

MENTAL HEALTH SNAPSHOT

Licensed Practical Nurses



Schedule demands (shiftwork, overtime hours, double shifts and lack of breaks) contribute to increased anxiety, depression and stress-related physical symptoms.



Working over 50 hours per week, more than two weekends per month or two double shifts per month, results in a four times increase in depression rates.



65-73% of LPNs have experienced physical assault in the last year.



Over time exposure to repeat high-stress and critical incidents at work has a cumulative and negative effect on mental health.



Difficult direct care work, low pay and low job control contribute to burnout, exhaustion and a low sense of personal accomplishment.

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THE SAFEST PLACE TO WORK**



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