

North Carolina Nurses Association adopts the ANA Position Statement entitled:

Addressing Nurse Fatigue to Promote Safety and Health: Joint Responsibilities of Registered Nurses and Employers to Reduce Risks

Purpose: This statement articulates the American Nurses Association's (ANA) position with regard to the joint responsibilities of registered nurses and employers to reduce risks from nurse fatigue and to create and sustain a culture of safety, a healthy work environment, and a work-life balance. Both registered nurses and employers have an ethical responsibility to carefully consider the need for adequate rest and sleep when deciding whether to offer or accept work assignments, including on-call, voluntary, or mandatory overtime.

Statement of ANA Position: Registered nurses and employers in all care settings must collaborate to reduce the risks of nurse fatigue and sleepiness associated with shift work and long work hours. Evidence-based strategies must be implemented to proactively address nurse fatigue and sleepiness; to promote the health, safety, and wellness of registered nurses; and to ensure optimal patient outcomes. This document, although written specifically for registered nurses and employers, is also relevant to other health care providers and stakeholders who collaborate to create and sustain a safe and healthy interprofessional work environment. Stakeholders who have a contractual relationship with the worksite and who influence work hours also have a responsibility to address risks.

NCNA Effective Date: April 22, 2016

Link to background document available to ANA members only:

- [Addressing Nurse Fatigue to Promote Safety and Health: Joint Responsibilities of Registered Nurses and Employers to Reduce Risks](#) 