

UNIVERSITI TEKNOLOGI MARA

**THE NUTRITIONAL STATUS
ASSESSMENT OF THE NURSES
WORKING IN SHIFT HOUR AT
PUTRAJAYA HOSPITAL**

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**Project submitted in fulfillment of the requirements
for the degree of Bachelor (Hons.) of Nutrition and
Dietetics**


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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance based on the regulations of University Technology MARA. It is original and the results of my own work, unless otherwise indicated or acknowledge as referral work.

I hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduates, University Technology MARA, regulating the conduct of my study and research.

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ABSTRACT

The role of nutrition in maintenance of health had been recognized by the previous researcher a long time ago but it is only in recent years that the roles of nutrition to maintain the quality of working life of an individual has been valued. As a frontline in healthcare services, nurses need to consider the effect of food intake and mealtimes on their work performance in order to provide a better service to the patient. The aim of this study was to assess the nutritional status of the nurses working in shift hour, to compare the dietary intake in three different shift hour among nurses with RNI and to compare the dietary intake of the nurses between three different shift hour. The study sites involved are Putrajaya hospital as a representative of the nurses working in shift hour. This research is based on the data obtained from the self-administered questionnaire. This study is important due to the lack of research to assess the nutritional status of the nurses working in shift hours in Malaysia. This assessment of the nurses working in shift hours is done in order to help to improve their quality of life as well as their quality life. A specific tool for evaluating the nutritional status among nurses would help to find problems that need to be addressed, thereby reducing the health and occupational risks, improving the quality of nursing, and increasing the efficiency of health care services.

Keyword: Nutrition, nutritional status, shift work, nurses, dietary intake.

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