

# Shiftwork2019 Preliminary Poster Presentation Schedule

Program is subject to change

Tuesday, September 10, 2019

16:15 - 17:15

Poster Session #1 Bay 1 Circadian Rhythms			Poster Session #2 Bay 3 Mental Health		
1.1	Philip Cheng	Predicting circadian phase in night shift workers using actigraphy	2.1	Hogne Buchvold	A prospective study on shift work and lifestyle factors among nurses
1.2	Anastasi Kosmadopoulos	Assessment of circadian adaptation of police officers across seven consecutive night shifts	2.2	Anna Arlinghaus	Leisure activities and rest after long work hours and night work - a pilot diary study using mobile devices
1.3	Siobhan Banks	Examination of stimulated nightshifts conducted at 100 lux and the endogenous melatonin secretion profile in relation to nap quality: a preliminary study	2.3	Frida Fischer	When work invades life: work, everyday life, and health of teachers
1.4	Andrew Reiter	Phase relationships between dim light melatonin onset and sleep markers determined by actigraphy and the Munich chronotype questionnaire	2.4	Frida Fischer	Strategies for time management as part of daily routine of medical residents
1.5	Patrícia Nehme	Melatonin profiles during the third trimester of pregnancy and health status in the offspring among day and night workers: a case series study	2.5	Mia Son	The effects of night shift and overtime work on the recovery and the social life among nurses in Korea
1.6	Anna Carolina Siqueira	No time to eat!: a qualitative study about nurses food intake, shiftwork and gender	2.6	Anna Dahlgren	Longitudinal study of nurses' quick returns and self rated stress when entering work life
1.7	Jillian Dorrian	Shiftworking nurses and diet changes across rotating shifts	2.7	Linsey Steege	Longitudinal measurement of occupational fatigue types among hospital nurses
1.8	Teresa Bigand	Dietary intake of registered nurses working nights compared to days off work	2.8	Phillip Tucker	Tracking the psychosocial working conditions of shiftworking and non-shiftworking nurses across early to mid-career
1.9	Luisa Marot	Association between eating duration and food consumption throughout a complete shift rotation schedule: a prospective and observational study	2.9	Phillip Tucker	Can psychosocial working environment factors explain gender differences in the association between work schedule and health?
1.10	Luisa Marot	Effect of high-protein meal during a night shift on the food consumption pattern the following day: a randomized crossover study with fixed night workers	2.10	Jennifer Cavallari	Long and irregular work days and worker health
1.11	Hans Van Dongen	Internal desynchrony of central and peripheral circadian rhythms during stimulated night shift work	2.11	Masaya Takahashi	Characteristics of compensated claims for overwork-related mental disorders among employees in transport and postal activities in Japan
			2.12	Suleima Vasconcelos	Mental disorders and absenteeism in Federal civil servants in Acre, Brazil, from 2013 to 2017
			2.13	Jan De Leede	Development of a tool for assessing the health and social risks associated with shiftwork
			2.14	Kirsten Nabe-Nielsen	A longitudinal study of shift work, long work hours and dementia

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Poster Session #3 Bay 1 Shiftwork and Disease			Poster Session #4 Bay 3 Sleep and Sleepiness		
3.1	Ivorie Stanley	Cumulative exposure to shift work and select chronic diseases: a systemic review	4.1	Raymond Matthews	Cooperative Behavior decreases during stimulated nightshifts
3.2	Andreas Moses Appel	The longitudinal association between shift work and headache	4.2	Vanessa Riethmeister	Predictors of sleepiness in two-week offshore day-shift workers
3.3	Dagfinn Matre	The association between shift intensity and low-back pain in nurses	4.3	Michele Terranova	Operator self-assessment of alertness levels over a 12-hour shift
3.4	Marie Aarrebo Jensen	Acute effects of night work and meals on blood glucose levels - preliminary results	4.4	Tine Almenning Flaa	Sleepiness among pilots and helicopter emergency medical service crew members in the Norwegian Air ambulance service
3.5	Anastasi Kosmadopoulos	Short sleep, psychosocial work stressors, and measures of obesity: results from an Australian cohort study	4.5	Mikael Sallinen	Sleep, sleepiness and, sleepiness countermeasures among tram drivers
3.6	Charlotte Gupta	Exploring the eating behaviours and gastrointestinal health of residential support workers during dayshifts and sleepover nightshifts	4.6	Anna Anund	City bus drivers' fatigue - an explorative study among city bus drivers in London
3.7	Ann Dyreborg Larsen	Working time characteristics and long-term sickness absence. A study of Danish and Finnish nurses and nurse assistants	4.7	Frances Pilkington-Cheney	A qualitative investigation into the use of sleepiness countermeasures in London city bus drivers
3.8	Chiara Dall'Ora	Night work for hospital nurses and sickness absence: a retrospective study using routinely collected data	4.8	John Axelsson	Sensitivity of brief cognitive tests to sleep loss and time-of-day: results from the Stockholm WakeAPP
3.9	Inchul Jeong	Short shift interval and risk of hypertension in hospital workers: a longitudinal study	4.9	Lillian Skeiky	Associations of TNF $\alpha$ gene polymorphism with resilience to sleep deprivation and caffeine sensitivity
3.10	Åse Marie Hansen	Night work and the risk of ischemic heart disease and anti-hypertensive drug use. A cohort study of 145 861 Danish employees	4.10	Charli Sargent	How much sleep does an elite athlete need?
3.11	Shun Matsumoto	Effects of sufficient sleep on fatigue and blood pressure in local and long-haul truck drivers: a field study	4.11	Katya Kovac	"Working out" a countermeasure for sleep inertia
3.12	Tomohide Kubo	Examining excessive fatigue symptoms among truck drivers by the list of prodrome of karoshi (overwork-related cerebrovascular and cardiovascular diseases)	4.12	Amy Reynolds	Sleep hygiene in paramedics: what do they know and what do they do?
3.13	Presented on behalf of Natalia Bobko	Differences in biological aging in truck drivers in Ukraine	4.13	Bette Loef	Objectively measured sleep of shift workers in healthcare
3.14	Presented on behalf of Volodymyr Cherniuk	Age limits of satisfactory bloodcirculation effectiveness in shiftworkers	4.14	Päivi Vanttola	Total sleep time in shift work disorder after a shift work washout period - an onsite questionnaire study
			4.15	Julie Erwin	A good night's rest: trait inter-individual differences in deep sleep
			4.16	Andrew Reiter	The effect of total sleep deprivation on cognitive performance during the first night-shift for early and late chronotypes
			4.17	Andrew Reiter	Can your fingers separate REM and non-REM sleep?
			4.18	Siri Waage	Shift work disorder among Norwegian nurses - a two year follow-up study
			4.19	Janne Grønli	Brain health during stimulated night shift work in rats

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Poster Session #5 Bay 1 Shiftwork and Safety			Poster Session #6 Bay 3 Measurement and Modeling		
5.1	Anneloes Majj	Online survey on fatigue hotspots among flight and cabin crew members across Europe	6.1	Kevin Gregory	Fatigue factors in San Francisco bar pilot operations
5.2	Lucia Arsintescu	The relationship between workload, performance and fatigue in a short-haul airline	6.2	Göran Kecklund	Distinguishing resting from driving truck drivers
5.3	Jannicke Sandvik	Fatigue in a search and rescue crew population	6.3	Anna Anund	Driving time and rest periods in highly automated long-haul trucking
5.4	Greg Roach	The likelihood of crashing during the post-work commute decreases throughout a week of night shifts	6.4	Ian Rasmussen	Creating a standardized procedure for measuring sleep by actigraphy in aviation field studies
5.5	Anne Helene Garde	Cohort study of short time between shifts and risk of injury	6.5	Charles Alday	Implementation of fatigue risk systems in pipeline control rooms
5.6	Mikko Härmä	Characteristics of working hours and the risk of occupational injuries among Hospital Employees: a Case-Crossover Study	6.6	Kati Karhula	The effect of the use of tool for participatory working time scheduling on working hour characteristics and well-being: a quasi-experimental intervention study
5.7	Jenny-Anne Lie	Occupational exposure to chemicals and unusual working hours. A literature review	6.7	Daniel Mollicone	Estimating risk of safety critical events in trucking operations based on drivers hours of service data
5.8	Raimundo Nascimento	Adiposity indicators as criteria for polysomnography in shift workers	6.8	Mikael Sallinen	An accessible web-based tool to evaluate risk of on-duty sleepiness
			6.9	Rhiannon Soriano Smith	Modeling SAFTE-FAST predicted effectiveness at final top of descent: actigraphy v. self report v. SAFTE-FAST autosleep
			6.10	Ashleigh Filtness	Biomathematical modelling for shift planning in the tunneling industry
			6.11	Pete McCauley	Circadian dynamics for jet lag and performance prediction after long-distance travel
			6.12	David Karlsson	Improving a BMM to better cope with large time zone transitions
			6.13	Johannes Gärtner	Estimating injury risks of working hours - presenting a new open access calculation engine
			6.14	Tomas Klemets	Experiences from large-scale, non-incentivized, fatigue data collections in aviation
			6.15	Tomas Klemets	BMM usage for post-analysis of accidents, incidents and fatigue reports
			6.16	Mark McCauley	The no wake zone: a novel way to prospectively predict the magnitude of sleep inertia after awakening

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Poster #7 Bay 1 Policy and Education			Poster Session #8 Bay 3 Working Time Arrangements		
7.1	Izabela Sampaio	New rules for fatigue management in Brazilian civil aviation	8.1	Jan De Leede	Design and compensation of shift work schedules; the case of the Dutch disability sector
7.2	Kazutaka Kogi	Working time issues for food-service workers in participatory improvement steps	8.2	Corinna Brauner	Working time preferences of employees in Germany: A representative overview
7.3	Nita Lewis Shattuck	Culture change in the US Navy: from data collection to mandated policies	8.3	Nils Backhaus	Shortened rest periods and well-being of full-time employees in Germany: evidence from the BAuA Working Time Survey 2017
7.4	Luciana Vasconcelos	Nutritionist counseling as a health promotion strategy for shift workers in oil and gas industry, Brazil	8.4	Hiroki Ikeda	Association between daily rest periods and sleep duration/timing on workdays and non-workdays: a cross sectional web survey
7.5	Norvil Mera Chu	Good practices on education and training in sleep habits and lifestyles in shift-work security guards at an agency in Piura, Peru	8.5	Katherine McNamara	Associations between shiftwork organization and sleep disturbance in the oil industry
7.6	Jeanne Geiger-Brown	Beyond position statements: one hospital's successful initiative to implement napping for night shift nurses	8.6	Mia Son	The workplace based participatory research for changing night shifts: 14 consecutive night shift workers in the underground railway in Korea
7.7	Tullamora Diede	Qualitative interviews or registered nurses' experiences taking breaks on night shift	8.7	Tsukasa Sasaki	Comparison of fatigue among flight crews during the night - night flights versus the night - early morning flights by single operations in Japanese major airline companies
7.8	Marian Wilson	Survey of healthcare workers' break use and sleep interruptions at two U.S. hospitals	8.8	Anna Sjörs Dahlman	Sleep patterns in relation to work schedules in London city bus drivers
7.9	Evelyne Morvan	Night napping at work in practice: a qualitative study of shift workers' perceptions and strategies at a French industrial company	8.9	Myles Finlay	Biological effects of night shift work on total sleep time
7.10	Dagfinn Matre	Establishing a National Working Time Registry in Norway - a feasibility study	8.10	Kati Karhula	Dose automation probability associate with working hours and shift work prevalence? - Results from national surveys in Taiwanese workers 2001-2016
7.11	Anna Arlinghaus	German language working time society - bringing together research and practice on working hours	8.11	Kati Karhula	Objective working hour characteristics and control over scheduling of shifts
			8.12	Göran Kecklund	Is reduced working times and self-scheduling beneficial for shift workers sleep and health?
			8.13	Frida Fischer	Motivation behind informal workshift arrangements of crime scene forensic investigators
			8.14	Anne Wöhrmann	Working time demands and working time control of teleworkers
			8.15	Anne Wöhrmann	The role of working time and space for employees health and work-life balance in the health care sector
			8.16	Presented on behalf of Anasua Bhattacharya	Shift Work in the Wholesale and Retail Trade Sector