

# The Association between Work- and Trauma-Related Factors and Risky Alcohol Use among Healthcare Providers: A Systematic Review

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## BACKGROUND

- ❑ Risky alcohol use is a behavior of consuming alcohol to the extent of having detrimental health effects.
- ❑ From 2002 to 2013, the alcohol use disorder rate has significantly increased among adults from 8.5% to 12.7% in the United States, and about 140,557 deaths annually occurred due to excessive alcohol use from 2015 to 2019.
- ❑ A pooled prevalence of risky alcohol use reported that 20.0% of healthcare providers self-reported hazardous alcohol use, 3.2% harmful drinking, 14.6% dependent drinking, and 17.7% binge drinking. (see Figure 1)
- ❑ As risky alcohol use is associated with increased impaired work performance, healthcare providers with risky alcohol use may expose patients to the risk of improper treatment.
- ❑ Healthcare providers are also at high risk of exposure to different forms of trauma such as workplace violence.
- ❑ Such work-related trauma exposure is a significant factor associated with risky alcohol use.
- ❑ Therefore, the purpose of this systematic review is to examine the association between work- and trauma-related factors and risky alcohol use among healthcare providers.

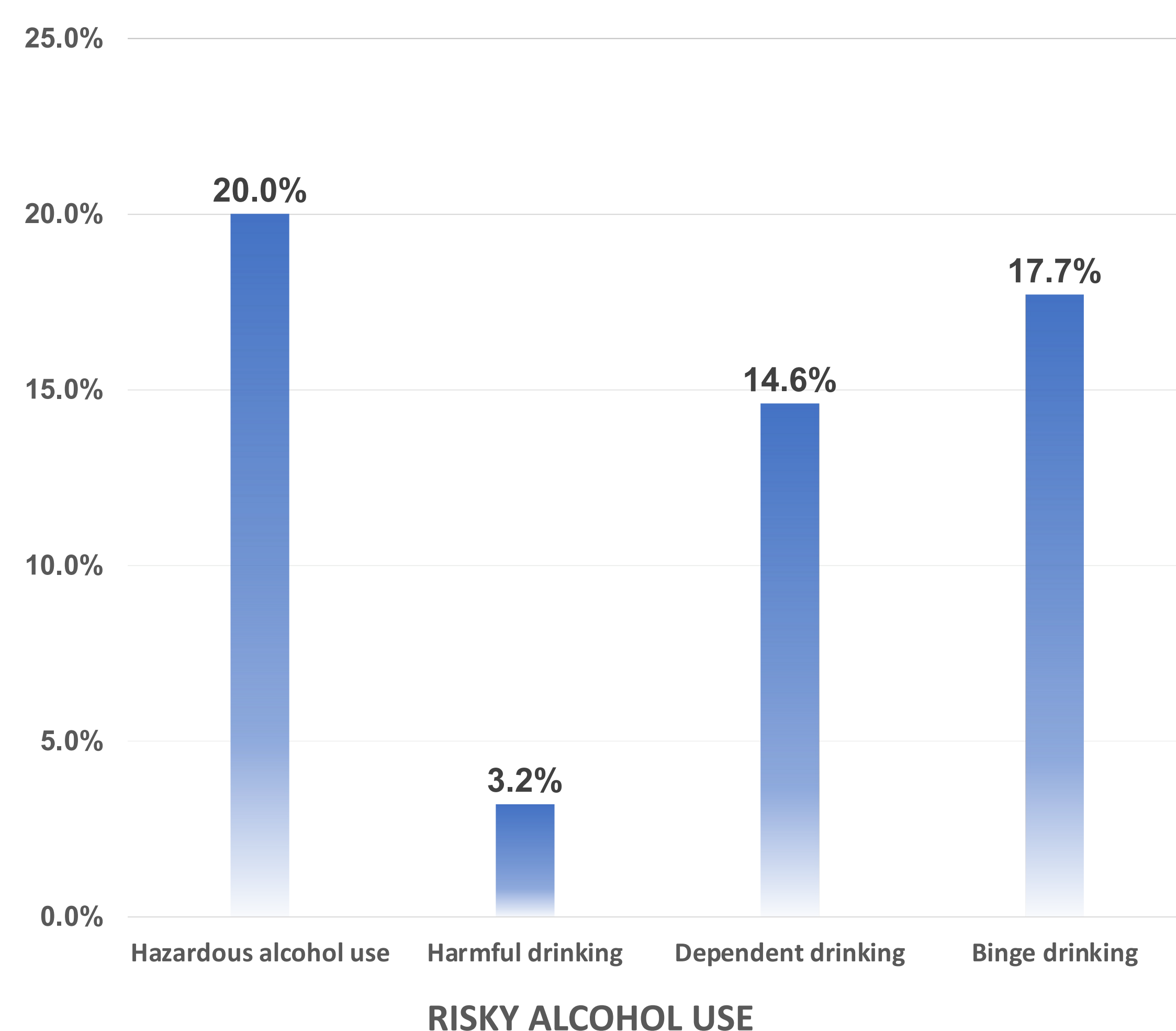


Figure 1. A pooled prevalence of risky alcohol use among healthcare providers from 2003 to 2022

## METHODS AND MATERIALS

- ❑ For this systematic review, a comprehensive search of PubMed, PsychINFO, and Google Scholar databases was conducted for studies published up to February 2024.
- ❑ We only included studies in which researchers addressed the association between factors related to work and trauma exposure and risky alcohol use among healthcare providers published in peer-reviewed journals, with no restrictions applied on the settings and times.
- ❑ We excluded reviews and dissertation papers, articles published in a language other than English, or qualitative articles.
- ❑ A total of 15 articles were eligible for this systematic review after we screened the title, abstract, and full text in adherence to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses. (see Figure 2)

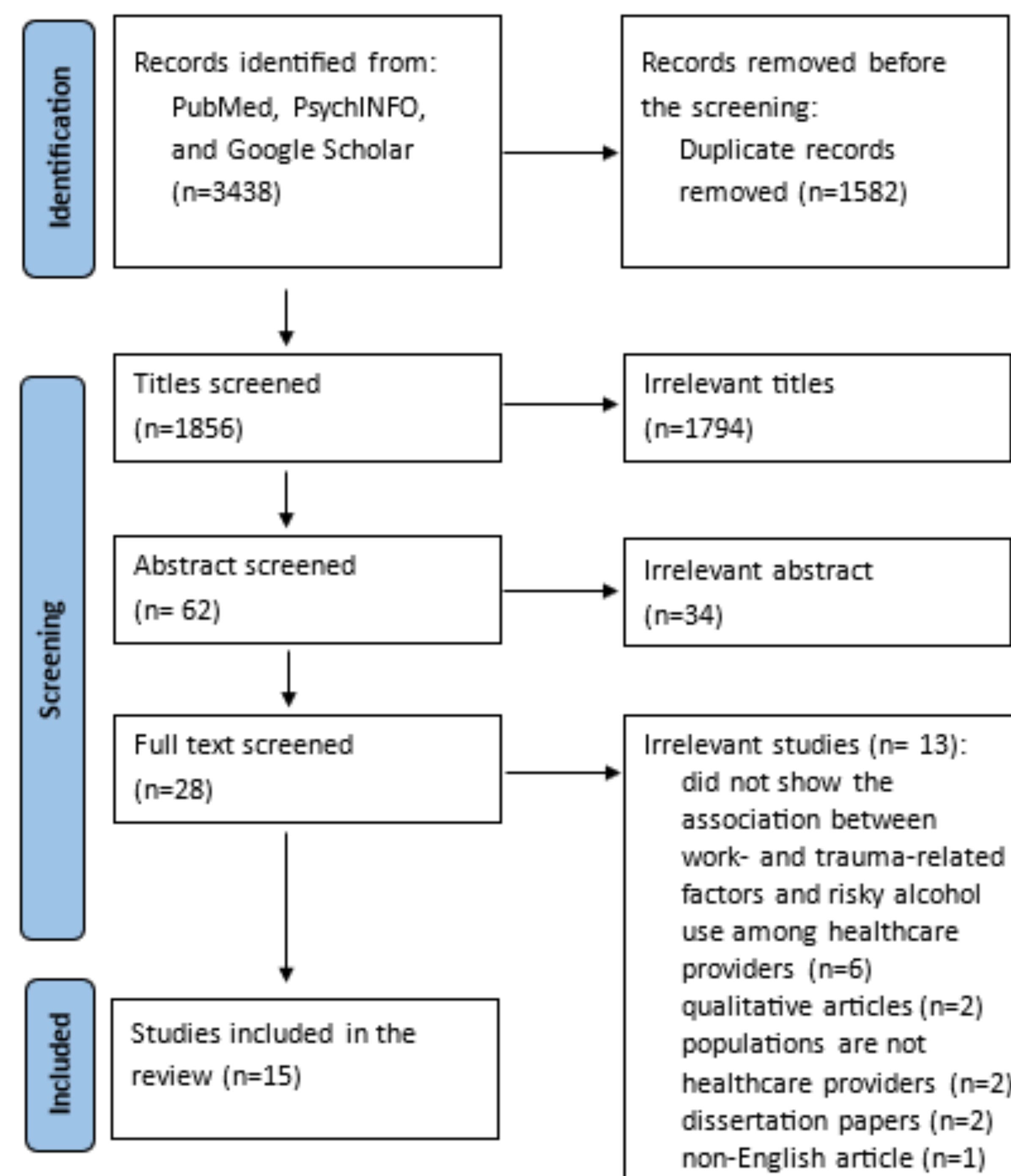


Figure 2. Flow diagram of the selection process for the studies in the systematic review

## RESULTS

- ❑ This review included a total of 15 cross-sectional studies, which were conducted in 11 countries.
- ❑ **Work-related factors**, including burnout (work stress) and work schedules, were examined in 10 studies.
  - **Burnout (work stress)** was significantly associated with risky alcohol use among healthcare providers.
  - **Work schedules**, including long hours worked and rotating and night shifts, were significantly correlated with a high risky alcohol use among nurses, while it was associated with a low risky alcohol use among physicians.
- ❑ **Trauma-related factors** such as, violence, psychological distress, and pandemic disaster, were associated with increased risky alcohol use among healthcare providers.

## CONCLUSION

- ❑ Our findings suggest that work- and trauma-related factors were associated with risky alcohol use among healthcare providers.
- ❑ The extent of the association between work schedules and risky alcohol use can vary among specialties of healthcare providers.
- ❑ Given the possible variations in the results among healthcare providers, it is recommended in the future to evaluate the association between work- and trauma-related factors and risky alcohol use among each specialty of healthcare providers, especially nursing which represents the largest number of employees in the health sector.

## REFERENCES



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