護理人員輪班工作對女性性功能之影響-以中部兩家地區教學醫院爲例

Effects of Rotating-Shift Work on Female Sexual Function in Nurse- Two Hospitals Study

中文摘要

研究目的：觀察中部地區兩家區域教學醫院彰化秀傳及彰濱秀傳女性護理人員，其夜班及輪班工作與睡眠品質、身心健康、性生活頻率及女性性功能的關係，藉此探討夜班及輪班工作對睡眠品質、 自覺健康狀態、女性性功能的影響；並以此探討女性性功能障礙的可能危險因子。

研究方法： 以彰化秀傳及彰濱秀傳從事護理工作的女性護理人員爲研究對象，進行不計名問卷調查；問卷內容包含個人基本資料、輪班工作狀況、睡眠品質、自覺健康狀態、性生活調查及女性性功能量表等。問卷資料以 Excel 建檔，利用 SPSS 統計軟體分析影響研究對象性功能之危險因子。

研究結果：排除糖尿病、曾接受骨盆腔手術、服用精神科藥物、正在懷孕及剛生產完一個月內的護理人員，並篩檢出一個月內有性活動者，共獲得 183 份有效問卷。其有睡眠障礙者的比例爲 83.6%，而女性性功能障礙的盛行率爲 30.05%，其中性欲望障礙爲 51.9%，性興奮障礙爲 23.5%，陰道濕潤障礙爲 42.6%，高潮障礙爲 16.4%，性滿意障礙爲 10.9%，性交疼痛障礙爲 14.75%；有 68.85%的護理人員至少有一項以上的性功能障礙，平均每人有 1.6 項性功能障礙。影響女性性功能的主要危險因子有年齡、性伴侶性功能障礙及 BMI。以複迴歸分析調控干擾因子後，性伴侶有性功能障礙，性功能總分便減少 4.997 分；年齡每增加 1 歲，性功能總分便減少 0.384 分；BMI 每增加 1，性功能總分便減少 0.405 分。夜班及輪班工作者的睡眠品質、睡眠時數、自覺健康狀態均較另兩組差，並達統計學上意義。開刀房、門診、內科、外科有較低的性功能頻率，而護理師、檢查室、放射科技術人員有較高的性活動頻率。近兩個月的班別不含大夜及近兩個月的班別爲花花班者有較差的性功能，並達統計顯著意義。

結論：伴侶性功能障礙、年齡、BMI 是護理人員性功能障礙的危險因子。夜班及輪班工作者的確會影響女性的睡眠品質及自覺健康狀態，而較差的睡眠品質及自覺健康狀態亦有較差的女性性功能。近兩個月的班別不含大夜及近兩個月的班別爲花花班者有較差的性功能。

英文摘要

Objective： The main purpose of this study is to examine the impact of night-shift task on the female sexual function, such as sexual desire、arousal、lubrication、orgasm、satisfaction and sexual pain among the female nurses.

Method ：The study subjects were female nurses who were 20-49 years old and worked in Changhua and Chang Bing Show-Chwan Memorial Hospital. All the study nurses were asked by questionnaire about their time-shift working status, quality of sleep, health status and sexual function. Data were analyzed by Statistical Package for Social Science (SPSS).

Results： Compared to day-shift nurses, night-shift nurses had a higher risk to have poor sleep quality and self-report health status ($p<0.05$). The averaged female sexual function index among the study nurses was 56.42 ± 9.12。There was 68.85% of the study nurses had at least one kind of female sexual dysfunction. The increased age, body mass index, poor sleep quality, and sexual dysfunction of partner were the risk factors of female sexual dysfunction ($P<0.05$). The odd ratio of sexual dysfunction of partner was 4.997（95% CI=-1.341~-8.654；P=0.008）.

Conclusion ： Night-shift task can cause female nurses to have poor sleep quality, and self reported health status. The female sexual function was also influence by different work and different shift way. The female sexual function was also influence by age, body mass index, partner sexual function, sleep quality and health status.