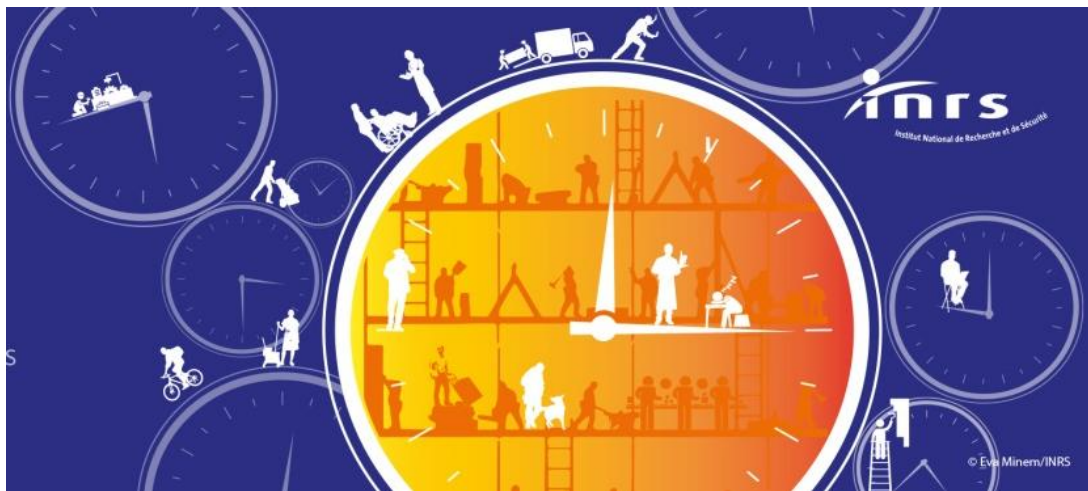


LES HORAIRES ATYPIQUES

Bulletin de veille scientifique : Mai 2025



Objectifs : réaliser une veille scientifique sur les horaires atypiques

La validation des informations fournies (exactitude, fiabilité, pertinence par rapport aux principes de prévention, etc.) est du ressort des auteurs des articles signalés dans la veille. Les informations ne sont pas le reflet de la position de l'INRS. Les éléments issus de cette veille sont fournis sans garantie d'exhaustivité. Les liens mentionnés dans le bulletin donnent accès aux documents sous réserve d'un abonnement à la ressource.

Les bulletins de veille sont disponibles sur le [portail documentaire de l'INRS](#). L'abonnement permet de recevoir une alerte mail lors de la publication d'un nouveau bulletin (bouton « M'abonner » disponible après connexion à son compte).

Horaires atypiques (HA)	3
Généralités et prévention	3
Activités physiques	3
Autres pathologies	5
Cancers	5
Risque routier, accidentologie	5
RPS et QVT	5
Santé psychique	6
Troubles cognitifs et de la vigilance	6
Travail posté et de nuit	7
Généralités et prévention	7
Activités physiques	8
Autres pathologies	8
Cancers	11
Risque routier, accidentologie	11
RPS et QVT	11
Santé psychique	15
Troubles cognitifs et de la vigilance	15
HA comme facteur de risque	17
Généralités et prévention	17
Activités physiques	18
Autres pathologies	18
Cancers	18
Risque routier, accidentologie	18
RPS et QVT	18
Santé psychique	19
Troubles cognitifs et de la vigilance	20
Travail posté et de nuit facteur de risque	21
Généralités et prévention	21
Activités physiques	21
Autres pathologies	21
Cancers	22
Risque routier, accidentologie	22
RPS et QVT	22
Santé psychique	25
Troubles cognitifs et de la vigilance	27
Chronobiologie	29
Animal	29
Homme	30
Conduites addictives	35
Reproduction	36
Polyexposition	37
Pathologies cardiovasculaires	38

Horaires atypiques (HA)

Généralités et prévention

Employment quality, non-standard work, and health: Evidence from China.

Jiang Y, Hu Z, Baležentis T, Shen Z. *Soc Sci Med*. 2026 Jun;399:119210.

Non-standard forms of employment have expanded rapidly with the rise of the digital economy, reshaping labor markets and raising new concerns about employment quality and health. Using nationally representative data from the 2018, 2021, and 2023 waves of the Chinese General Social Survey, this study examines the quality of employment among non-standard workers and its association with physical and mental health. A latent class analysis of detailed job attributes identifies eight employment types, including a class resembling the Standard Employment Relationship (SER) and seven non-standard classes that differ in contractual security, income stability, and access to social protection. Some non-standard types, such as the portfolio class and the entrepreneurial class, combine relatively high autonomy with moderate security, whereas precarious, unstable, informal, unprotected, and self-reliant types display varying combinations of low security, limited earnings, and weak social protection. Women, younger workers, those with lower levels of education, and residents of less-developed regions are more likely to engage in non-standard work, which is often associated with income insecurity and limited social protection. Regression results show that, conditional on observable characteristics, workers in some low-quality non-standard types report significantly worse health than those in the class resembling the SER. By mapping the heterogeneity of non-standard employment and its health implications in a large emerging economy, this study informs debates on the quality of work and provides an empirical basis for more targeted labor protection policies.

[Lien vers l'article](#)

Activités physiques

Prevalence of Musculoskeletal Morbidity Among the Fishing Population of Pulicat, Tamil Nadu: A Community-Based Cross-Sectional Study.

R S, Anusuya GS, Sai GU. *Cureus*. 2026 Mar;18(3):e105702.

INTRODUCTION: Fishing is a physically demanding occupation involving repetitive movements, heavy lifting, prolonged standing, and unstable working conditions, predisposing workers to work-related musculoskeletal disorders (WMSDs). Community-based evidence from traditional fishing populations in Tamil Nadu is limited. **METHODS:** A community-based cross-sectional study was conducted among 125 fishermen aged ≥ 18 years engaged in fishing for at least one year. Participants were selected through simple random sampling. Data were collected using a pretested structured questionnaire, and musculoskeletal symptoms were assessed using the Standardized Nordic Musculoskeletal Questionnaire. Descriptive statistics were computed, and associations were analyzed using the chi-squared test with statistical significance set at $p \leq 0.05$. **RESULTS:** The majority of participants were male (76.8%) and aged ≥ 40 years (60%), with most having >10 years of fishing experience (80.8%) and working >8 hours per day (68.8%). Musculoskeletal pain was highly prevalent, particularly in the lower back (83.2%), shoulders (73.6%), and knees (70.4%) over the past 12 months. Longer working hours (>8 hours/day) and greater duration of fishing (>10 years) were significantly associated with increased prevalence of musculoskeletal pain, especially in the lower back and knees. Male participants also reported significantly higher prevalence of shoulder and lower back pain. **CONCLUSION:** Musculoskeletal disorders are highly prevalent among fishermen in Pulicat, predominantly affecting the lower back, shoulders, and knees. Prolonged working hours and extended

occupational exposure are key associated factors. These findings highlight the need for targeted ergonomic interventions, structured occupational health education, and inclusion of fisherfolk in occupational health and social protection programs to mitigate the burden of musculoskeletal morbidity and improve overall work capacity.

[Lien vers l'article](#)

Association between musculoskeletal disorders and health-related quality of life in Chilean and Spanish taxi drivers.

Marín-Berges M, Gómez-Bruton A, Lizana PA, Cáceres M, Magaña P, Iguacel I. *AIMS Public Health*. 2026;13(1):63-81.

PURPOSE: Taxi drivers are often exposed to long working hours, sedentary lifestyles, and prolonged static postures, increasing their risk of developing musculoskeletal disorders (MSDs) and negatively affecting their health-related quality of life (QoL). Robust estimates linking the burden of MSDs with QoL in taxi drivers remain scarce, especially in interregional comparisons. Therefore, we estimated the prevalence of MSDs and examined whether the number and distribution of painful regions were associated with QoL, adjusting for key sociodemographic factors, in samples of drivers from Chile and Spain. **METHODS:** This cross-sectional study assessed 217 professional drivers (102 in Valparaíso, Chile, and 115 in Zaragoza, Spain) using validated questionnaires to assess MSD (Nordic Standardised Questionnaire), QoL (SF-36), and socio-demographic characteristics. Bivariate analyses and logistic regression models were applied. **RESULTS:** A high prevalence of MSDs was reported (83.0%), with the lower back (51.6%), neck (50.2%), and right shoulder (34.5%) being the most affected regions. In both countries, the presence of two or more painful regions was significantly associated with worse physical QoL (Chile OR 5.8, 95% CI 2.20-15.27; Spain OR 3.4, 95% CI 1.39-8.22). Among Chilean drivers, older age and the perception of a precarious financial situation were statistically associated with poorer physical QoL (OR 1.1, 95% CI 1.01-1.09; OR 2.8, 95% CI 1.14-7.04, respectively). In Spain, the perception of financial difficulties was associated with poorer mental QoL (OR 3.1, 95% CI 1.08-8.84). **CONCLUSION:** These findings highlight the physical strain and vulnerability of professional drivers, underscoring the need for ergonomic initiatives and policy measures tailored to their context.

[Lien vers l'article](#)

Impact of 24-hour shifts on interns' gait: A study on sleep deprivation and rest effects.

Karahan M, Uluçam E. *Work*. 2026 Apr 8:10519815261439055.

BackgroundSleep deprivation, common among physicians working long shifts, affects sensory integration, motor coordination, and cognitive performance. While its impact on cognitive and motor skills is well-documented, its effect on gait remains largely unexplored.**Objective**This study investigated the effects of a 24-h shift on the gait parameters of interns to understand the impact of sleep deprivation and recovery.**Methods**Twenty-eight interns (10 men, 18 women) participated. Gait analysis was performed before the shift, immediately after, and after 24 h of rest. Sleep duration during rest was recorded. Data from the three analyses were compared to assess gait symmetry and the relationship between sleep duration and gait parameters.**Results**No significant changes were observed in gait parameters immediately after the 24-h shift compared to pre-shift measurements. After the rest period, significant changes were found: right-sided foot rotation ($p = 0.033$) and single support line ($p = 0.049$) increased, while left-sided foot rotation decreased compared to pre- and post-shift measurements ($p < 0.001$). A positive correlation was noted between daytime sleep duration and the single support line on both sides (right: $r = 0.51$, $p = 0.005$; left: $r = 0.397$, $p = 0.037$). A negative correlation existed between nighttime sleep and step width ($r = -0.451$, $p = 0.016$).**Conclusions**While 24-h acute sleep deprivation did not significantly affect gait, partial sleep deprivation during recovery influenced certain parameters. These findings underscore the importance of adequate rest for

maintaining physical performance in physicians. Future research with larger, diverse samples is recommended to confirm these results and explore broader implications.

[Lien vers l'article](#)

Autres pathologies

Aucun article dans ce bulletin.

Cancers

Aucun article dans ce bulletin.

Risque routier, accidentologie

Aucun article dans ce bulletin.

RPS et QVT

Association between working ≥ 10 hours per day and satisfaction with work environment among wage workers in Korea: a cross-sectional study using data from the 7th Korean Working Conditions Survey.

Kim RY, Kim DW, Jang YS, Lee NR, Lee JH, Lee KJ. *Ann Occup Environ Med.* 2026 Apr;38:e9.

BACKGROUND: Long working hours have been associated with adverse physical and mental health outcomes; however, evidence regarding their relationship with satisfaction with work environment remains limited, particularly when long working hours are defined using a specific daily threshold. This study examined the association between working ≥ 10 hours per day and satisfaction with work environment among Korean wage workers, focusing on the cumulative number of such workdays per month. **METHODS:** This cross-sectional study analyzed data from the 7th Korean Working Conditions Survey. A total of 24,269 wage workers aged ≥ 18 years were included after excluding self-employed workers, unpaid family workers, shift workers, and respondents with missing data. Working ≥ 10 hours per day was categorized as 0, 1-9, and ≥ 10 days per month. Satisfaction with work environment was categorized as satisfied or dissatisfied. Multiple logistic regression analyses were conducted to estimate odds ratios (ORs) and 95% confidence intervals (CIs) for dissatisfaction with work environment according to the number of long working days, adjusting for demographic and occupational characteristics. **RESULTS:** Compared with workers who did not work ≥ 10 hours per day, those who worked 1-9 days and ≥ 10 days per month showed progressively higher levels of dissatisfaction with work environment. After adjustment for demographic and occupational factors, the odds of dissatisfaction with work environment were significantly higher among workers who worked ≥ 10 hours per day for 1-9 days per month (OR: 1.380; 95% CI: 1.145-1.665) and ≥ 10 days per month (OR: 2.106; 95% CI: 1.627-2.725), demonstrating a dose-response relationship. **CONCLUSIONS:** Among the analytic sample of Korean wage workers included in this study, working ≥ 10 hours per day was associated with greater dissatisfaction with work environment, with a dose-response pattern according to the number of long working days per month.

[Lien vers l'article](#)

Santé psychique

Aucun article dans ce bulletin.

Troubles cognitifs et de la vigilance

Aucun article dans ce bulletin.

Travail posté et de nuit

Généralités et prévention

Circadian Rhythm Traits Matter More Than Shift Work Demands in the Sleep-Depression-Safety Behavior Pathway Among Shift-Working Nurses.

Zhao H, He Y, Li Q, Wang S, Lin L, Huang Z. *J Nurs Manag.* 2026;2026(1):e9953116.

OBJECTIVES: The study examined how shift work demands and circadian rhythm traits influence the sleep-depression-safety behavior chain in shift-working nurses. **METHODS:** A cross-sectional study was conducted from May 1, 2024, to May 31, 2025, recruiting shift-working nurses from a tertiary hospital. Their circadian traits, sleep quality, depressive symptoms, and safety behavior were assessed using the Circadian Type Inventory (CTI, measuring flexible-rigid [FR] and languid-vigorous [LV]), the Morningness-Eveningness Questionnaire-5 (MEQ-5), the Pittsburgh Sleep Quality Index (PSQI), the Patient Health Questionnaire-9 (PHQ-9), and the Safety Behavior Questionnaire (SBQ). Objective shift work demands (total night shift count, shift work hours, shift workload exposure, and shift schedule entropy) were calculated based on data from the nursing management system. Piecewise structural equation modeling (SEM) and generalized additive models (GAMs) were used for data analysis. **RESULTS:** The optimal SEM explained 22% of the variance in sleep quality, 44% in depressive symptoms, and 22% in safety behavior level. Languidity (higher LV score) was strongly associated with both poor sleep quality ($\beta = 0.29$) and depressive symptoms ($\beta = 0.28$), whereas flexibility (higher FR score) was positively associated with safety behavior, exerting both direct ($\beta = 0.21$) and indirect ($\beta = 0.04$) effects. Depressive symptoms showed the strongest negative association with safety behavior ($\beta = -0.27$). Circadian rhythm traits showed stronger associations with the sleep-psychological-safety behavior chain than shift work demands, which were mainly associated with safety behavior and only weakly with sleep quality and depressive symptoms. GAMs revealed that five key predictors (shift schedule entropy, FR, chronotype, sleep quality, and depressive symptoms) had predominantly linear effects on safety behavior. **CONCLUSION:** Circadian rhythm traits should be prioritized in shift scheduling to optimize the sleep-psychological-behavioral pathway, while balancing shift work demands may help improve their safety behavior among shift-working nurses.

[Lien vers l'article](#)

Protocol for a systematic review and meta-analysis on the associations between short rest periods between shifts and health, function, and behavioral outcomes.

Andersen FB, Pallesen S, Egeas IT, Vedaa Ø, Nielsen MB, Sunde E, et al. *Syst Rev.* 2026 Mar 6;15(1).

PURPOSE: This paper presents a protocol for a planned systematic review and meta-analysis that will investigate the impact of short rest periods between shifts (i.e., quick returns, <11 h rest) on various outcomes in terms of physical health of workers (e.g., cardiovascular disease, infections, headaches, back pain) and/or mental health of workers (e.g., anxiety, depression, fatigue, sleep problems, insomnia, impaired mental health), as well as sickness absence (proxy of health), work performance (e.g., occupational accidents), social factors (e.g., social support), and psychosocial work-related factors (e.g., job satisfaction). The planned review further aims to identify different types of quick returns, such as evening to day shift and night to evening shift, and examine their relationship to these outcomes provided a sufficient number of studies (e.g., ≥ 5). The research will identify demographic and methodological factors that may moderate the relationship between quick returns and the specified outcomes. **METHODS:** A systematic review and meta-analysis will be carried out. Predefined search terms for short rest between consecutive shifts will be developed and employed to identify relevant studies examining quick returns and all aforementioned outcomes. The databases MEDLINE, Web of Science, PsychInfo, EMBASE, ProQuest, BASE, and Cochrane Trials and the 200 first hits in Google Scholar will be searched up to April 2026. Two reviewers will independently screen identified records and assess eligible full texts for inclusions. The risk-of-bias of included studies will be assessed

using the Mixed Methods Appraisal Tool (MMAT) for systematic mixed study reviews. A random effects meta-analytic synthesis will be conducted using Comprehensive Meta-Analysis software. The primary measure of effect size will be odds ratio with 95% confidence interval. Heterogeneity will be evaluated using Cochran's Q test and the I(2) statistics. Publication bias will be assessed using Duval and Tweedie trim and fill procedure. The protocol adheres to PRISMA and MOOSE reporting guidelines and is registered in the International Prospective Register of Systematic Reviews. DISCUSSION: This planned systematic review and meta-analysis will be the first to synthesize the current evidence systematically and quantitatively regarding the consequences of quick returns, including demographic and methodological moderators. Aggregation of the existing evidence will improve our understanding of the consequences of quick returns and, as such, provide directions for practitioners in terms of possible preventive initiatives and work environment improvements. SYSTEMATIC REVIEW REGISTRATION: PROSPERO CRD42024533607.

[Lien vers l'article](#)

Activités physiques

Impact of 24-hour shifts on interns' gait: A study on sleep deprivation and rest effects.

Karahan M, Uluçam E. *Work*. 2026 Apr 8:10519815261439055.

BackgroundSleep deprivation, common among physicians working long shifts, affects sensory integration, motor coordination, and cognitive performance. While its impact on cognitive and motor skills is well-documented, its effect on gait remains largely unexplored.**Objective**This study investigated the effects of a 24-h shift on the gait parameters of interns to understand the impact of sleep deprivation and recovery.**Methods**Twenty-eight interns (10 men, 18 women) participated. Gait analysis was performed before the shift, immediately after, and after 24 h of rest. Sleep duration during rest was recorded. Data from the three analyses were compared to assess gait symmetry and the relationship between sleep duration and gait parameters.**Results**No significant changes were observed in gait parameters immediately after the 24-h shift compared to pre-shift measurements. After the rest period, significant changes were found: right-sided foot rotation ($p = 0.033$) and single support line ($p = 0.049$) increased, while left-sided foot rotation decreased compared to pre- and post-shift measurements ($p < 0.001$). A positive correlation was noted between daytime sleep duration and the single support line on both sides (right: $r = 0.51$, $p = 0.005$; left: $r = 0.397$, $p = 0.037$). A negative correlation existed between nighttime sleep and step width ($r = -0.451$, $p = 0.016$).**Conclusions**While 24-h acute sleep deprivation did not significantly affect gait, partial sleep deprivation during recovery influenced certain parameters. These findings underscore the importance of adequate rest for maintaining physical performance in physicians. Future research with larger, diverse samples is recommended to confirm these results and explore broader implications.

[Lien vers l'article](#)

Autres pathologies

Dissociation between subjective sleep quality and lipid dysregulation in underground miners: night shift work as an independent risk factor for hypercholesterolemia.

Zhao X, Wang W, Li N, Gao Y, Yu L, Song M, et al. *Front Public Health*. 2026;14:1759787.

OBJECTIVE: Shift work disrupts circadian rhythms and is established as a risk factor for metabolic syndrome. While poor sleep quality is often hypothesized as the primary mediator linking shift work to dyslipidemia, the extent to which circadian misalignment affects lipid metabolism independently of

sleep complaints remains unclear. This study aimed to investigate the independent and combined effects of shift work and sleep quality on serum lipid profiles in a cohort of male underground miners. **METHODS:** A cross-sectional analysis was conducted on 921 male miners from the Kailuan Group. Participants were categorized by work schedule into Night Shift (0:00-7:59, n = 326) and Day/Morning Shift (8:00-23:59, n = 595) groups to ensure distinct circadian exposure profiles. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), with a score >5 defining poor sleep. Fasting serum lipids-Total Cholesterol (TC), Triglycerides (TG), High-Density Lipoprotein Cholesterol (HDL-C), and Low-Density Lipoprotein Cholesterol (LDL-C)-were quantified. General Linear Models (GLM) and interaction analyses were employed to assess associations, adjusting for age, education, smoking, and alcohol consumption. **RESULTS:** Night shift workers exhibited significantly higher global PSQI scores compared to day workers (4.70 ± 3.06 vs. 3.59 ± 2.71 , $P < 0.001$). While the overall prevalence of dyslipidemia did not significantly differ (32.52% vs. 27.57%, $P = 0.114$), night shift work was significantly associated with elevated mean TC levels (5.36 ± 2.83 vs. 5.09 ± 1.09 mmol/L, $P = 0.039$) independent of covariates and occupational factors. Surprisingly, subjective sleep quality (PSQI) showed no significant correlation with lipid parameters (All $P > 0.05$). In the stratified interaction analysis, the highest TC levels were observed in the "Night Shift + Good Sleep" subgroup (5.51 ± 3.43 mmol/L), significantly differing from the "Day Shift + Good Sleep" reference group (4.96 ± 1.06 mmol/L, $P = 0.039$). **CONCLUSION:** Night shift work is associated with elevated total cholesterol in male miners, an effect that persists even among those reporting good sleep quality. This suggests that circadian misalignment governs lipid dysregulation via pathways distinct from subjective sleep disruption. Occupational health interventions should target circadian phase management beyond basic sleep hygiene education.

[Lien vers l'article](#)

The effects of shift work on the functional alteration in immune cells on hospital female nurses engaged in the morning and night shifts: Correlating with psychological stress and immune functions.

Ghosh S, Mukherjee G, Bishayi B. *Chronobiol Int.* 2026 May;43(5):714-45.

Shift work has been increasingly associated with alterations in immune regulation and stress responses. Circadian alteration, sleep disruption, and occupational stressors collectively impair immune status. However, the specific association between shift work, psychological stress, and the immune function of monocytes, neutrophils and lymphocytes among female nurses is still not clear. The aim of our study is to evaluate the association between shift work, psychological stress, and immune cell functions in female nurses using a within-subject design. A cross-sectional, repeated-measures observational study with a within-subject design was conducted at a tertiary care hospital from March to July 2025 among eight female nurses aged 22-32 y. Blood sampling and psychological stress assessments (Perceived Stress Scale and Copenhagen Psychosocial Questionnaire) were conducted within 2 h after completion of each shift. Monocytes, neutrophils, lymphocytes, and plasma were isolated from the blood of the same participants after each shift for immune marker assessment. Stress scores were significantly higher after night shifts. Night shift samples showed increased oxidative stress and stress-related markers, reduced nitric oxide levels, decreased phagocytic activity, leads towards the pro-inflammatory state along with altered chemokine receptor expression. This study highlights the association between shift work, psychological stress, and altered immune function in female nurses. Lack of sleep data is a limitation, as sleep variability may influence stress and immune responses. Future studies with larger, more diverse cohorts and detailed sleep assessments are needed to confirm these findings across different healthcare settings.

[Lien vers l'article](#)

The Effect of Single and Double Shift Works on Salivary Cortisol Levels in Nurses.

Ulupinar F, Meler S, Şebin E. *Nurs Open*. 2026 Apr;13(4):e70495.

AIM: This study aimed to elucidate the effects of single versus double-shift work schedules on salivary cortisol concentrations among nurses. **DESIGN:** This research was designed as a comparative descriptive study utilizing repeated measures to assess changes over time and shift types. **METHODS:** A total of fifty-two female nurses, working in rotating shifts, participated in the study. Saliva cortisol samples were collected from all participants before, after, and at midnight for both a single and a double shift. To assess interactions between time (07:30-08:30, 15:30-16:30, 23:00-24:00) and shift type (single and double), a repeated-measures two-way analysis of variance (ANOVA) was used. **RESULTS:** Analyses encompassing both time and shift type demonstrated significant main effects for both variables. Salivary cortisol concentrations were maximal between 07:30 and 08:30, while the trough levels were recorded at midnight. Inspection of the main effect associated with shift type revealed that double-shift workers exhibited higher mean cortisol concentrations. Specifically, cortisol levels were nearly two-fold higher at midnight in double-shift workers compared to single-shift workers. Additionally, a significant interaction effect between time and shift type was found. **CONCLUSION:** The pronounced effects of double shifts, as evidenced by significant changes in cortisol levels, warrant urgent consideration by healthcare policymakers and administrators, balancing operational efficiency with nurses' well-being and patient safety. **PATIENT OR PUBLIC CONTRIBUTION:** No patient or public contribution.

[Lien vers l'article](#)

The impact of a personalized sleep & nutrition intervention in shift workers: improved subjective sleep without objective changes.

M VDR, Oosterman JE, Wopereis S, Chaves I, Dollé MET, Burdorf A, et al. *Ind Health*. 2026 Apr 10.

This study examined the effects of a personalized sleep or nutrition intervention on sleep in shift-workers. Fifty-seven healthy male workers on 12-hour shifts received the sleep intervention (n=25), nutrition intervention (n=22), or control (n=10). The sleep intervention aimed to improve sleep duration and quality through adjustments in sleep timing and sleep education. The nutrition intervention targeted circadian alignment by structuring meal timing and macronutrient distribution. Interventions were personalized using baseline sleep, diet, and physiological markers. Subjective sleep was assessed with the Insomnia Severity Index at baseline, last weeks of the intervention, and 8-month follow-up. Objective sleep outcomes (total sleep time, sleep efficiency, fragmentation index, and wake after sleep onset) were assessed through actigraphy at baseline, first and last weeks of the intervention. Mixed-effects models analyzed changes in subjective and objective sleep outcomes, adjusting for age, chronotype and household composition. The sleep intervention group had significantly higher insomnia scores at baseline, which improved to control levels post-intervention and remained so at follow-up. However, no significant changes in objective sleep were observed. The nutrition intervention group showed no significant effects on subjective or objective sleep outcomes. These findings suggest personalized sleep strategies may improve perceived sleep without detectable changes in objective measures.

[Lien vers l'article](#)

Cancers

Aucun article dans ce bulletin.

Risque routier, accidentologie

Aucun article dans ce bulletin.

RPS et QVT

Socioeconomic determinants of shift work employment in Canada and the Netherlands: a cross-sectional analysis of data from the Canadian Longitudinal Study on Aging and the Hoorn Study.

Campbell DB, Reed T, Slebe R, Raina P, Rutters F, Joshi D, et al. *Front Public Health*. 2026;14:1699140.

BACKGROUND: Shift work is known to be a risk factor for metabolic diseases. Although not established within literature, socioeconomic disadvantage may be associated with increased risk of being engaged in these shift work patterns. **AIM:** To examine whether socioeconomic factors are associated with the likelihood of engaging in shift work. **METHODS:** Using data from the Canadian Longitudinal Study on Aging (CLSA), we conducted a cross-sectional analysis of adults aged 45-85 years. We created a Social Disadvantage Score composed of points derived from immigration status, language, education and race, ranging from 0 to 6. Logistic regression models were used to examine the association between social disadvantage and shift work, while adjusting for relevant covariates. We performed similar analyses using data from the Hoorn Study in the Netherlands-focused on the association between educational attainment and shift work. **RESULTS:** Of 18,393 adults employed in the CLSA at baseline, 16.6% reported currently working in a shift work scheduled job. Odds of shift work employment increased progressively with Social Disadvantage Score. Individuals with the highest scores (4+) had 3.25 times the odds (95% CI: 2.24-4.72) of being employed in shift work compared to those with a score of 0. Of 709 adults in the Hoorn Study, 11.4% worked in shift work patterns. Lower education was associated with shift work employment (OR 1.74, 95% CI: 1.1-2.9). **CONCLUSIONS:** Social disadvantage is strongly associated with shift work in Canada, and in the Netherlands, lower education is associated with shift work.

[Lien vers l'article](#)

Accelerometer-Measured Physical Activity, Mediterranean Diet, and Premature Mortality and Life Expectancy Among Night Shift Workers: A UK Biobank Longitudinal Study.

Xu J, Chen Z, Niu F, Chen Y, Sun X, Wei W, et al. *J Nutr*. 2026 Apr 28:101558.

BACKGROUND: Night shift work is associated with circadian disruption and elevated premature mortality risk. Although physical activity (PA) and healthy diets such as the Mediterranean diet (MED) promote longevity, their combined association with mortality and life expectancy in night shift workers is unclear. **OBJECTIVES:** This study investigated the individual and joint effects of accelerometer-measured moderate-to-vigorous PA (MVPA) and adherence to the alternate MED (AMED) score on these outcomes. **METHODS:** This prospective cohort study included 12,044 night shift workers from the UK Biobank. MVPA was categorized per WHO guidelines (low: <150, medium: 150-300, high: ≥300 min/wk). AMED score (0-9) was derived from a 24-h dietary recall and categorized into tertiles. Multivariable Cox regression and life table methods assessed hazard ratios (HRs) for premature mortality and life expectancy. **RESULTS:** Over a median 12.72-y follow-up, 204 premature deaths occurred. Higher MVPA [HR: 0.677; 95% confidence intervals (CIs): 0.473, 0.970] and higher AMED score (HR: 0.617; 95% CI: 0.384, 0.991) were independently associated with lower mortality risk. Life

expectancy gains were sex-specific: higher MVPA was primary in males (gain of 4.90 y; 95% CI: 0.77, 9.02), whereas a higher AMED score was primary in females (gain of 7.64 y; 95% CI: 0.61, 13.56). The combination of medium MVPA and high AMED score showed the strongest protective effect (HR: 0.385; 95% CI: 0.161, 0.919). CONCLUSIONS: Among night shift workers, higher levels of MVPA and a Mediterranean-style diet are associated with a reduced risk of premature death, with the primary protective lifestyle factor differing by sex. An integrated strategy combining medium MVPA with high dietary quality may be optimal for reducing mortality in this high-risk group, supporting precision health interventions.

[Lien vers l'article](#)

Psychosocial health risks among nursing staff working in shifts.

Rachubińska K, Kupcewicz E, Cybulska AM, Stępień H, Grochans E, Schneider-Matyka D. *Front Public Health*. 2026;14:1749277.

BACKGROUND: Nurses are one of the professional groups most exposed to psychosocial risks. Excessive responsibilities, time pressure, the need to make quick decisions, shift work, lack of adequate rest, contact with death and human suffering - all these factors can significantly affect the mental state and result in the development of health problems among nursing staff. MATERIALS AND METHODS: The study was conducted among 193 nurses working at the University Clinical Hospital No. 2 of the Pomeranian Medical University in Szczecin. Participation in the study was anonymous and voluntary. The study used a proprietary questionnaire and the following standardized tools: PSS-10, FAS, AIS and MBI. OBJECTIVE: The aim of the study was to identify psychosocial health risks among nursing staff working in a shift system. RESULTS: More than half of the respondents (52.85%) showed moderate fatigue according to FAS. It was found that 66.32% of respondents suffered from insomnia according to AIS, 66.84% of respondents experienced high levels of stress according to PSS-10. It was shown that 45.60% of respondents had high levels of emotional exhaustion, 43.01% had high levels of depersonalization, and as many as 73.06% had high levels of lack of accomplishment according to MBI. Fatigue (FAS) and insomnia (AIS) showed significant positive correlations with emotional exhaustion and depersonalization, as well as negative correlations with a sense of professional achievement. CONCLUSION: Overall, the findings indicate that shift work constitutes a significant psychological health risk for nurses, with stress, fatigue, sleep disturbances, and burnout forming a closely interrelated cluster of adverse outcomes. The observed associations suggest that chronic occupational strain may reinforce emotional exhaustion, depersonalization, and reduced professional efficacy. Moreover, work organization and length of service appear to play an important role in shaping nurses' vulnerability to these risks. These results highlight the need for targeted organizational and preventive strategies aimed at reducing psychosocial burden and supporting mental well-being among shift-working nursing staff.

[Lien vers l'article](#)

Development and psychometric evaluation of the Work-Family Enrichment Scale for married shift-working nurses in Korea: a methodological study.

Park MJ, Kim IO. *Womens Health Nurs*. 2026 Mar;32(1):16-28.

PURPOSE: This study aimed to develop and validate the Work-Family Enrichment Scale for married shift-working nurses (WFES-N). METHODS: A methodological study design was used. Preliminary items were generated based on the work-family enrichment theory proposed by Greenhaus and Powell and were refined through a literature review, in-depth interviews, and content validity testing. Data were collected from married shift-working nurses and analyzed using exploratory and confirmatory factor analyses. Reliability and validity, including convergent, discriminant, and criterion validity, were examined. RESULTS: Exploratory factor analysis of the preliminary items identified five factors that

explained 58.6% of the total variance. Subsequent confirmatory factor analysis supported a four-factor structure consisting of 18 items: benefits of shift work, benefits of multiple roles, economic benefits, and benefits of working. The overall model demonstrated good fit indices. Cronbach's α for the total scale was .93, and test-retest reliability, assessed using the intraclass correlation coefficient, was .95. Convergent validity was supported, with composite reliability ranging from .81 to .92 and average variance extracted values ranging from .59 to .62. Discriminant validity was confirmed because the confidence intervals of the inter-factor correlations did not include 1.00. Criterion validity was established through a significant correlation with the Work-Family Enrichment Scale ($r=.76$, $p<.001$). CONCLUSION: The developed WFES-N demonstrated satisfactory reliability and validity and provides a context-sensitive tool for assessing work-family enrichment among married shift-working nurses. This instrument may be useful in research and practice aimed at promoting nurses' well-being and work-family balance.

[Lien vers l'article](#)

Determinants of Night-Shift Scheduling Quality for Nurses in Korea: A Multilevel Approach.

Park K, Oh J, An J, Chu YS, Chu HS. *J Nurs Manag.* 2026;2026(1):e9937826.

BACKGROUND: Night-shift work burdens nurses and increases the likelihood of medical errors. This study aims to identify the factors that influence the quality of night-shift scheduling. METHODS: This study is framed as a secondary data analysis. Original data are drawn from nurses' roster schedules and questionnaires completed by unit managers. The dataset had a nested structure comprising 1566 nurses within 81 wards. Multilevel analysis was conducted to examine factors influencing the quality of night-shift scheduling at both the individual and organizational levels. RESULTS: The majority of participants were female (95.7%, $n = 1498$). The night-duty RN-to-patient ratio was 8.83 ($SD = 2.34$). The mean overall quality of night-shift scheduling among participants was 2.90 ($SD = 0.35$). In Model 2, which included both individual- and organizational-level variables, the only statistically significant individual-level predictor of the quality of night-shift scheduling was gender ($\beta = -0.88$, $p = 0.032$). At the organizational level, the number of night-shift-only RNs ($\beta = 0.24$, $p = 0.001$), ward type ($\beta = 0.12$, $p = 0.026$), and the night-duty RN-to-patient ratio ($\beta = 0.25$, $p = 0.002$) were significant. CONCLUSION: The quality of night-shift scheduling was greater for female nurses, Comprehensive Nursing and Care Service (CNCS) wards supported by governmental policy, wards with an RN-to-patient ratio of more than 8 during night shifts, and wards with more night-shift-only RNs. Therefore, these results indicate that the composition and number of nursing staff in a ward contribute to improving the working conditions and environments of nurses' shift work. NURSING IMPLICATIONS: The higher quality of night-shift scheduling observed in CNCS wards and wards run on the basis of the policy of night-shift-only RNs suggests that governmental support positively influences individual nurses' shift work environments. These findings support the need for policy-level interventions to improve the quality of shift work.

[Lien vers l'article](#)

Impact of Job Demands, Resources, Shift Patterns, and Regulatory Focus on Nurses' Presenteeism and Work Engagement: A Cross-Sectional Study.

Lee J. *J Nurs Manag.* 2026;2026(1):e5589138.

This cross-sectional study explored how job demands, resources, shift patterns, and regulatory focus influence nurses' presenteeism and work engagement. A sample of 176 nurses across various hospital wards participated. Emotional demands, job resources, regulatory focus, presenteeism, and work engagement were measured through surveys, while physical demands were measured using smart bands during shifts. Hierarchical regression revealed that presenteeism was positively associated with physical demands and a prevention-dominant focus. Work engagement showed a positive correlation

with relationships with supervisors and a negative correlation with prevention-dominant focus. Including shift patterns and dominant regulatory focus significantly increased the explanatory power of the models for both outcomes. The findings highlight the importance of reassessing shift patterns, implementing effective staffing strategies, and fostering managerial support to mitigate presenteeism and enhance work engagement. Addressing organizational culture and improving job resources could contribute to nurses' well-being and job performance.

[Lien vers l'article](#)

The effects of shift work on the functional alteration in immune cells on hospital female nurses engaged in the morning and night shifts: Correlating with psychological stress and immune functions.

Ghosh S, Mukherjee G, Bishayi B. *Chronobiol Int.* 2026 May;43(5):714-45.

Shift work has been increasingly associated with alterations in immune regulation and stress responses. Circadian alteration, sleep disruption, and occupational stressors collectively impair immune status. However, the specific association between shift work, psychological stress, and the immune function of monocytes, neutrophils and lymphocytes among female nurses is still not clear. The aim of our study is to evaluate the association between shift work, psychological stress, and immune cell functions in female nurses using a within-subject design. A cross-sectional, repeated-measures observational study with a within-subject design was conducted at a tertiary care hospital from March to July 2025 among eight female nurses aged 22-32 y. Blood sampling and psychological stress assessments (Perceived Stress Scale and Copenhagen Psychosocial Questionnaire) were conducted within 2 h after completion of each shift. Monocytes, neutrophils, lymphocytes, and plasma were isolated from the blood of the same participants after each shift for immune marker assessment. Stress scores were significantly higher after night shifts. Night shift samples showed increased oxidative stress and stress-related markers, reduced nitric oxide levels, decreased phagocytic activity, leads towards the pro-inflammatory state along with altered chemokine receptor expression. This study highlights the association between shift work, psychological stress, and altered immune function in female nurses. Lack of sleep data is a limitation, as sleep variability may influence stress and immune responses. Future studies with larger, more diverse cohorts and detailed sleep assessments are needed to confirm these findings across different healthcare settings.

[Lien vers l'article](#)

Nursing performance, medication error, and patient safety concerning night shift rotations.

Al-Mugheed K. *Medicine (Baltimore).* 2026 Apr 10;105(15):e48260.

This study investigates the impact of night shift rotations on nursing performance and medication errors, and examines the mediating role of patient safety and quality of work. A cross-sectional design was used, targeting 350 nurses from a selected hospital in Jordan. The required sample size of 184 participants was calculated using an online sample size calculator. Data were analyzed using descriptive and inferential statistics to explore the relationships between night shift rotations, nursing performance, medication errors, and patient safety quality. The results showed that night shift rotations significantly affected both nursing performance and medication errors. Additionally, patient safety and quality of work were found to mediate these relationships, indicating that higher levels of patient safety and quality of work can strengthen nursing performance and help mitigate medication errors. The results showed that night shift rotations significantly affected both nursing performance and medication errors. Additionally, patient safety and quality of work were found to mediate these relationships, indicating that higher levels of patient safety and quality of work can strengthen nursing performance and help mitigate medication errors.

[Lien vers l'article](#)

Santé psychique

Psychosocial health risks among nursing staff working in shifts.

Rachubińska K, Kupcewicz E, Cybulska AM, Stępień H, Grochans E, Schneider-Matyka D. *Front Public Health*. 2026;14:1749277.

BACKGROUND: Nurses are one of the professional groups most exposed to psychosocial risks. Excessive responsibilities, time pressure, the need to make quick decisions, shift work, lack of adequate rest, contact with death and human suffering - all these factors can significantly affect the mental state and result in the development of health problems among nursing staff. **MATERIALS AND METHODS:** The study was conducted among 193 nurses working at the University Clinical Hospital No. 2 of the Pomeranian Medical University in Szczecin. Participation in the study was anonymous and voluntary. The study used a proprietary questionnaire and the following standardized tools: PSS-10, FAS, AIS and MBI. **OBJECTIVE:** The aim of the study was to identify psychosocial health risks among nursing staff working in a shift system. **RESULTS:** More than half of the respondents (52.85%) showed moderate fatigue according to FAS. It was found that 66.32% of respondents suffered from insomnia according to AIS, 66.84% of respondents experienced high levels of stress according to PSS-10. It was shown that 45.60% of respondents had high levels of emotional exhaustion, 43.01% had high levels of depersonalization, and as many as 73.06% had high levels of lack of accomplishment according to MBI. Fatigue (FAS) and insomnia (AIS) showed significant positive correlations with emotional exhaustion and depersonalization, as well as negative correlations with a sense of professional achievement. **CONCLUSION:** Overall, the findings indicate that shift work constitutes a significant psychological health risk for nurses, with stress, fatigue, sleep disturbances, and burnout forming a closely interrelated cluster of adverse outcomes. The observed associations suggest that chronic occupational strain may reinforce emotional exhaustion, depersonalization, and reduced professional efficacy. Moreover, work organization and length of service appear to play an important role in shaping nurses' vulnerability to these risks. These results highlight the need for targeted organizational and preventive strategies aimed at reducing psychosocial burden and supporting mental well-being among shift-working nursing staff.

[Lien vers l'article](#)

Troubles cognitifs et de la vigilance

Psychosocial health risks among nursing staff working in shifts.

Rachubińska K, Kupcewicz E, Cybulska AM, Stępień H, Grochans E, Schneider-Matyka D. *Front Public Health*. 2026;14:1749277.

BACKGROUND: Nurses are one of the professional groups most exposed to psychosocial risks. Excessive responsibilities, time pressure, the need to make quick decisions, shift work, lack of adequate rest, contact with death and human suffering - all these factors can significantly affect the mental state and result in the development of health problems among nursing staff. **MATERIALS AND METHODS:** The study was conducted among 193 nurses working at the University Clinical Hospital No. 2 of the Pomeranian Medical University in Szczecin. Participation in the study was anonymous and voluntary. The study used a proprietary questionnaire and the following standardized tools: PSS-10, FAS, AIS and MBI. **OBJECTIVE:** The aim of the study was to identify psychosocial health risks among nursing staff working in a shift system. **RESULTS:** More than half of the respondents (52.85%) showed moderate fatigue according to FAS. It was found that 66.32% of respondents suffered from insomnia according to AIS, 66.84% of respondents experienced high levels of stress according to PSS-10. It was shown that

45.60% of respondents had high levels of emotional exhaustion, 43.01% had high levels of depersonalization, and as many as 73.06% had high levels of lack of accomplishment according to MBI. Fatigue (FAS) and insomnia (AIS) showed significant positive correlations with emotional exhaustion and depersonalization, as well as negative correlations with a sense of professional achievement. CONCLUSION: Overall, the findings indicate that shift work constitutes a significant psychological health risk for nurses, with stress, fatigue, sleep disturbances, and burnout forming a closely interrelated cluster of adverse outcomes. The observed associations suggest that chronic occupational strain may reinforce emotional exhaustion, depersonalization, and reduced professional efficacy. Moreover, work organization and length of service appear to play an important role in shaping nurses' vulnerability to these risks. These results highlight the need for targeted organizational and preventive strategies aimed at reducing psychosocial burden and supporting mental well-being among shift-working nursing staff.

[Lien vers l'article](#)

The impact of a personalized sleep & nutrition intervention in shift workers: improved subjective sleep without objective changes.

M VDR, Oosterman JE, Wopereis S, Chaves I, Dollé MET, Burdorf A, et al. *Ind Health*. 2026 Apr 10.

This study examined the effects of a personalized sleep or nutrition intervention on sleep in shift-workers. Fifty-seven healthy male workers on 12-hour shifts received the sleep intervention (n=25), nutrition intervention (n=22), or control (n=10). The sleep intervention aimed to improve sleep duration and quality through adjustments in sleep timing and sleep education. The nutrition intervention targeted circadian alignment by structuring meal timing and macronutrient distribution. Interventions were personalized using baseline sleep, diet, and physiological markers. Subjective sleep was assessed with the Insomnia Severity Index at baseline, last weeks of the intervention, and 8-month follow-up. Objective sleep outcomes (total sleep time, sleep efficiency, fragmentation index, and wake after sleep onset) were assessed through actigraphy at baseline, first and last weeks of the intervention. Mixed-effects models analyzed changes in subjective and objective sleep outcomes, adjusting for age, chronotype and household composition. The sleep intervention group had significantly higher insomnia scores at baseline, which improved to control levels post-intervention and remained so at follow-up. However, no significant changes in objective sleep were observed. The nutrition intervention group showed no significant effects on subjective or objective sleep outcomes. These findings suggest personalized sleep strategies may improve perceived sleep without detectable changes in objective measures.

[Lien vers l'article](#)

HA comme facteur de risque

Généralités et prévention

Occupational health, risk factors, and protection among unmanned aerial vehicle operator in the high-altitude region of China: an observational study.

Shu P, Zheng Y, Yan X, Wang P, Li W, Jia H, et al. *Front Public Health*. 2026;14:1764053.

OBJECTIVES: Unmanned Combat aerial vehicles (UAVs) have evolved into assets of tactical-critical importance, thus safeguarding the occupational health of their operators is imperative. As UAV units of the Chinese are predominantly stationed in high-altitude regions, this study aimed to systematically assess the occupational health status and risk factors faced by these operators during their service, and to propose targeted protective measures. **METHODS:** A cohort of 62 active-duty UAV operators stationed in high-altitude regions was recruited to complete a self-administered questionnaire. The investigation was conducted utilizing a comprehensive framework encompassing occupational health assessment, risk factor evaluation, and protective measures analysis. Statistical methodologies employed included descriptive statistical analysis, symptom co-occurrence network analysis, and clustering pattern analysis. **RESULTS:** UAV operators in high-altitude regions exhibited significantly higher prevalence of neurological (67.74%), musculoskeletal (64.52%), and psychological symptoms (46.77%) compared to their counterparts in plain areas, with additional manifestations of otorhinolaryngological (67.74%) and respiratory symptoms (64.52%). Symptom co-occurrence network analysis identified "musculoskeletal pain" and "memory impairment" as central hubs. Clustering analysis revealed distinct risk stratification, with high-, medium-, and low-risk subgroups constituting 20.97, 40.32, and 38.71% of the cohort, respectively. Among risk factors, "unreasonable work schedules" and "high-altitude hypoxia" received the two highest risk scores. Regarding protective measures, "health education," (0.66) "scientific training protocols," (0.62) and "rational shift scheduling" (0.60) demonstrated the highest comprehensive effectiveness scores. **CONCLUSION:** The UAV operator cohort in high-altitude regions demonstrated a notably poor occupational health status. "musculoskeletal pain" and "memory impairment" were identified as critical intervention targets. Given the prominent roles of "high-altitude hypoxia" and "unreasonable work-rest schedules" as dominant risk factors, occupational health strategies should be strategically redirected from over-reliance on personal protective equipment toward prioritized investment in efficient management systems. These include implementing "scientific training protocols," enhancing "health education," and establishing structured "work-rest rotation systems." Simultaneously, essential oxygen supply and noise reduction equipment should be deployed at high-altitude workplaces.

[Lien vers l'article](#)

Health Insecurity and Occupational Risk Factors Among Urban Waste Collectors in Dhaka City, Bangladesh: A Cross-Sectional Study.

Koli K, Begum S, Efat MAG. *Health Sci Rep*. 2026 Apr;9(4):e72281.

BACKGROUND AND AIMS: Urban waste collectors play an essential role in maintaining urban sanitation, yet they remain one of the most occupationally vulnerable groups in rapidly urbanizing cities in low- and middle-income countries. In Bangladesh, evidence on their occupational health insecurity and access to healthcare services remains limited. This study aimed to assess health insecurity among urban waste collectors in Dhaka City by examining occupational exposures, safety practices, health outcomes, and access to healthcare services. **METHODS:** A cross-sectional quantitative study was conducted in 2025 among 40 urban waste collectors working under Dhaka North and Dhaka South City Corporations. Data were collected through face-to-face semi-structured interviews with waste collectors. Descriptive statistics, χ^2 (2) tests, Pearson's correlation, and exploratory multiple linear regression were used to examine associations between occupational factors and the Health Insecurity Index. **RESULTS:** Work-related health problems were highly prevalent

among the respondents. Respiratory disease was reported by 35/40 respondents (87.5%), skin infections were reported by 30/40 respondents (75.0%), allergic conditions by 25/40 (62.5%), and work-related injuries by 10/40 (25.0%). Longer working hours were associated with higher health insecurity ($r = 0.58$, $p < 0.001$). Only 12/40 workers (30.0%) reported using personal protective equipment (PPE), which was associated with lower health insecurity ($\beta = -0.38$, $p = 0.001$). Occupational safety training was reported by 9/40 workers (22.5%) and was also associated with lower health insecurity ($\beta = -0.29$, $p = 0.03$). Only 5/40 respondents (12.5%) reported access to institutional healthcare services, and none reported financial support. **CONCLUSION:** Urban waste collectors in Dhaka City appear to experience considerable health insecurity that may be associated with modifiable occupational and institutional factors. Strengthening occupational health and safety systems, ensuring access to PPE and training, regulating working hours, and expanding healthcare access are important for protecting this essential workforce and supporting sustainable urban waste management.

[Lien vers l'article](#)

Activités physiques

Aucun article dans ce bulletin.

Autres pathologies

Aucun article dans ce bulletin.

Cancers

Aucun article dans ce bulletin.

Risque routier, accidentologie

Aucun article dans ce bulletin.

RPS et QVT

Workplace Violence against Registered Doctors in Nepal.

Manandhar V, Upadhyaya B, Shakya A, Manandhar A, Maharjan J, Bhurtel S, et al. *J Nepal Health Res Counc.* 2026 Mar 24;23(4):729-36.

BACKGROUND: Workplace violence against health workers is rising globally. This study aimed to assess the nationwide prevalence and associated factors of workplace violence against Nepal Medical Council-registered Nepali doctors. **METHODS:** A nationwide web-based study was conducted among 420 Nepal Medical Council-registered Nepali doctors using a Google form. Data was cleaned and coded in Ms Excel 2021 and then analyzed using IBM SPSS version 21.0. Frequencies and proportions were calculated for categorical variables. Chi-square test was used to assess the associations between different independent variables with presence of workplace violence, taking p-value of less than 0.05 as statistically significant. Significant variables from bivariate analysis were fitted in binomial logistic regression model to determine strength of association at 95% confidence interval. **RESULTS:** Overall, 196 (46.67%) doctors experienced some form of workplace violence, with verbal abuse being the

commonest (194; 46.19%). No action was taken against perpetrators in 11 (42.31%) physical violence, 125 (64.43%) verbal abuse and 15 (71.43%) racial harassment cases. Doctors working in more than two clinics/hospitals (AOR 4.09, p-value 0.007, 95% CI 1.50-11.48) and having zero vacations in the last six months (AOR 3.08, p-value 0.036, 95% CI 1.07-8.82) were found to be at higher risk of physical violence. Verbal abuse was more likely among those working in government hospitals (AOR 0.55, p-value 0.004, 95% CI 0.37-0.83) and working over 48 hours a week (AOR 1.89, p-value 0.003, 95% CI 1.25-2.86). CONCLUSIONS: The burden of workplace violence was notably high in Nepal (46.67%), mainly verbal abuse (46.19%). Long working hours, lack of rest and working in multiple clinics/hospitals were the contributing factors.

[Lien vers l'article](#)

The impact of working conditions on sickness absence among older workers: a systematic review.

Gero K, Benken C, Dragano N. *Eur J Ageing*. 2026 Apr 25;23(1).

Population aging poses major challenges to the health and social systems of all countries. It also affects the labor force participation of older adults, shifting toward delayed retirement. However, older workers are more likely to face health issues, leading to productivity loss through sickness absence. To explore factors associated with illness-related absence while considering the significant amount of time spent at work, we conducted a systematic review assessing the effects of physical and psychosocial working conditions on sickness absence among older workers aged ≥ 50 years. A systematic search was conducted in the MEDLINE, CINAHL Ultimate, PsycInfo, Scopus, and Web of Science databases on December 3, 2025. Additionally, a forward and backward reference search was performed. Research that focused on older working adults was scarce. In total, 24 articles were included. Results showed that high physical job demands, physical job hazards, high psychosocial job demands, low job control, low rewards, effort-reward imbalance, low collegial and high managerial social support, low procedural justice, medium role clarity, high role conflicts, skill variety, certain work-time-related characteristics (e.g., shift work, long working hours, and non-flexible work hours), and among women sexual violence were all associated with a higher risk of sickness absence among older workers. However, some of the presented findings were based on single studies. We identified significant work-related factors for designing interventions and a supportive environment to reduce sick leave in elder workers. Nevertheless, further age-stratified research is necessary to strengthen the evidence and accommodate the needs of the aging, economically active population.

[Lien vers l'article](#)

Santé psychique

Depression, anxiety, suicidal risks and clinical correlates among migrant Egyptian physicians a cross-sectional study.

Said M, Mandour E, ElSemary EF, Fawzy HM, Fauad E. *Discov Ment Health*. 2026 Apr 13;6(1).

BACKGROUND: Moving to a new country for work can be incredibly stressful, especially for physicians who already face high-pressure jobs. This study explores symptoms of depression and anxiety, along with self-reported suicidal ideation and attempts, among Egyptian doctors working abroad. METHODS: A cross-sectional online survey of 400 Egyptian immigrant physicians in Arab Gulf/Western nations was conducted via Facebook professional groups using comprehensive consecutive sampling. Data were collected using a questionnaire covering sociodemographic, clinical, and immigration-related factors, and history of suicidal ideation/ attempts, and the Hospital Anxiety and Depression Scale (HADS) was used to assess the severity of anxiety and depressive symptoms. RESULTS: About 16% of doctors reported moderate to severe depression. Women were 2.5 times more likely to experience it than men

(aOR = 2.5, 95% CI: 1.4–4.4). Nearly 40% struggled with significant anxiety, especially those working more than 8 h a day. 6.3% of doctors had suicidal thoughts, and almost 5% had attempted suicide. Younger physicians were found to be fourfold more likely to have suicidal risk compared to their older counterparts (aOR = 4.2, 95% CI: 1.9–9.0), while physicians who reported barriers to accessing mental health services had a 2.9-fold increased risk of suicidal risk (aOR = 2.9, 95% CI: 1.2–3.9). The reported barriers included a lack of insurance coverage, fear of losing their jobs, and stigma. **CONCLUSION:** Egyptian migrant physicians face significant mental health burdens, exacerbated by being younger, long working hours, past mental health issues, and systemic barriers to care. Urgent interventions must address healthcare access, occupational safeguards, and culturally sensitive support to mitigate suicide risk and improve well-being in this critical workforce.

[Lien vers l'article](#)

Troubles cognitifs et de la vigilance

Aucun article dans ce bulletin.

Travail posté et de nuit facteur de risque

Généralités et prévention

Aucun article dans ce bulletin.

Activités physiques

Factors associated with work-related musculoskeletal disorders using machine learning approaches: a systematic review.

Mohd Sallehudin MI, Yasin SM, Isa MR, Razak TR, Mohamad Asraff MS, Che Rameli NA, et al. *Ann Occup Environ Med*. 2026 Apr;38:e10.

BACKGROUND: Work-related musculoskeletal disorders (WRMSDs) remain a major cause of occupational disability and productivity loss worldwide. Traditional statistical methods have identified numerous associated factors; however, they often struggle to capture complex non-linear relationships and interactions across multiple domains of risk. Machine learning (ML) offers an alternative analytical approach for modelling such multidimensional relationships. **METHODS:** Following the PRISMA 2020 guidelines (PROSPERO: CRD420250605234), literature searches were conducted in Web of Science, Scopus, and PubMed for studies published between 2020 and 2025. Eligible studies applied ML methods to identify factors associated with WRMSDs using cross-sectional study designs. Included studies were appraised using the Joanna Briggs Institute Critical Appraisal Checklist for analytical cross-sectional studies. **RESULTS:** Ten studies met the inclusion criteria, representing workers from healthcare, transport, manufacturing, and service sectors across Asia, Africa, and Europe. Frequently applied ML algorithms included random forest, support vector machine, and artificial neural networks, demonstrating strong internal discriminative performance (area under the receiver operating characteristic curve: 0.80-0.99), although the absence of external validation in several studies suggests a potential risk of overfitting. Commonly identified factors included age, sex, awkward posture, vibration exposure, prolonged working hours, stress, and burnout. Psychosocial factors, including post-traumatic stress disorder, job stress, and depression, were ranked among the most influential predictors within ML models. **CONCLUSIONS:** ML models demonstrate strong capability in discriminating WRMSDs risk and identifying multidimensional risk factors compared with traditional statistical approaches. These models highlight complex interrelationships between ergonomic and psychosocial exposures. Future research should incorporate external validation, objective exposure measurements, and standardized ML reporting frameworks to enhance methodological transparency and generalizability.

[Lien vers l'article](#)

Autres pathologies

What predicts mucocutaneous exposure among health workers? Insights from an analytical cross-sectional study of 10 major hospitals in the Greater Accra region, Ghana.

Tawiah PA, Appiah-Brempong E, Okyere P, Gyapong-Korsah B, Agyekum TP, Asumah PA, et al. *One Health*. 2026 Jun;22:101387.

BACKGROUND: Mucocutaneous exposure is a significant public health concern, especially in healthcare settings; while often preventable, these exposures occur frequently and carry a high risk of infectious disease transmission. In low- and middle-income countries, particularly, there is a significant knowledge gap about the relationship between irregular work schedules, at-risk healthcare workers, the effectiveness of splash exposure reporting systems, personal protective equipment (PPE)

compliance, and mucocutaneous exposures. This study, therefore, examined factors associated with mucocutaneous exposure among health workers in Ghana. **METHODS:** We conducted an analytic cross-sectional study in 10 hospitals in Greater Accra between January 30 and May 31, 2023. Six hundred and two (602) study participants were recruited through simple random sampling, and the data were analysed using Stata 15. Log-binomial regression analysis predicted factors linked to mucocutaneous exposure, with significance at $p < 0.05$. **RESULTS:** Overall, a greater proportion of health workers, 372 (61.8%) [95% CI: 57.8%-65.7%], reported experiencing mucocutaneous exposure in the past year. Mucocutaneous exposure was more prevalent among nurses, midwives, and laboratory staff. A mix of day, evening and night shifts [adjusted prevalence ratio (APR) = 1.23 (1.08, 1.40)], overtime work [APR = 1.23 (1.08, 1.40)], on-call duties [APR = 1.24 (1.10, 1.39)], understaffed [APR = 1.15 (1.01, 1.32)], established splash exposure reporting systems [APR = 0.86 (0.76, 0.97)], and the use of personal protective equipment sometimes [APR = 0.76 (0.65, 0.90)], most of the time [APR = 0.75 (0.64, 0.87)] and always [APR = 0.80 (0.68, 0.93)] were significantly linked to mucocutaneous exposure. **CONCLUSION:** These findings underscore the need for stronger institutional policies, consistent training, and thoughtful workforce planning to protect the health and well-being of frontline workers.

[Lien vers l'article](#)

Cancers

Aucun article dans ce bulletin.

Risque routier, accidentologie

Aucun article dans ce bulletin.

RPS et QVT

Relationship between compassion fatigue, medical narrative ability, and retention intention among nurses: a cross-sectional multi-center study.

Wu F, Li Y, Wu J, Zhang L, Ma G, Wu S, et al. *Front Health Serv.* 2026;6:1718055.

BACKGROUND: In recent years, due to the increase in care demands caused by population aging and the rise in nurse-patient conflicts, the retention intention of nurses has become an urgent global issue, as high turnover rates pose significant challenges to healthcare systems around the world. Therefore, this study will explore nurses' retention intention and the associated factors. **METHODS:** This multi-center cross-sectional study recruited 1,831 nurses from eight hospitals across China between January and February 2024 through convenience sampling. Data collection was conducted using online surveys. The questionnaire was divided into four sections: the sociodemographic questionnaire, the Chinese Questionnaire for Nurse Intention to Remain Employed (C-QNIRE), the Medical Narrative Ability Scale (MNAS), and the Chinese version of Compassion Fatigue Short Scale (C-CF-Short Scale). We utilized descriptive statistics, normality test, one-way ANOVA, t-tests, Pearson correlation analysis, and multiple linear regression analysis. **RESULTS:** The results of this study showed that the total score of nurses' retention intention was 22.79 ± 3.71 . The Multiple linear regression results showed that compassion fatigue ($\beta = -0.334$, $p < 0.001$), medical narrative ability ($\beta = 0.250$, $p < 0.001$), age (46-60 years) ($\beta = 0.143$, $p < 0.001$), age (41-45 years) ($\beta = 0.121$, $p < 0.001$), age (36-40 years) ($\beta = 0.107$, $p < 0.001$), age (31-35 years) ($\beta = 0.093$, $p < 0.001$), working week (>50 h) ($\beta = -0.096$, $p < 0.05$), working week (46-50 h) ($\beta = -0.071$, $p < 0.05$), working week (40-45 h) ($\beta = -0.070$, $p < 0.05$), how many night

shifts a month (>8) ($\beta = -0.062$, $p < 0.05$) were the main associated factors of nurses' retention intention, explaining 27.0% of the total variation. **CONCLUSION:** This study indicated that nurses demonstrate a moderate retention intention. Nursing administrators and educators should address this issue by proactively introducing strategies to reduce compassion fatigue and improve narrative medicine ability among nursing staff. Such initiatives can positively impact nurses' retention intention, thereby reducing the turnover of skilled nursing personnel. This is essential for effective management of nursing human resources and enhancing the overall quality of nursing care.

[Lien vers l'article](#)

A scoping review of risk determinants for workplace violence in emergency departments.

Li L, Ouyang L, Lin Y, Wang L, Wu M, Liu D. *Eur J Emerg Med*. 2026 Jun 1;33(3):162-8.

Workplace violence refers to physical violence, verbal abuse, threats, or other aggressive behaviors directed toward healthcare workers in the workplace. It is a critical occupational and public health hazard, disproportionately affecting emergency departments (EDs) worldwide. This scoping review aimed to synthesize evidence on the prevalence of ED violence and to map its risk determinants through the lens of 'Who, When, and Why'. We conducted a scoping review following PRISMA guidelines, including qualitative, quantitative, and mixed-method studies on risk determinants for ED violence. PubMed, Scopus, Embase, and Web of Science were searched from inception to June 2025. English-language studies reporting prevalence or risk factors of ED violence were included. Titles and abstracts were screened using ASReview. Twenty-one studies were included, reporting workplace violence prevalence ranging from 72.5% to 91.5%. Thirty-four influencing factors were identified across four dimensions: individual characteristics (perpetrator traits: male gender, middle age, psychiatric illness, substance use; healthcare worker traits: provider gender), temporal triggers (night shifts, weekends, long waiting times), spatial vulnerabilities (triage and treatment areas, overcrowded or poorly monitored spaces), and situational/psychological drivers (pain, fear, unmet expectations, miscommunication). Workplace violence in EDs is a multifactorial phenomenon shaped by individual vulnerabilities, environmental pressures, and systemic factors. This review highlights the persistent normalization of violence against frontline staff and underscores the need for immediate protective measures and systemic reforms.

[Lien vers l'article](#)

The Effect of Earthquake-Related Anxiety Level on Nurses' Potential for Medical Errors: A Cross-Sectional Study on the Disaster of the Century in Turkey.

Gündoğan R, Kuşlu S, Güler S. *Nurs Open*. 2026 Apr;13(4):e70550.

AIM: The study was planned to examine the effect of nurses' earthquake anxiety levels on their tendency to make medical errors. **DESIGN:** The research was conducted as a descriptive and cross-sectional study. **METHODS:** The research was conducted with 172 nurses who worked in Adiyaman Training and Research Hospital, Turkey, between 25 September 2023 and 20 February 2024. The data of the study were collected with the 'Personal Information Form', 'Earthquake Anxiety Scale' and 'Medical Error Tendency Scale'. Number, percentage, mean and standard deviation were used in the statistical analysis of the data. The t-test was applied for the comparisons of two independent groups, and the ANOVA test was applied for the comparisons of more than two groups. Pearson correlation analysis was performed to examine the relationship between the scales. $p < 0.05$ was accepted as the significance level. **RESULTS:** In the study, the Earthquake Anxiety Scale total mean score was found to be 110.49 ± 39.66 (medium level), and the Medical Error Tendency Scale total mean score was found to be 225.74 ± 16.73 . It was determined that the anxiety levels of nurses working in intensive care were significantly higher than nurses working in internal, surgical and emergency services ($p < 0.05$). In addition, the Medical Error Tendency Scale's subscales of patient monitoring and material safety mean

scores were found to be statistically significantly different between nurses working on mixed (day-night) shifts compared to nurses working on day shifts ($p < 0.05$). It was determined that there was a statistically significant weak and positive correlation between the Earthquake Anxiety Scale and the hospital infection subscale of the Medical Error Tendency Scale ($p < 0.05$). It was determined that there was no statistically significant correlation between the total mean scores of the Earthquake Anxiety Scale and the Medical Error Tendency Scale ($p > 0.05$). **PATIENT OR PUBLIC CONTRIBUTION:** This study's findings were significantly shaped by the contributions of the nurses who experienced the earthquake and volunteered their time and experiences. Their input was invaluable in understanding the impact of earthquake-related anxiety on their professional performance and potential for medical errors. The participants provided critical insights that informed the study's conclusions and recommendations, which aim to improve support systems and reduce medical errors in disaster-prone regions. The engagement and openness of these nurses underscore the importance of frontline healthcare workers' perspectives in research that seeks to enhance. **CONCLUSIONS:** In the present research, it was found that nurses were moderately affected by the earthquake. Depending on this result, it can be recommended to determine the anxiety level of nurses who experienced an earthquake, to provide guidance and consultancy services accordingly, to increase awareness of medical errors to prevent medical errors, to provide in-service training on patient safety and error reporting systems and to constantly evaluate them.

[Lien vers l'article](#)

The impact of working conditions on sickness absence among older workers: a systematic review.

Gero K, Benken C, Dragano N. *Eur J Ageing*. 2026 Apr 25;23(1).

Population aging poses major challenges to the health and social systems of all countries. It also affects the labor force participation of older adults, shifting toward delayed retirement. However, older workers are more likely to face health issues, leading to productivity loss through sickness absence. To explore factors associated with illness-related absence while considering the significant amount of time spent at work, we conducted a systematic review assessing the effects of physical and psychosocial working conditions on sickness absence among older workers aged ≥ 50 years. A systematic search was conducted in the MEDLINE, CINAHL Ultimate, PsycInfo, Scopus, and Web of Science databases on December 3, 2025. Additionally, a forward and backward reference search was performed. Research that focused on older working adults was scarce. In total, 24 articles were included. Results showed that high physical job demands, physical job hazards, high psychosocial job demands, low job control, low rewards, effort-reward imbalance, low collegial and high managerial social support, low procedural justice, medium role clarity, high role conflicts, skill variety, certain work-time-related characteristics (e.g., shift work, long working hours, and non-flexible work hours), and among women sexual violence were all associated with a higher risk of sickness absence among older workers. However, some of the presented findings were based on single studies. We identified significant work-related factors for designing interventions and a supportive environment to reduce sick leave in elder workers. Nevertheless, further age-stratified research is necessary to strengthen the evidence and accommodate the needs of the aging, economically active population.

[Lien vers l'article](#)

Using instant messaging applications for consultations in the emergency department: A cross-sectional survey.

Abdul-Nabi SS, Arabi S, Anan H, Hijazi H, Tamim H, Al Semaani JM, et al. *PLoS One*. 2026;21(4):e0347028.

STUDY OBJECTIVE: This study investigates how consultants and consultees use Instant Messaging Applications (IMAs) during Emergency Department (ED) consultations, examining their attitudes

toward these tools and assessing perceptions of existing consultation methods and the perceived need for system improvements. **METHODS:** A cross-sectional study was conducted among clinicians involved in Emergency Department consultations at the American University of Beirut Medical Center, Lebanon. Participants completed an online questionnaire assessing their demographics, consultation patterns, IMAs usage, and opinions on consultation modalities. The recruitment period was from 13/11/2023-08/11/2024. **RESULTS:** A total of 120 participants were included (65 consultants, 55 consultees). Consultants were significantly older than consultees (28.7 ± 3.4 vs. 26.6 ± 1.91 years, $p < 0.001$). While all consultees were residents, 64.6% of consultants were residents and 35.4% were fellows ($p < 0.001$). All participants reported using smartphones when on call (100%). IMAs were the most preferred consultation method overall (48.3%), followed by smartphone calls (32.5%). Consultants favored smartphone calls significantly more than consultees (49.2% vs. 12.7%, $p < 0.001$), whereas consultees preferred workstation phone calls (30.9% vs. 0%, $p < 0.001$). WhatsApp was the dominant IMA used (98.9%). During night shifts, consultants demonstrated a significantly greater reliance on smartphone calls than consultees (84.6% vs. 63.6%, $p = 0.008$). IMAs were among the most frequently used methods during both day and night calls (80% vs. 65.2%), and two-thirds of participants (63.7%) reported concerns regarding legal implications and the need for improved consultation tools. **CONCLUSION:** The findings highlight the need for structured and secure digital solutions to optimize communication between healthcare teams. With IMAs increasingly embedded in ED consultations, future work should focus on developing dedicated and potentially AI-supported platforms that enhance efficiency, documentation, and data security in clinical communication.

[Lien vers l'article](#)

Santé psychique

Association between psychological resilience and psychological distress in Chinese psychiatric nurses: a cross-sectional study.

Wang Z, Zu F, Zhang Y, Gao Y, Zhou C. *BMC Nurs.* 2026 Apr 30.

BACKGROUND: Psychiatric nurses in China face high psychological and occupational strain. Understanding the factors influencing their mental health is essential. This study aimed to determine the positive rate of psychological distress among Chinese psychiatric nurses and to examine the associations of psychological resilience and other psychosocial factors with psychological distress. **METHODS:** A cross-sectional study was conducted from October 2024 to January 2025. Using an online survey, 436 psychiatric nurses from six hospitals in Jiangsu Province, China, were recruited. Data were collected using a general information questionnaire, the 12-item General Health Questionnaire (GHQ-12), and the Connor-Davidson Resilience Scale (CD-RISC). Chi-square tests, Spearman correlation, and multivariate logistic regression were employed for analysis. **RESULTS:** Of 436 nurses invited, 412 provided valid responses (response rate: 94.5%). The positive screening rate for psychological distress (GHQ-12 score ≥ 3) was 38.38%. Multivariate logistic regression analysis showed that among Chinese psychiatric nurses, higher psychological resilience (OR = 0.948, 95% CI: 0.931-0.965, $p < 0.001$) was associated with lower odds of psychological distress. In contrast, more frequent weekly night shifts (≥ 3 vs. ≤ 2 ; OR = 2.452, 95% CI: 1.212-4.959, $p = 0.013$) and poorer self-rated health status (per level increase; OR = 1.711, 95% CI: 1.274-2.299, $p < 0.001$) were associated with a greater odds of psychological distress. **CONCLUSION:** Psychological resilience, night shift frequency, and self-rated health status are significantly associated with psychological distress among Chinese psychiatric nurses. Interventions aimed at building resilience, optimizing work schedules, and promoting health may help protect their mental well-being. **CLINICAL TRIAL NUMBER:** Not applicable.

[Lien vers l'article](#)

Longitudinal study on the mental health trajectory of new graduate nurses during role transition: identifying critical windows and core influencing factors.

Su Q, Wang R, Wei X, Hu Y, Han L. *Front Public Health*. 2026;14:1795005.

OBJECTIVE: This study aimed to establish a dynamic follow-up cohort of new graduate nurses to systematically explore the dynamic changes and developmental trajectory of their mental health status within 3 years after employment. It further analyzed differences in mental health at different time points and factors associated with these trajectories, with the goal of providing empirical evidence for early identification of psychological risks and implementing targeted psychological interventions. This would assist new graduate nurses in successfully navigating the role transition period. **METHODS:** A prospective longitudinal study using a dynamic cohort design was conducted from 2019 to 2024. A total of 130 new graduate nurses were recruited across three cohorts; of these, 118 completed the baseline assessment. Follow-up assessments were completed by 115 (97.5% of baseline) at year one, 115 (97.5%) at year two, and 102 (86.4%) at year three. Overall, 88 participants (74.6% of those with baseline data) completed all four assessments. A self-designed general information questionnaire and the Symptom Checklist-90 (SCL-90) were used to assess mental health status across 10 dimensions. A linear mixed-effects model was employed to examine longitudinal trends and factors associated with mental health trajectories. Time was modeled as a continuous variable (coded as 0, 1, 2, 3) to estimate longitudinal associations. **RESULTS:** Over the 3-year period after employment, the mental health status of new graduate nurses showed a gradual decline as their working time increased. Among the symptoms, obsessive-compulsive states were the most prominent. The linear mixed-effects model revealed statistically significant differences ($P < 0.05$) in scores across seven dimensions: somatization, depression, anxiety, fear, hostility, psychoticism, and eating/sleep problems. Further analysis indicated that new graduate nurses who fell asleep quickly with better sleep quality, worked no night shifts, and held the title of "nurse" had significantly better mental health than those who experienced difficulty falling asleep with poor sleep quality, worked night shifts, and held the title of "senior nurse" ($\beta = 11.62$; $\beta = -7.72$; $\beta = 7.23$; $\beta = 12.12$). **CONCLUSION:** This longitudinal study finds that while new graduate nurses' overall mental health remains acceptable within 3 years, it declines significantly with experience. The trajectory evolves in stages: a "high-pressure role adaptation phase," a "plateau phase of adaptation decline," and a "career development confusion phase," with issues especially in somatization, anxiety, and depression. Key associated factors include sleep quality, time to fall asleep, night-shift frequency, and professional title. Nursing managers should monitor these dynamic changes and implement early interventions-such as better sleep management, optimized scheduling, and phased psychological support-to facilitate successful role adaptation.

[Lien vers l'article](#)

Prevalence of depressive symptoms and its burden on neurological practice in urban Egypt: a cross-sectional study.

Nasef MS, Abozeid S, Hassan SA. *Sci Rep*. 2026 Apr 11;16(1).

Neurologists, as specialists in a high-stress field, which hold lots of mental and emotional stressors. The complexity of neurological conditions, the extended working hours, and the emotional burden of managing chronic or terminal patients contributes to a stressful work environment. Globally, studies have shown that healthcare professionals, particularly those in specialties of high demand like neurology, are at risk of depression and burnout. This study aims to assess the prevalence of depressive symptoms among neurologists in Egypt. Help identify the risk factors that contribute to these depressive symptoms. A cross-sectional survey was conducted among Egyptian neurologists working in both public and private healthcare institutions. Participants in the study completed the Patient Health Questionnaire-9 (PHQ-9) to assess the severity of depressive symptoms. Data on demographics, job satisfaction, shift duration, workload and overall job satisfaction were also collected and analyzed

using descriptive and inferential statistics. Out of 138 neurologists surveyed, nearly half (43.5%) reported moderate to severe depressive symptoms. Those with a prior diagnosis of depression were especially affected—more than 8 in 10 (82.4%, 95% CI 66.2%–91.7%) reported significant symptoms, compared to just over a third (37.5%, 95% CI 28.8%–47.1%) of those without a known history ($p < 0.001$). Higher depression scores were also linked to early career stage and longer working hours. Over half of the neurologists with less than three years of experience (53.1%) and those working more than 80 h per week (56.3%) screened positive for moderate to severe depression. These findings highlight a high burden of depressive symptoms among Egyptian neurologists, particularly those early in their careers or with a prior history of depression, emphasizing the urgent need for targeted mental health interventions and systemic workplace reforms.

[Lien vers l'article](#)

Troubles cognitifs et de la vigilance

Workplace violence and sleep disorders in emergency nurses: a multicenter cross-sectional study.

Zhang C, Zhang Y, Ling K, Zhong L, Gao Y. *Front Public Health*. 2026;14:1821926.

BACKGROUND: Emergency nurses are at high risk of experiencing workplace violence (WPV), a significant global issue. Violence negatively impacts nurses' sleep quality. **OBJECTIVE:** To investigate the prevalence of workplace violence and sleep disorders among emergency department (ED) nurses, and to explore their interrelationship, thereby providing evidence for developing strategies to reduce WPV and improve sleep quality. **METHODS:** A stratified cluster sampling method was used to recruit ED nurses from 30 hospitals across mainland China between December 26, 2023, and January 18, 2024. Data were collected using a self-designed demographic questionnaire, the Workplace Violence Questionnaire, and the Self-administered Sleep Questionnaire (SSQ). Pearson correlation analysis and multiple linear regression were employed to examine the relationship between WPV and sleep disorders. **RESULTS:** A total of 1,540 ED nurses participated in the study. Approximately 60% (913) exhibited sleep disorders, and 85.0% (1,309) had experienced workplace violence within the past year. WPV was significantly correlated with sleep disorders ($r = 0.295$, $P < 0.01$). Multiple linear regression analysis revealed that psychological violence score, years of work experience, weekly working hours, night shift frequency, and marital status were independent predictors of sleep disorder severity. **CONCLUSION:** Emergency nurses face a high level of workplace violence, which significantly contributes to sleep disorders. Enhanced management strategies to prevent WPV and improve sleep quality are urgently needed.

[Lien vers l'article](#)

Risk of sleep disturbance associated with work-related activities during free time in South Korea: a cross-sectional study with mediation analysis.

Kwon O, Lee HE, Kang MY. *Ann Occup Environ Med*. 2026 Apr;38:e11.

BACKGROUND: This study aims to investigate the associations between work-related activities during free time, including frequency of working during free time and use of communication devices for work during free time, and sleep disturbance. It further explores the underlying mechanisms through mediation analysis. **METHODS:** Data were analyzed from 21,473 participants of the seventh Korean Working Conditions Survey (KWCS, 2023). Multivariable logistic regression was employed to calculate odds ratios (ORs) and 95% confidence intervals (CIs) for sleep disturbance. Three sequential models were constructed to evaluate the effects of weekly working hours and shift work on sleep disturbance risk. Mediation analysis was conducted to identify pathways linking work-related activities during free time and sleep disturbance. **RESULTS:** Those who worked during their free time daily showed

significantly higher risk of sleep disturbance (OR: 4.17; 95% CI: 2.64-6.58). Similarly, daily use of communication devices for work during free time was associated with an increased risk (OR: 1.83; 95% CI: 1.57-2.13). These associations remained robust even after adjusting for weekly working hours and shift work. Mediation analysis revealed that "worry about work while at home" was the primary mediator for device use (13.7%; 95% CI: 0.11-0.18), while "feeling too tired for housework after work" was the strongest mediator for working during free time (26.6%; 95% CI: 0.22-0.32). **CONCLUSIONS:** The results indicate that engaging in work-related activities during free time elevates the risk of sleep disturbance, independent of long working hours or shift patterns. Mediation analysis revealed that the strongest effects were driven by the behavioral and psychological dimensions of work-family conflict. These findings suggest that sleep disturbance arises primarily from the erosion of work-life boundaries, fueled by persistent work-related rumination and the spillover of professional burdens into free time.

[Lien vers l'article](#)

Impact of Antihistamines on Sleep, Cognition, and Daily Functioning: Evidence From Primary and Community Care.

Jaradat O, Awad A, Abu Samaan H, Al-Toom S, Alsadder T, Jaber M, et al. *J Prim Care Community Health*. 2026 Jan-Dec;17:21501319261442260.

INTRODUCTION: This study examined how antihistamine properties of blood-brain barrier penetration, central H(1) receptor binding, and sedative potential relate to sleep quality, daytime sleepiness, cognitive failures, and functional impairment in adults managed in primary and community health settings, while accounting for sociodemographic, lifestyle, and stress-related factors. **METHODS:** A cross-sectional study was conducted in primary care and community health settings using a questionnaire that contained the Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS), Cognitive Failures Questionnaire (CFQ), and Work and Social Adjustment Scale (WSAS). Antihistamine exposure was classified by blood-brain barrier penetration, central H(1) receptor binding, and sedative potential. Multivariable regression analyses were used to identify factors associated with sleep, cognition, and functional outcomes. **RESULTS:** Of the 385 participants, 130 (33.8%) used first-generation antihistamines and 255 (66.2%) used second-generation agents. Of the used antihistamines, 130 (33.8%) were highly sedating, 26 (6.8%) moderately sedating, and 229 (59.5%) nonsedating. Multiple linear regression showed that fixed sleep schedules were associated with less poor sleep (PSQI, $B = -0.62$, $P = .004$), while recent stress was associated with worsened sleep quality ($B = 0.96$, $P < .001$). Daytime sleepiness (ESS) was significantly associated with higher stress ($B = 1.38$, $P < .001$), night-shift work ($B = 1.26$, $P = .003$), and sedative properties ($B = -1.60$, $P < .001$). Cognitive failures (CFQ) were associated with female sex ($B = 4.67$, $P = .009$), higher stress ($B = 8.75$, $P < .001$), night-shift work ($B = 6.20$, $P < .001$), and sedative properties ($B = -5.84$, $P < .001$). Functional impairment (WSAS) was significantly associated with stress ($B = 4.43$, $P < .001$), night-shift work ($B = 2.62$, $P = .001$), sedative properties ($B = -3.21$, $P < .001$), and symptom severity ($B = 2.37$, $P < .001$). **CONCLUSION:** Antihistamine effects on sleep and cognition appear to be shaped by both sedative properties and patient characteristics. These findings suggest that prescribing practices should consider both symptom control and potential impacts on sleep health, cognitive performance, and social functioning, while recognizing that causality cannot be inferred without objective assessments and longitudinal designs.

[Lien vers l'article](#)

Chronobiologie

Animal

Chronic short sleep in early life accelerates cognitive decline via disrupted proteostasis.

Komlo R, Sengupta K, Strus E, Naidoo N. *bioRxiv*. 2026 Mar 30.

Chronic short sleep (CSS) is an emerging public health issue that frequently begins in adolescence and is common among healthcare professionals and others engaged in shift work. Epidemiological studies associate CSS and sleep disruption with metabolic disorders, cardiovascular disease, cognitive decline, and heightened Alzheimer's disease risk. Building on our prior findings that sleep deprivation perturbs proteostasis and activates endoplasmic reticulum (ER) stress pathways, we investigated the long-term consequences of CSS in young adult wild-type mice over the course of one year. Mice exposed to CSS displayed impaired cognition in hippocampal dependent tasks by 28 weeks of age, indicating emerging memory deficits. At the molecular level, CSS disrupted hippocampal proteostasis-particularly protein folding processes-and triggered ER stress and activation of the unfolded protein response (UPR). Importantly, disrupted proteostasis preceded the behavioral decline, with diminution of the key chaperone and UPR regulator BiP occurring at 20-22 weeks of age. CSS also increased markers of cellular stress and neuroinflammation while reducing the expression of proteins associated with memory function. Age also seemed to be a cellular stressor, causing a longitudinal increase in UPR, ISR, and neuroinflammation markers. Together, these results indicate that both chronic short sleep and age compromise proteostasis and promote neuroinflammation, contributing to progressive cognitive dysfunction.

[Lien vers l'article](#)

The influence of altered light-dark cycles on circadian rhythms of blood biomarkers in Wistar rats.

Anurkina AI, Areshidze DA, Kozlova MA, Chernikov VP. *Chronobiol Int*. 2026 Apr 6:1-10.

Since the effect of light-dark cycle disruption on the structure of biological rhythms generally is well known, the study focused on the effect of different light patterns on biochemical parameters and their circadian rhythms. A total of 120 Wistar rats were allocated into three experimental groups (n = 40/group) for a period of 21 days. The control group was housed under a standard 10:14h light-dark schedule (lights on: 08:00). Group I was exposed to continuous illumination (dark deprivation). Group II underwent a shift-work-like lighting regimen, consisting of 24-h light exposure followed by 2 days of a standard light-dark cycle. A three-week exposure resulted in the disappearance of statistically significant daily fluctuations for most of the studied parameters. In addition, most biochemical parameters showed statistically significant changes in the characteristics of the circadian rhythm: an acrophase shift and an increase or decrease in amplitude, with the exception of LDH and creatinine, for which no significant rhythms were detected in the experimental groups. This study demonstrated that both experimental lighting regimens significantly altered the values of the investigated parameters, with more pronounced effects observed under the simulated shift-work schedule.

[Lien vers l'article](#)

Homme

Statin-induced gut dysbiosis and sleep disturbances: Mechanistic insights into microbiota-brain-circadian interactions and chronotherapeutic implications.

Ganamurali N, Sabarathinam S. *Chronobiol Int.* 2026 Apr 21:1-11.

Statins are widely prescribed lipid-lowering agents with well-established efficacy in reducing cardiovascular morbidity and mortality. However, accumulating clinical and experimental evidence suggests that statin therapy may be associated with sleep disturbances, including insomnia, altered sleep architecture, vivid dreams, and reduced sleep quality. Emerging insights implicate the gut microbiota as a key regulator of host circadian rhythms and sleep homeostasis through interconnected pathways involving the tryptophan-serotonin-melatonin axis, short-chain fatty acid (SCFA) production, bile acid signaling, and immune-mediated neuroinflammation. Statins have been shown to modulate gut microbial composition, often reducing SCFA producing taxa and altering bile acid pools, which in turn may disrupt neurochemical signaling and circadian regulation. These microbiota-driven perturbations may contribute to central nervous system effects that underlie sleep-related adverse outcomes. This review integrates current mechanistic and clinical evidence linking statin-induced gut dysbiosis with sleep disturbances, highlighting the role of microbiome-host interactions in mediating off-target drug effects. It further examines implications for vulnerable populations, including shift workers, and discusses the potential of chronotherapy in optimizing statin administration. Finally, microbiota targeted interventions, such as probiotics, prebiotics, and dietary modulation, are proposed as promising strategies to mitigate these adverse effects. A deeper understanding of these interactions may enable personalized therapeutic approaches to enhance both cardiovascular outcomes and sleep health.

[Lien vers l'article](#)

Dissociation between subjective sleep quality and lipid dysregulation in underground miners: night shift work as an independent risk factor for hypercholesterolemia.

Zhao X, Wang W, Li N, Gao Y, Yu L, Song M, et al. *Front Public Health.* 2026;14:1759787.

OBJECTIVE: Shift work disrupts circadian rhythms and is established as a risk factor for metabolic syndrome. While poor sleep quality is often hypothesized as the primary mediator linking shift work to dyslipidemia, the extent to which circadian misalignment affects lipid metabolism independently of sleep complaints remains unclear. This study aimed to investigate the independent and combined effects of shift work and sleep quality on serum lipid profiles in a cohort of male underground miners. **METHODS:** A cross-sectional analysis was conducted on 921 male miners from the Kailuan Group. Participants were categorized by work schedule into Night Shift (0:00-7:59, n = 326) and Day/Morning Shift (8:00-23:59, n = 595) groups to ensure distinct circadian exposure profiles. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), with a score >5 defining poor sleep. Fasting serum lipids-Total Cholesterol (TC), Triglycerides (TG), High-Density Lipoprotein Cholesterol (HDL-C), and Low-Density Lipoprotein Cholesterol (LDL-C)-were quantified. General Linear Models (GLM) and interaction analyses were employed to assess associations, adjusting for age, education, smoking, and alcohol consumption. **RESULTS:** Night shift workers exhibited significantly higher global PSQI scores compared to day workers (4.70 ± 3.06 vs. 3.59 ± 2.71 , $P < 0.001$). While the overall prevalence of dyslipidemia did not significantly differ (32.52% vs. 27.57%, $P = 0.114$), night shift work was significantly associated with elevated mean TC levels (5.36 ± 2.83 vs. 5.09 ± 1.09 mmol/L, $P = 0.039$) independent of covariates and occupational factors. Surprisingly, subjective sleep quality (PSQI) showed no significant correlation with lipid parameters (All $P > 0.05$). In the stratified interaction analysis, the highest TC levels were observed in the "Night Shift + Good Sleep" subgroup (5.51 ± 3.43 mmol/L), significantly differing from the "Day Shift + Good Sleep" reference group (4.96 ± 1.06 mmol/L, $P = 0.039$). **CONCLUSION:** Night shift work is associated with elevated total cholesterol in male miners, an

effect that persists even among those reporting good sleep quality. This suggests that circadian misalignment governs lipid dysregulation via pathways distinct from subjective sleep disruption. Occupational health interventions should target circadian phase management beyond basic sleep hygiene education.

[Lien vers l'article](#)

Circadian Rhythm Traits Matter More Than Shift Work Demands in the Sleep-Depression-Safety Behavior Pathway Among Shift-Working Nurses.

Zhao H, He Y, Li Q, Wang S, Lin L, Huang Z. *J Nurs Manag.* 2026;2026(1):e9953116.

OBJECTIVES: The study examined how shift work demands and circadian rhythm traits influence the sleep-depression-safety behavior chain in shift-working nurses. **METHODS:** A cross-sectional study was conducted from May 1, 2024, to May 31, 2025, recruiting shift-working nurses from a tertiary hospital. Their circadian traits, sleep quality, depressive symptoms, and safety behavior were assessed using the Circadian Type Inventory (CTI, measuring flexible-rigid [FR] and languid-vigorous [LV]), the Morningness-Eveningness Questionnaire-5 (MEQ-5), the Pittsburgh Sleep Quality Index (PSQI), the Patient Health Questionnaire-9 (PHQ-9), and the Safety Behavior Questionnaire (SBQ). Objective shift work demands (total night shift count, shift work hours, shift workload exposure, and shift schedule entropy) were calculated based on data from the nursing management system. Piecewise structural equation modeling (SEM) and generalized additive models (GAMs) were used for data analysis. **RESULTS:** The optimal SEM explained 22% of the variance in sleep quality, 44% in depressive symptoms, and 22% in safety behavior level. Languidity (higher LV score) was strongly associated with both poor sleep quality ($\beta = 0.29$) and depressive symptoms ($\beta = 0.28$), whereas flexibility (higher FR score) was positively associated with safety behavior, exerting both direct ($\beta = 0.21$) and indirect ($\beta = 0.04$) effects. Depressive symptoms showed the strongest negative association with safety behavior ($\beta = -0.27$). Circadian rhythm traits showed stronger associations with the sleep-psychological-safety behavior chain than shift work demands, which were mainly associated with safety behavior and only weakly with sleep quality and depressive symptoms. GAMs revealed that five key predictors (shift schedule entropy, FR, chronotype, sleep quality, and depressive symptoms) had predominantly linear effects on safety behavior. **CONCLUSION:** Circadian rhythm traits should be prioritized in shift scheduling to optimize the sleep-psychological-behavioral pathway, while balancing shift work demands may help improve their safety behavior among shift-working nurses.

[Lien vers l'article](#)

Circadian Rhythm, Clock Genes and Osteoarthritis: The Dream of a Good Night's Sleep.

Xu H, Mao X, Long Q, Sun AR, Prasad I, Crawford R, et al. *Aging Dis.* 2026 Apr 30.

Circadian rhythm is an endogenous 24-hour timing system that coordinates metabolic, inflammatory, and reparative processes required for tissue homeostasis. Disruption of this temporal organization, increasingly common because of shift work, sleep disturbance, and other modern lifestyle factors, has been implicated in chronic inflammatory and metabolic diseases, including osteoarthritis (OA). Experimental studies indicate that circadian dysregulation in joint tissues can alter chondrocyte metabolism, extracellular matrix turnover, synovial inflammatory tone, and subchondral bone remodeling. At the molecular level, perturbation of core clock components such as BMAL1, PER, and CRY is associated with oxidative stress, an imbalance between anabolism and catabolism, and increased sensitivity to inflammatory stimuli. Human evidence currently supports an association between circadian misalignment, disturbed sleep, and greater OA symptom burden, but direct causal inference remains limited. OA-related pain, reduced physical activity, and metabolic dysfunction may, in turn, aggravate sleep and circadian disruption, creating a bidirectional cycle. This review synthesizes mechanistic, animal, and human evidence on circadian regulation of joint homeostasis and discusses

translational opportunities, including chronotherapy, rhythm-aligned behavioral interventions, and pharmacological modulation of clock pathways. We also highlight major limitations of the current literature and priorities for future phase-informed precision studies in OA.

[Lien vers l'article](#)

Circadian-driven transcriptional programs govern metastatic progression.

Wang J, Pan H, Wang X, Ren Y, Huang Y, Liu Y, et al. *Cancer Biol Med*. 2026 Apr 10.

Circadian rhythms orchestrate 24-h oscillations in gene expression to govern diverse physiologic functions. Mounting evidence suggests that circadian disruption, resulting from aberrant light exposure, shift work, or genetic mutations in core clock genes (e.g., BMAL1 and PER2), promotes tumorigenesis and progression by dysregulating proliferation, apoptosis, cell cycle progression, metabolic reprogramming, and senescence. Critically, the circadian clock exerts spatiotemporal control over the tumor microenvironment, a dynamic ecosystem central to metastatic efficiency. This review synthesizes emerging mechanisms underlying circadian regulation of tumor microenvironment (TME) components during the metastatic cascade: 1) extracellular matrix (ECM) dynamics. Circadian oscillation of matrix metalloproteinases remodels collagen alignment at invasive edges. 2) Stromal crosstalk. Rhythmic secretion of cytokine by cancer-associated fibroblasts or macrophages gates intravasation efficiency on circulating tumor cells. 3) Immune-extravasation axis. Diurnal variations in endothelial adhesion molecules (ICAM-1/VCAM-1) regulate CTC extravasation, synchronized with neutrophil infiltration peaks. In this review how circadian perturbations (e.g., jet lag-induced cortisol spikes or CRY1 knockout) alter cytokine networks (TGF- β /IL-6), hypoxia responses, and metabolic symbiosis within the TME were dissected. This work unveiled chronotherapeutic targets to disrupt metastasis timing by integrating recent single-cell RNA-seq and intravital imaging data. However, details regarding the molecular mechanisms underlying TME have not been established. We anticipate that upcoming research will deepen our comprehension of these complex interactions, facilitating the creation of novel strategies for cancer therapy.

[Lien vers l'article](#)

The role of circadian disruption, sleep dysregulation, lifestyle factors, and metabolic reprogramming in the pathogenesis and progression of ovarian cancer.

Surti M, Gupta A, Janiyani K, Adnan M, Patel M. *J Natl Cancer Cent*. 2026 Apr;6(2):189-203.

Ovarian cancer remains one of the most lethal gynecologic malignancies, with high mortality due to late-stage diagnosis and limited effective treatments. Recent evidence highlights the importance of circadian rhythms, metabolic reprogramming, and lifestyle factors in shaping the initiation, progression, and treatment response of ovarian tumors. Disruption of the circadian clock, via genetic dysregulation or lifestyle behaviors such as night-shift work and poor sleep, has been associated with tumorigenesis, metabolic imbalance, and chemoresistance. Additionally, ovarian cancer cells demonstrate distinct metabolic adaptations, including enhanced glycolysis and glutaminolysis, supporting rapid proliferation and survival. Lifestyle factors such as diet, physical inactivity, obesity, and psychosocial stress further modulate cancer risk and therapeutic outcomes. This review synthesizes evidence on the molecular underpinnings of circadian and metabolic disruption in ovarian cancer and their interaction with modifiable behavioral factors. Furthermore, it explores emerging strategies such as chronotherapy and metabolic targeting to improve treatment efficacy and survivorship. The goal is to encourage a multidimensional perspective that integrates molecular biology with lifestyle medicine in the management of ovarian cancer.

[Lien vers l'article](#)

The Effect of Single and Double Shift Works on Salivary Cortisol Levels in Nurses.

Ulupinar F, Meler S, Şebin E. *Nurs Open*. 2026 Apr;13(4):e70495.

AIM: This study aimed to elucidate the effects of single versus double-shift work schedules on salivary cortisol concentrations among nurses. **DESIGN:** This research was designed as a comparative descriptive study utilizing repeated measures to assess changes over time and shift types. **METHODS:** A total of fifty-two female nurses, working in rotating shifts, participated in the study. Saliva cortisol samples were collected from all participants before, after, and at midnight for both a single and a double shift. To assess interactions between time (07:30-08:30, 15:30-16:30, 23:00-24:00) and shift type (single and double), a repeated-measures two-way analysis of variance (ANOVA) was used. **RESULTS:** Analyses encompassing both time and shift type demonstrated significant main effects for both variables. Salivary cortisol concentrations were maximal between 07:30 and 08:30, while the trough levels were recorded at midnight. Inspection of the main effect associated with shift type revealed that double-shift workers exhibited higher mean cortisol concentrations. Specifically, cortisol levels were nearly two-fold higher at midnight in double-shift workers compared to single-shift workers. Additionally, a significant interaction effect between time and shift type was found. **CONCLUSION:** The pronounced effects of double shifts, as evidenced by significant changes in cortisol levels, warrant urgent consideration by healthcare policymakers and administrators, balancing operational efficiency with nurses' well-being and patient safety. **PATIENT OR PUBLIC CONTRIBUTION:** No patient or public contribution.

[Lien vers l'article](#)

Timekeepers of the gut: host circadian rhythms and microbial modulators.

Ma X, Yu Q, Kuang Z. *Life Metab*. 2026 Apr;5(2):loag003.

The intestine is more than a digestive organ. It is a system under circadian control, where cellular renewal, barrier integrity, absorption, immunity, and microbial ecology are orchestrated in time. Emerging evidence reveals that circadian rhythms not only regulate the daily turnover of intestinal epithelium but also fine-tune digestive enzyme expression, mucosal defense, and gut hormone secretion. These processes are driven by core clock proteins and synchronized by feeding cues, neural signals, and microbial metabolites. The gut microbiota consists of essential symbionts that themselves exhibit diurnal oscillations in composition and function, in turn feeding back to modulate host circadian pathways. Disruption of this host-microbiota temporal alignment, as occurs with jet lag, shift work, or high-fat diets, impairs intestinal homeostasis and elevates risk for inflammation, infection, and metabolic disorders. This review integrates evidence from mouse, zebrafish, fly, and human studies to highlight the rhythmic regulation of gut physiology, emphasizing how coordination between the host clock and microbiota sustains health. Viewing the gut as a circadian conductor underscores new opportunities for chronotherapy and microbiota-targeted interventions.

[Lien vers l'article](#)

Circadian Timekeeping Through Nutritional and Metabolic Sensory Networks.

Doherty EN, Woodie LN. *Nutrients*. 2026 Mar 31;18(7).

Circadian rhythms are predictable biological patterns that recur about every 24 h and, in mammals such as humans, are entrained to daylight by the hypothalamic suprachiasmatic nucleus (SCN). Although light is a potent zeitgeber for the SCN, cells outside of the SCN can synchronize to daily nutrient and metabolic cues. In these tissues, nutrient metabolic processes are regulated by the molecular clock in anticipation of food availability or scarcity. Furthermore, nutrients and metabolic processes themselves may act upon members of the molecular clock to regulate their expression and

activity. These interactions maintain synchrony between the SCN and food-entrainable clocks when activity and nutrient intake align. However, the light-entrainable SCN and food-entrainable clocks can become desynchronized, particularly in modern society where humans are commonly exposed to shift work and jet lag. Therefore, the mechanisms for sensing nutrients at specific times of day are critical components of circadian timekeeping and organismal homeostasis. In the following narrative review, we aim to synthesize current evidence on time-of-day-dependent nutrient sensing in mammalian systems, examine how nutrient-derived signals and metabolic processes interact with molecular clock mechanisms across cellular and tissue levels, and evaluate the integration of central and peripheral clocks in regulating gene expression, energy utilization, and organismal homeostasis, including the impacts of feeding cycles and circadian disruption. While previous reviews have discussed circadian nutrient metabolism, this review provides conceptual support for the role of nutrients as time-of-day signaling mechanisms.

[Lien vers l'article](#)

Conduites addictives

Aucun article dans ce bulletin.

Reproduction

A National Survey of Pregnancy and Parental Leave Policies in Pediatric Emergency Medicine Fellowship Programs.

Leviter J, Randell KA, Bhamre R, Bhatt S, Burns R, Chumpitazi CE, et al. *AEM Educ Train*. 2026 Apr;10(2):e70154.

BACKGROUND: Knowledge of pregnancy and parental leave practices in US pediatric emergency medicine (PEM) fellowship programs is limited. Occupational exposures of emergency medicine (EM) such as night shifts and high cumulative work fatigue are linked to adverse pregnancy outcomes. Breastfeeding and other post-birth outcomes are improved by longer maternity leave and paid parental leave for both birthing and non-birthing parents. Professional organizations recommend offloading pregnant individuals from night shifts in the third trimester and providing up to 12 weeks of paid parental leave. **OBJECTIVE:** This study aims to describe pregnancy and parental leave policies and practices in U.S. pediatric emergency medicine (PEM) fellowship programs. **METHODS:** We distributed the survey to the PEM Program Director listserv, which includes 94 members representing 85 fellowship programs including both program directors (PDs) and assistant program directors (APDs). Data on policies and experiences of women and birthing parents were collected and analyzed using descriptive statistics. **RESULTS:** We received 51 responses to the survey, representing 60% of the 85 PEM fellowship programs in existence at the time of the survey. Of those to respond, most programs (75%) modify schedules for pregnant fellows. Most allow pregnant individuals to adjust shifts as desired. Most have no standardized stop date prior to delivery. Programs vary widely in their approach to parental leave, with FMLA and Short-Term Disability commonly used to plan paid leave. Most report between 4 and 8 weeks of parental leave for both birthing and non-birthing parents. Many fellows are required to make up missed shifts, despite the lack of minimum shift requirements in fellowship and the existence of a Training Waiver. **CONCLUSION:** Variability exists in policies across institutions regarding policies for pregnancy and parental leave for PEM fellows. The variability highlights a need for standardized guidelines to support new parents in PEM training.

[Lien vers l'article](#)

Polyexposition

Aucun article dans ce bulletin.

Pathologies cardiovasculaires

The mediating effect of immune-inflammatory indices in shift work and hypertension: a cohort study in China.

Lu H, Jin Y, Huang C, Lin L, Zhang X, Wang W, et al. *Scand J Work Environ Health*. 2026 May 1;52(3):322-32.

OBJECTIVES: Global hypertension prevalence is increasing. Studies of the association of shift work with hypertension have produced inconsistent results, and the role of immune-inflammatory indices in this link remains unclear. This study aimed to clarify the association of shift work with hypertension and to identify the mediating effects of immune-inflammatory indices on hypertension. **METHOD:** This cohort study assessed 1322 oil workers, with baseline data collected from 2013-2015 and final follow-up in 2023. The definition of shift work was in accordance with the International Labor Organization's Convention on Night Work (No. 171). Hypertension was diagnosed according to the Chinese Hypertension Prevention and Treatment Guidelines (2018 revised edition). Smooth curve fitting, piecewise regression modeling, and the Karlson-Holm-Breen method were used to analyze the associations among immune-inflammatory indices and hypertension. **RESULTS:** Shift work was associated with hypertension [two-shift: risk ratio (RR) 1.75, 95% confidence interval (CI) 1.27-2.05; three-shift: RR 1.75, 95% CI 1.10-2.34; four-shift: RR 1.57, 95% CI 1.10-2.14] and elevated immune-inflammatory index [logarithmic (ln) Systemic Immune-Inflammation Index (SII) 0.18, 95% CI 0.10-0.26, Pan Immune-Inflammation Value (PIV) 0.15, 95% CI 0.06-0.23, neutrophil-lymphocyte ratio (NLR) 0.17, 95% CI 0.10-0.24, Systemic Inflammation-Response Index (SIRI) 0.14, 95% CI 0.06-0.22, and platelet-lymphocyte ratio (PLR) 0.05, 95% CI 0.01-0.09]. Cumulative night shifts were associated with hypertension (1-220 nights: RR 2.57, 95% CI 1.26-5.26; 220-660 nights: RR 1.78, 95% CI 1.08-2.95; ≥ 660 nights: RR 2.02, 95% CI 1.22-2.13). Cumulative night shift exposure levels exerted varying effects impacted immune-inflammatory indices. The SII, PIV, NLR, SIRI, and monocyte-lymphocyte ratio (MLR) were independently associated with hypertension risk (RR 1.82, 95% CI 1.47-2.22; RR 1.85, 95% CI 1.53-2.19; RR 2.04, 95% CI 1.60-2.54; RR 2.03, 95% CI 1.64-2.48; RR 1.85, 95% CI 1.27-2.59). The mediating effects of ln(SII), ln(PIV), ln(NLR), ln(SIRI), and composite inflammatory index were 17.52%, 17.51%, 17.78%, 18.64%, and 21.94%, respectively. **CONCLUSION:** Shift work and elevated immune-inflammatory indices were associated with hypertension. Immune-inflammatory indices mediate the association between shift work and hypertension. Therefore, hypertension monitoring should be strengthened among shift workers and immune-inflammatory markers should be considered for early hypertension detection. Future targeted intervention trials are warranted.

[Lien vers l'article](#)

The association of night shift work with the risk of acute ischemic cerebrovascular syndrome: a longitudinal study of 204,261 UK Biobank participants.

Huang Y, Tan MH, Wang G, Liang S, Lyu J, Huang L. *J Neurol*. 2026 Apr 19;273(5).

BACKGROUND: Shift work is highly prevalent globally, yet evidence linking it to ischemic cerebrovascular disease remains inconsistent. Existing studies are limited by unsystematic quantification of night shift exposure and outcome definitions failing to capture the clinical continuum of ischemic events. We performed a large prospective cohort study using refined shift pattern classification and acute ischemic cerebrovascular syndrome (AICS) as the primary end point to enable a robust evaluation of the association between shift patterns and ischemic cerebrovascular disease. **METHODS:** 204,261 participants with employment information from the UK Biobank were included. Cox proportional hazards regression was used to assess associations between current shift work and AICS risk, with cross-classification by shift status and job duration. We further quantified average lifetime night shift frequency and cumulative duration among participants with complete occupational histories. Transient ischemic attack (TIA) and ischemic stroke (IS) were analyzed separately to identify

the main driver of AICS and potential heterogeneity. RESULTS: During a median follow-up exceeding 14 years, irregular shift work was significantly associated with elevated AICS risk (HR 1.118, 95% CI 1.019-1.227, $P = 0.019$), while always night shift work was not (HR 0.904, 95% CI 0.707-1.157, $P = 0.423$). AICS risk was driven by irregular shift patterns rather than duration. Lifetime night shift frequency and duration showed significant dose-response relationships with AICS. CONCLUSIONS: Irregular shift work increases AICS risk relative to non-shift work, and lifetime night shift exposure exhibits a clear dose-response effect. IS constitutes the primary driver of the composite AICS end point.

[Lien vers l'article](#)