

Ergonomic evaluation of nurse's life style: Some insights on current research trends

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■ **ABSTRACT** : Nursing profession within the health care sector focused on the care of individuals, families and communities to attain and maintain optimal health and quality of life. Nurses spend more time with patients than do any other health care providers and patient outcomes are affected directly by nursing care quality. Nurses suffering from high stress level due to their emotional and heavy physical work as they are often required to lift heavy load, work for long hours and also exposed to frequent social encounters in their jobs. The present study explores the condition of work life imbalance and psychological constrains faced by the nurses.

■ **KEY WORDS**: Nurses, Occupational health hazards, Work life imbalance, Night shifts

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