



**National
Association of
Neonatal
Nurses**

NEWS RELEASE

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Contact: Cathy Szmurlo
847/375-4396, cszmurlo@connect2amc.com

National Association of Neonatal Nurses Position Statement Calls for Risk-Reduction Strategies to Decrease Staff Nurse Fatigue

Research on nursing fatigue clearly identifies the need to protect both nurses and patients from the effects of bedside nurses' fatigue and sleep deprivation. The National Association of Neonatal Nurses (NANN) stands by the need for a healthcare culture that supports the prevention of fatigue and sleep deprivation for nurses, including those who, like our members, provide care for fragile patients in neonatal intensive care units.

To address this serious problem, NANN has issued a new position statement that outlines risk-reduction strategies to decrease fatigue and sleep deprivation and improve the overall safety of patients and nurses. The statement, published in September 2008, is available on the [NANN web site](#).

NANN recommends seven strategies for both employers and nursing managers/directors, including promoting a culture that recognizes nurse fatigue as an unacceptable risk, scheduling sensibly and implementing guidelines that limit patient-care hours. Bedside registered nurses are encouraged to arrive at work adequately rested and to consider the affect of multiple workloads and work settings on fatigue levels. A full outline of the statement is provided on the [NANN web site](#).

The incidence and importance of fatigue are critical to every nurse's professional practice. NANN recommends education about fatigue be incorporated into nursing curriculum. NANN also recommends that all healthcare employers implement guidelines to minimize staff fatigue. Every RN should maintain awareness of his or her personal fatigue level because all RNs ultimately are responsible for their own practice.

Founded in 1984, the National Association of Neonatal Nurses (NANN) represents the community of neonatal nurses that provides evidence-based care to high-risk neonatal patients. NANN is recognized as the expert voice that influences standards of practice through advocacy, collaboration, and leadership. A professional nursing society, it supports its members by enabling them to alleviate suffering and protect, promote and restore health to infants and their families. It sponsors an annual conference and publishes *Advances in Neonatal Care*, a bimonthly peer-reviewed, medical journal. NANN is headquartered in Glenview, IL. For more information, visit our Web site www.nann.org.

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