.

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