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Shift Worker Patient & Family Advisor Council (PFAC)

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Abstract

- The Shift Worker Patient and Family Advisory Council (SHIFT PFAC) is an active patient engagement program aimed at improving the lives of night shift workers through their involvement and influence in our studies. We are proud to work with night shift workers as they are a group often overlooked in healthcare initiatives.
- We aim to work with the SHIFT PFAC to improve not only the physical health, but also the job satisfaction and overall well-being of night shift workers.
- The purpose of the SHIFT PFAC meetings is to foster an open dialogue where study participants can share their valuable insights, experiences, and feedback. By doing so, we aim to continuously improve the SHIFT app and other support mechanisms, with the ultimate goal of optimizing sleep quality and circadian rhythm management for night shift workers

Current Projects

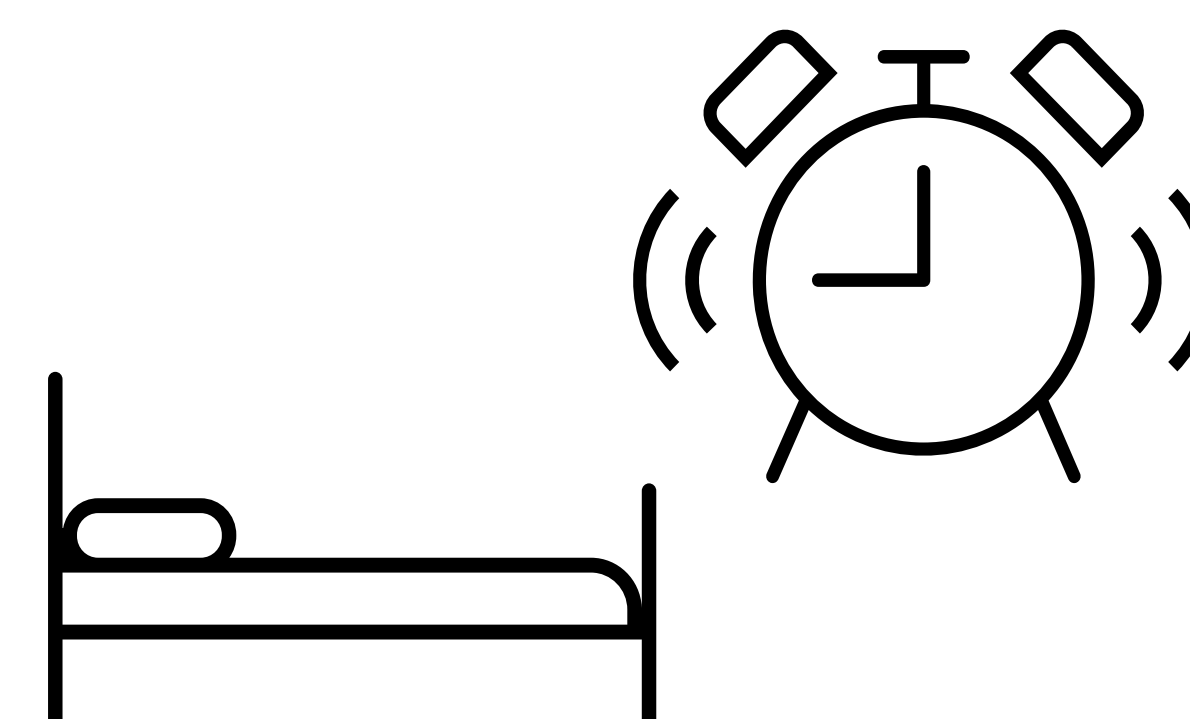
- **SHIFT** Tests a mobile application to improve sleep and night shift worker's circadian rhythm in a controlled setting
- **SAIL** Tests the implementation of a mobile application we designed to improve sleep in night shift workers in the real world
- **REACT** Establishes sleep reactivity (aka 'stress') as a cause of Shift Work Disorder (SWD) in night shift workers [controlled setting]



Arcashift, an innovative intervention to treat shift work disorder in night shift workers. The app was developed collaboratively by Arcascope and the HFH team.

Challenges

- Night shift health workers currently receive little to no help or support from employers to navigate this critical biological challenge
- This lack of assistance leaves them to manage this difficult transition on their own contributing to poor health outcomes and high turnover rates
- The healthcare industry, in general, faces a challenge in recognizing the specific needs of night shift workers and implementing effective solutions to address their health and well-being

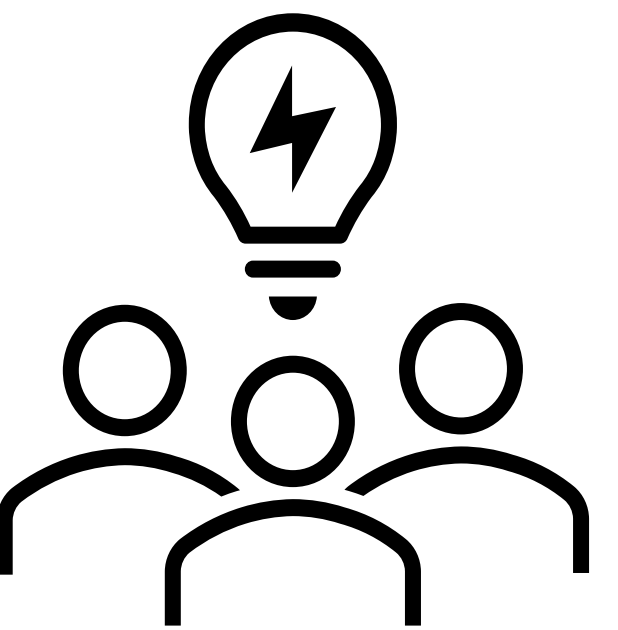


Placement Goals

- Offer a sleep wellness program for night shift workers to help improve health, job satisfaction, reduce burnout, and increase retention
- To create a tool that converts wearable data into circadian state, and from circadian state to personalized lighting recommendations used by night shift employees and their employers to improve health and performance. A long-term version of this app could interface with smart lighting in homes and in offices to automatically adjust lighting conditions to minimize circadian disruption
- Our long-term vision involves the seamless integration of this tool with smart lighting systems in homes and offices, facilitating automatic adjustments to lighting conditions to promote optimal circadian timing.
- With technological innovations, we aim to disseminate personalized light exposure interventions, providing tailored solutions for Shift Work Disorder (SWD).
- Our overarching goal is to become the first healthcare system in the nation to systematically support night shift workers, improving their well-being and productivity.

The Way We Work Together

- We work with the SHIFT PFAC to set goals and areas of improvement to focus on, which will help in planning meetings throughout the year and give the SHIFT PFAC some direction. Our planning process is a combined effort of what we as a team want to accomplish and focus on, and what the patient advisors want to focus on as well.
- We incorporate icebreakers and introductions to foster a sense of team, which leads to open exchanges of ideas without judgement.
- We work with Arcascope CEO, Olivia Walch, to take feedback from SHIFT PFAC and apply changes to the Arcashift Application which is used in the SHIFT and SAIL study.
- We give SHIFT PFAC members an insight to behind the scenes of the grant writing process that funds future research for night shift workers.
- Tips are shared between SHIFT PFAC members during our meetings on how to manage the challenges.
- Information is presented to SHIFT PFAC for types of treatment to help them, along with information on how to improve their sleep health.



Conclusions/References

The Shift Worker Patient and Family Advisory Council (SHIFT PFAC) is composed of individuals who have personal experiences either as night shift workers themselves or as individuals whose loved ones are night shift workers. These individuals bring forth their valuable experiences to help identify ways in which we can enhance the well-being, public health, and safety of night shift workers. They also contribute to improving life satisfaction of night shift workers. The SHIFT PFAC serves as a platform where members can provide feedback on interventions designed for night shift workers to make meaningful changes.

SHIFT PFAC Member Acknowledgements



Thank you to our patient advisors!