

Time Waster in Nursing Career Field Study in Medical Baghdad City

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Abstract

In the various periods of human life time have a high value and it plays a definitive role to accomplish goals, duties and wishes either individual or organization. Time in the sector of healthcare hand chance for physicians and nurses to help and remedy patients beside it conduces to build a sound healthy system. Thus, time waster becomes as worst losses because it related to human life. The purpose of this research is to restrict the nurses' actions which it prompts to lost time from a workday as well as to estimate the amount of time spent in each act. Data were collected from three groups of nurses sample worked in the morning and evening shifts in Medical Baghdad City by survey questionnaire that involved (47) items. The outcomes of accumulated data from the samples were underline three groups of acts have varying influence lead in lost time during a workday of nurses in the Iraqi context. In addition, the finding resulted that the amount of time lost is nearby to other lands, such as Iran, Australia, United State and South America. At last the present study confirms that there is no an universal tool suitable to determine all deeds cause to deprive time and measure the amount of time lost whereof incite us to create and construct a local convenient instrument almost fit with domestic environment and culture.

Keywords: time, time waster, instrument, nursing

1. Introduction

This research is getting a special importance these days because of the nurses and their physicians, colleges are facing and fight aggressive enemy Coronavirus whereas they become Frontline to achieve victory against contemporary pestilence and their struggle to protect humanity from diseases.

Hospitals are the main places providing health and medical care to all people as well as it represents as a fundamental source of offering remedy and health services to the whole residents in IRAQ land like other countries in the third world. Based on the evident true that time is a decisive and important factor to accomplish and carrying out treatment for patients and to strive diseases besides the protection from the malady. Therefore, we believe that any amount of time lost without benefits from a workday of the employees in the hospitals and health center's especially nurses as forfeiture opportunity to assist human for the purpose of minimizing pain. In the current study, the researchers attempt to find the action cause losing time without utility by nurses behavior. In the same way the researchers were reviewing the theoretical literature belong time concept, types, values, time waster and nursing careers. The researchers in the field study examined some universal tools that used to fixing the possibility deeds that it leads to privation work time. The study outcomes confirmed there is no single universal measurement able to determine the acting prompt to loss time completely fit with the Iraqi context because dissimilarity of cultures and environments between nations. Accordingly, the researchers create and develop a local instrument involved set of nurses actions give rise to waste time. This instrument was done by testing three sample groups which they excreted (4) sets of actions have different impact and powerful toward time losing.

Finally, the researchers were suggested, some advices to improve nurses behaviour for minimizing useless time and rationalize nurses doing.

2. Background and Literature Review

2.1 Time Concept

2.1.1 Definition of Time

In the diversity periods of human civilization time was considered as an essential and decisive factor to perform goals, duties and interests either individual, group or organization. Researchers had been given many notions of time, but there is no one captured all aspects. The language dictionaries produced their meaning as a continuing measurable quantity from the past through the present to the future and a number of years, month, days representing such as interval. (Aoudi, 2016)

Macmillan also states that time is a period either long or short during which you do something or some things happens. (Macmillan, 2007). Time as well as refers to things that measures as seconds, minutes, hours, days, weeks... etc. (Meriam, 2009). The views of psychophysical researchers' time are a mental construction which compares the perception of time to "clock time" (Macan, 1994). Sociological researchers view time as a social construction a convenience that culture agrees on (Lewies, 1981).

In addition, the researchers in the field of management associated with other scientists by they bring out an explanation a time such Hisrich when he considered time as the most valuable assets to have an effective utilization of it. (Hisrich, 2002). Kelly also indicated to time as some things to deal with every day and some things that everyone thinks they understand (Kelly, 2007).

Arabic researcher confirmed prior meaning when he states time is a mount that its measure by o'clock and it moves straight forward. (Al Shen, 2003).

Table (1) displays specification for time based on foregoing definitions and accumulated literate. It is imperative to mention that the scientists were pinpointing a comprehensive extended characteristic for time as (Hisrich, 2002; Claessens, 2007; Doyle, 2013; Nayak, 2018; Kumar, 2013; Jordon, 2014; Qteat, 2014).

1. Time is most commodities in our life.
2. Time is free and priceless.
3. Time can either be used for work or leisure.
4. Time is endowment that most people seek to make the most of.
5. Time is the ultimate source of utility.
6. Time is once gone, never come back.
7. People cannot buy and sell unit of time in the same way they can trade other commodities.
8. Time is unique and scarce in the universe.
9. Time cannot replace by a human.
10. Time cannot be accumulated like money.
11. Time cannot be stocked like raw materials.
12. Time is costly an individual, employees and departments are accountable for the use of their time.
13. Time passes an over-determined rate, whatever happens.
14. Everybody is equally endowed with the same amount of it irrespective of his person.
15. Time must be managed and used efficiently like other scarce resources.

Table 1. Specification of time

Resources	Definition
Language Dictionaries	Quantity scale, such as (moment... year... decade...etc).
Psychophysical researchers	A mental construction heads any person to perception and understand (his/her) activities.
Sociological researchers	Social construction that is agreeable with individual, group and society culture.
Management researchers	An accessible thing owned by a person, group or company...etc to perform their activates in order to obtain benefits and advantage.

Source: Researchers.

2.1.2 Time Value and Importance

The researchers are agreed for a result that it emphasizes that time is not we have but is how make use of it. Furthermore, one of them was considered our life is the specification and allotment time for us. (Stewart, 2002). All individuals need to control and monitor (his/her) personal and professional time efficiently by having skills in goal setting, priorities, and minimizing time wasting (Nayak, 2018, Gordon et al, 2011). The value of time represents a subjective marginal benefit of time spent in a certain activity. (Alexander, 2009). We believe there are certain reasons, had been clearing the importance of time such:

1. Time is limited because people cannot save or store it.
2. Time is scared because most people feel they do not have enough time to perform their tasks and hobbies.
3. Time helps to obtain what want in life.
4. Time is inevitable to accomplish more work.
5. Time keeps people on track, whether it is a daily work list or a long-term career.
6. Time used to do something for recreation.
7. Time keeps things in context.

Along with these reasons, people must manage their time effectively because an ineffectively time management may lead to: (Kenneth, 2012)

1. Increase the time waste.
2. Piled up of work at the office.
3. Lack of monitoring and evaluation of subordinate.
4. Under utilization of resources that includes both capital and human resources.
5. Improper planning of activity for the day.
6. Neglect of projects.
7. Lack of disciplined and self control.
8. Unachievable dreams.

2.1.3 Types of Time

According to some unlikeness details researchers attempted to classify it. Alhindawy was divided it into four types as (Alhindawy, 1999):

1. Creating time: It is related to the processes of thought, analysis future planning, Job organizing and performance appraisal.
2. Preparation time: It is referring to a period of time that is preceding work perform.
3. Production time: It indicates to a period of time that used in implementing tasks and activities that planned in a creation time and reading in a preparation time.
4. Normal time: This class concern with time using in construct relationship with another organization and society.

In conforming with another researcher, time can be disunited into five kinds as follows (Al Sheny, 2003, Slamah, 1998).

1. Mechanical time: It refers to a quantity scale, such as a moment, minute, hour, a day... etc.
2. Biological time: It is related to growth and more complete to measure the evolution and developing phenomenon. It started with cells and ended with the animals.
3. Sociological time: It is relevant with important events and occasions such as birthday, war beginning and ending, obtaining a high qualification from a university... etc.
4. Psychological time: It is pointed out to selfish sense. Consequently, it is individual scale.
5. Metaphysical time: It is employed to the philosophy that examine the nature of existence. All people have not had more acknowledgement about it except the speech that state in the holy Koran and the holy bible.

An Iraqi researchers Maysoon and his colleague Khalaf when they declared about suitable time to perform success operation surgery divided it into three groups. (Mohammed et al., 2020)

1. **Appropriate time:** It refers to enough time that allowed to give effectual treatment to patients before surgical operating. There is a higher opportunity of success in this type of time.
2. **Critical time:** It indicates to tighten time that's required to offer over exertion from physicians and their teams to remedying patients. In this type the chance of success is lower than previous kind.
3. **Deadly time:** it insinuates to inanimate and fatal time occurs when the patients came to physician after passing a lot time of illness and following grave complication. In this type of time there is a minimal chance for success.

From there, Doyle and his team on the effective use of time school had generated several times as follows (Doyle, 2013)

1. **Available time** it refers to amount of accessible and obtain time for all school activities in a school year.
2. **Allocated time** that indicates to distribute and designate the amount of time for instruction on tent area.
3. **Engaged time** that it mentions to the amount of time student is actively engaged in learning tasks.
4. **Academic learning time** that related to the amount of time successfully engaged in academic tasks.

A coeval Arabic researchers take up that way when they are parting time. Fraig was divided it into three groups such (Fraig et al., 2013)

1. **Work time** that it refers to the determinant time for accomplishing tasks, duties and responsibilities.
2. **The outside work time** that it indicates to several activities related to work like attendance and going away time for workplace and time of physiological liveliness.
3. **The free time** that it states in time of rest, relief and individual affairs.

A lqued scolar allotmented time into two sets like (Alqued, 2012)

1. **Complication time to organize:** Its concern with a useful time that it is impossible get benefit from it.
2. **Easy time to organize:** It includes work time and individual life time too.

Together with Alajmy gave the same meaning in other words wherein parted time as (Alajmy, 2010):

1. **Capable time to domination:** This kind refers to under control time which person is perception of it.
2. **UN capable time to domination:** This kind is out of personal control and most of people may be performing a useful or less benefits activities through it.

2.1.4 Time Waster

As we mentioned time one of the main source in our life and it should be used positively because of its real capital and rarity. Time is distinguished origin because if it losses we cannot reparation like money, material and machines. Time is regarded as an opportunity if it used wisely and if wasted it leads to failure (Alwan, et al, 2009).

Time is Springhead if lost or misplaced is gone forever. (Kerzner, 2009). Researchers where agreement that time is the most wasted resources and the one least productively used both at the individual level and the level of society. (Alian, 2011). Wasting time is any activity that has fewer benefits (Sherry, et al.1999), and also refers to anything is obstacle achieving of goals effectively (Mackenzey.2000). English language dictionaries specify same notion, whereas state that waster time is the devotion of time to a useless activity. (Voc & Dic, 2019). Or a bad use of time (Merriam, 2019). As result wasting time is often viewed as not being productive or spending it on activities that do not provide an essence value and it always occurs when people do not perception time importance. The researchers in the vary sectors had been attempting to diagnose the factors causes wasting in all careers including nursing career. Ahmad was determined it by four groups as follows (Ahmad, 2003):

1. **Social factors** such habits and manners.
2. **Health factors** like tiredness, feeling and bad health of person.
3. **Factors related to work** as visits, phone and plurality of the meeting.
4. **Individual factors** such inactivity languor and lack of subjective discipline.

A contemporary study draws attention that there are combined elements promoting human to deprive time in portion acts that it has less rationality and less value. These elements are (Matthews, 2018):

1. **Smart phone and other digital devices.**

2. Multitasking and trying to do too much.
3. Noisy offices and shaty co-worker.
4. Workplace culture and disarray.
5. Unhealthy nutrition and hydration habits.
6. Procrastination and a lack of motivation.
7. Social network and online distraction.
8. Excessive meeting and a quick catch up.
9. Decision fatigue from too many small decisions.
10. Email overload and never ending communication.

Rampton also pinpointed eight biggest time wasters that kill people productivity. (Rampton, 2019):

1. Constantly checking emails.
2. Not automating social media account.
3. Bucky to do lists.
4. Multitasking.
5. Being a perfectionist.
6. Unnecessary meetings.
7. Saying yes.
8. Postponing harder tasks.

In the field of health researchers identified some causes relevant with time waster in the physicians and nurses career as below:

A- Physical interruptions: This factor is one source of lost time where a visit of colleagues is particularly problematic not only because they interrupt progress but because of the visitors also may request assistance. (Tayler, 2010).

B- E-mail: This factor is the impediment of using available time correctly if they used it without limitation. Ideally email should be accessed three to four times per day. (Lowenstein, 2009). Further, used correctly email can be an incredibly powerful. (Shanafelt, 2012). The email message that is popping up on the computer screen can create urgency for many to check inbox constantly. Therefore, checking email frequently can make waste time for anyone since we need to refocus (Cubnksa, 2017).

C- Telephone call: This factor is a common source of lost time for anyone. Physicians can use electronic medical record system to enhance time management because this system often has automatic quick text features that efficiently document medical information. (Jakler, 2013)

D- Waiting time such as a waiting for meeting, conference and patients.

E- Repetitive activities which physicians and nurses can reduce it by creating a quick text for frequently used phrases in email or in electronic medical records. (Gordan, 2014).

F- Disorganization: This is resulted by disarrange disk, office, paper and files.

G- Procrastination: physicians and nurses must identify and address reasons of delay repeatedly to avoid wasting time.

H- Meeting: Meeting without agendas can be lost time and prevent doing real work. Therefore, we need to learn to say (No) to unnecessary meeting and focus on real tasks that need to be finished. (Cubuksa, 2017).

A New health study demonstrated some effective causes of the nurses' time waster (Lankarani, 2019).

1. The positioning characteristics of a related ward affected the nurses' movement between the wards as well as the frequency in which the nurses enter the patients' rooms or the nurses station.
2. The difficulty in making a connection between the patients and health care workers.

So, according to Royal medical there are five mistakes may be happening with doctors and nurses and it affected on their time management (Kersley, 2019).

1. Agreeing to do whatever you are asked to do.

2. Not being productive before you start seeing patients.
3. Doing everything yourself which you could easily delegate to someone else.
4. Not having a life outside of work.

Lankara in the recent study was brought out the most important factors of time waster in physicians and nurses career in a public hospitals according to mean and standard deviation values (Lankara, 2019).

- 1-paper based documentation.
- 2-Elective surgery cancelation.
- 3-Nosocomial infection.
- 4-Waiting for service delivery.
- 5-Low health literacy of patients and visitors.
- 6-Irrational use of medication and antibiotic.
- 7-Attendance at physicians rounds and nurses' rounds.
- 8-Transfer between the wards and the restroom.
- 9-Intra-unit patient transport.
- 10-Intra-unit travel of staff.
- 11-Waiting for job data preparation.
- 12-Search for equipment.
- 13-Attending in nurses round.
- 14-Needed equipment does not exist in the ward.
- 15-Unnecessary operation.
- 16-Hospital information system.
- 17-Non-compliance of patients.
- 18-Communication problems with patients.

At last it is worth mentioning that Elshaer researcher computed the causes of lost time of head nurses as follows (Elshear.2015):

1. Switching from one task to another.
2. Telephone call time.
3. Externally imposed by other people and things.
4. Disorganizing workplace.
5. Not scheduling meeting time.
6. Unexpected visitors.
7. Unhealthy individual health.
8. Not scheduling time to relax.
9. Unlisted priority tasks.

2.1.5 Nursing Career

In principle, nurses are an important group that they provide health care services in hospitals and health centers. As well as there is no one do not believe or disavow that nurses play a great role as the biggest human resource in a health and medical care. A Nursing career is one of the most momentous aspects of clinical practice and act as a key component that distinct wishes the nurses' role from doctors. (Duffield, 2011). The literate of medical health and healthcare bring up many substance properties belong to

Nurses career Like:

1. Nurses are the linchpin of hospital care delivery. (Hendrich, 2008).
2. The practices confirmed that more nursing time per patient get better patient satisfaction and outcomes. (Needleman, 2002).

3. Increasing workload reduces the amount of nursing time available for patient care activities. (Oneil, 2007).
4. The nursing care contains direct patient care, including direct activities in patient care and indirect patient care that includes activities associated with recording or reviewing patient information, activities related to the medical unit and personal activities. (Poor, 2016).
5. Nurses who spend more time for direct patient care play an important role in satisfaction of patients. (Hajenzhad, 2007).
6. One of the indices of evaluation of nurses' function is the time spent in providing the nursing care (Roohi, 2013).
7. Time nurses spend on direct care activities has been identified as a determinant of better patient outcome and fewer errors (Westbrook, 2011).
8. Nurses are indispensable part of the health care system (Blevins, 2016).
9. Nurses need to meet the expectation of patients, peers and managers along with completing the nursing activities in a given shift (Cleary et al., 2011).
10. Effectively uses the time help nurses to become more productive, more satisfaction, less pressured, able to do things they want, behave positively to others and feel better about themselves (Dodd et al., 2005).
11. A nursing career is more suitable for females than male (Bartfay et al., 2010). It is frequently perceived as a woman's job (Mooney et al., 2007).
12. There is a shortage of nurses when compared to the required services for them. (Lakanmaa et al., 2011).
13. Nursing is a profession requiring skills in performing different tasks during the course of day for coping with time limitation and pressure (Ancel et al., 2016).
14. Nurses are the front line people that patients most likely meet up with the spend the highest amount of time with and really upon recovery during their hospitalization (Wagner et al., 2009).

3. Methodology

3.1 Research Problem

Time is a great interest variable for individual, group and organization on account of performing duties and desired wants. This fact is, most momentous in the field of health, especially in nursing careers, whereas the nurses provide their human activities as clemency angels to society and patients when they need to get a prosperous treatment to avoid negative results of illness. Therefore, increasing time waster in a workday represented as a serious problem influenced by the quality of health care.

3.2 The Research Aims

We can state the goals of this research as follow:

1. Attempting to be diagnosed the sources of wasting the time of the work day.
2. Endeavoring to evaluate the amount of time lost from work day.
3. Studying the meaning of time, benefits, types and time waster.

3.3 Research Importance

The importance is bringing out as one of pioneer and explorer studies in this field because there are a shortage looking for factors and causes of time lost by useless actions in the career of nursing in the public hospitals in IRAQI context as well as construct a local instrument that it is suitable with native culture after reviewing many of a universal tool that it does not integrity appropriate domestic environment.

3.4 Research Sample

The sample consist of nurses working in both morning and evening shifts in all parts of Baghdad Medical City. The number of initial replies received were (150) nurses. Has become (138) after screening and eliminated the defect and incomplete survey application. Therefore (138) respondents were taken in this research. Table 2 illustrates some data about research sample.

Table 2. Researchers sample properties

Properties		Numbers	Total
Work shift	Morning	86	138
	Evening	52	
Sex	Male	61	138
	Female	77	
Marital status	Married	91	138
	Single	32	
	Widows and divorced	15	
Experience (year)	Less than 5	43	138
	5 – 10	71	
	More than 10	24	

Source: Researchers.

3.5 Research Limitation

The researchers faced several hardness such as:

1. There are no any studies were documented belong research subject as knowledge accumulates.
2. There is a high level of hesitation from nurses to give data and fill application forms.
3. There is unpopular culture about aid and support one another between researchers and workers to achieve scientific studies like most people in the third world.

4. Field Research

Based on the extensive review of the literature the survey instrument that it used to collect basic data includes (47) items was developed by the researchers to restrict the sources of time waster belong nursing career in a public hospital in Iraq besides evaluation amount of time spent with any act. This instrument setup after we satisfied that there is no a single universal tool enough and suitable along with Iraqi culture and environment. This reason prompts us to develop and make ready a local scale designate (Maysoun – Khalaf) instrument. This tool was demanded four steps to creation it as follow:

Step 1: we choose (100) nurses randomly from both morning and evening shifts to fix the actions that it causes to waste time from a list of elements we distributed for them. The finding resulted that there are improbable or empower acts stated in allotment survey. This action show in table (3) and we removed it because of an activeness to spend time.

Step 2: The content of our survey after putting out ineffective actions was examined by seven experts in the field of management and five practicing physicians beside three of head nurses engaged in public hospitals, which they introduced some of objective remarks that incite us to adjust it upon feedback received.

Table 3. Improbable actions

Serial number	Actions
1	Reading a magazine
2	Stopping after a task is complete
3	Unable to say (No) or doing anything
4	Worrying
5	Poor skills
6	Repetitive activities
7	Procrastination tasks
8	Listening to music
9	Drug and alcohol
10	Workload
11	Unhealthy nutrition

Source: Researchers.

Step 3: We apportioned the sound list to (50) nurses working in both shifts outside the prior group subjected to test and retest with a gap of one month. The score of validity research at (0.83). Cronbach's Alfa was used to pinpoint the reliability of the instrument that it computed (0.85). By that, these results confirmed the correctness of our local tool.

Step 4: We translated the purport of our, means from Arabic to English language and it becomes ready to consider as a tool to gauge waster time in the medical field in general and especially in nursing career in the Iraqi context. This instrument might be used in other land corresponding with Iraqi culture and environment like Arabic and Third world countries.

Maysoon – Khalaf instrument consist of (36) activities distributed among three groups that have varied impact and powers belong time waster in a workday of nurses in public hospitals. Tables (4.5.6) were making clear about the level of influence of those acting on time lost, according to the weighted mean resulted from field research.

Table 4 presented the more powerful actions that it causes to spend much time, whereas the value of weighted means reached at (3.9) and more while the table 5 was demonstrated the doing that have moderate impact to disburse in useless or least benefits acts where the weighted means value restricted between (2.2-3.3).

Table 6 displays the deeds that it leads to lost less amount from the total of time waster by nurses every workday, where in the value of weighted means does not exceed or less than (1.5). In the same way and equivalence with prior indications the average of the time waster due to the actions collected in a table (4) was (152.5) minutes while the doing grouped in a table (5) consumed (73) minutes from time lost daily. As well as the activities that it's listed in a table (6) were used up just(21)minutes. Table (7) shows the amount of time spent concern with each group of acting were done in a day nurses work.

Table 4. More powerful actions, incentive to waste time

Actions	Weighted means	Standard division	Time waster (min)	
			Morning	Evening
Social media	4.4	0.482	18	25
Eating food	4.3	0.860	16	20
Drinking tea	4.3	0.590	11	14
Visiting friends	4.2	0.482	12	07
Paper document	4.2	0.613	26	20
Attending rest room	4.0	0.614	10	16
T.V watching	3.9	0.725	08	20
Searching for additional work	3.6	0.715	13	12
Moving between wards	3.6	0.622	11	05
Lack of patients' health culture	3.5	0.913	06	10
Lack of visitors health culture	3.5	0.593	06	10
Hospital information system	3.4	0.711	04	05
Total	42.9	7.530	141	164
Average	3.9	0.627	152.5	

Source: Researchers.

Table 5. Moderate actions incentive to waste time

Actions	Weighted means	Standard division	Time waster (min)	
			Morning	Evening
Argument and discussions	3.1	0.812	08	12
Leave work before the end of time	2.9	0.614	13	07
Computer games	2.7	0.622	09	15
Telephone speech	2.5	0.592	06	11
Psychical state	2.5	0.781	06	06
Health culture of nurse	2.5	0.920	06	06
Attending to physicians round	2.4	0.613	05	04
Family problems	2.4	0.721	05	05
Moving from work to work	2.2	0.533	04	02

Searching for equipment	2.2	0.671	04	04
Medicine received	2.2	0.734	04	04
Total	27.6	6.173	70	76
Average	2.5	0.561	73	

Source: Researchers.

Table 6. Lack actions, incentive to waste time

Actions	Weighted means	Standard division	Time waster (min)	
			Morning	Evening
Being boastful or perfectionist	1.5	0.716	03	03
Day dreaming	1.4	0.524	02	03
Unexpected visitors	1.4	0.611	03	02
Waiting to receive orders	1.3	0.732	02	02
Lack of skills	1.2	0.622	02	02
Infraction of the instruction	1.2	0.652	02	02
Making avoidable mistakes	1.1	0.732	01	01
Daily in the beginning work	1.1	0.790	01	01
External pressure	1.1	0.820	01	01
Multitasking	1.1	0.561	01	01
Writing text message	1.1	0.729	01	01
Checking email	1.0	0.522	01	01
Lack of concentration	1.0	0.567	01	01
Total	15.5	8.578	21	21
Average	1.19	0.667	21	

Source: Researchers.

Table 7. Time waster belongs nurses' activity groups

Action group	Shift	Time amount	Average	Peresent
Powerful	Morning	141	152.5	61.8
	Evening	164		
Moderate	Morning	70	73	29.7
	Evening	76		
Lack (least)	Morning	21	21	8.5
	Evening	21		
Total	Morning	232	246.5	100
	Evening	261		

Source: Researchers.

5. Finding and Recommendation

5.1 Finding

1. The average of the amount of time waster is (4) hours and (06) minutes (table 4). This result is lower or close if compared with the evidence of some universal studies were performed in varying countries such Australia, whereas the time waster reach to (4) hours and (36) minutes per day. (Westbrook, 2011). As well as in Iran, less than half of nurses' time dedicated to taking patient care while the time waster in public hospitals was (4) hours and (12) minutes (Roohi, 2013), or it was (4) hours and (36) minutes in conformity with recent study. (Poor, 2016).

In the united states the amount of time spent without or minimum value was only (3) hours and (36) minutes (Hendrich.2008). Likewise, the amount of time waster by nurses in any hospital in South America was closely with previous amount with (3) hours and (39) minutes. (Booth, 2012).

2. There are three groups of actions have dissimilarity powerful lead in bereavement time. The first group consumed around (61.8) from total of time waster wherein the second group exhausted (29.7) and the last group used up just (8.5). Table (7)

3. There are only (12) actions lead to deprive roughly two – third of the time that it spent in unhealthful care with (2) hours and (32) minutes. (Table 4).
4. There are (11) activated caused to use up less more than one – fourth of lost time with (1) hours and (13) minutes. (Table 5).
5. The remainder doing that, it despaired time involve (13) acting consumed lower than title with only (21) minutes from missing time. (Table 6).
6. There are three actions in the first group had strength, impact of daily time lost that it appears by social media, eating food, drinking tea and coffee as well as visiting friends wherever this time waster with (126) minutes and less more than one – fourth from the workday. These amounts of time can consider as unproductively.
7. There are a number of activities does not deserve attention or concentration for it because of it did not take a certain time. All these actions can notify in table (6) and it drained inconsiderable time with (21) minutes.
8. There is few acting cannot be inevitable such eating food and drinking lawful drinking because it is necessary to create energy to perform individual duties on the one hand and to gain some refreshment on the other hand. Nurses can be rationalized these practices by reducing the amount of lost time.
9. There are several indispensable acts like a paper document for reporting data among shifts and attending to physicians in purpose of receiving direction besides taking medicine to accomplish patients therapy.
10. There is the relative difference between waster time belong morning and evening shifts whereas reached (4) hours and (30) in the morning shift while it was less than (4) hours in the evening shift.
11. There is an exaggeration of lost time in some activities that have minimum utility such social media, visiting friends, computer games, moving between wards and T.V watching.

5.1 Recommendations

Based on the finding of current research the following recommendations are suggested:

1. Hard working with top management to spread the culture of timely importance and its role to build advanced health system and taking part to construct sound society.
2. Improve use of time by providing nurses, staff correct behavior skills through training programs.
3. Searching to find the key causes that it prompt to spend time with less value and benefit.
4. Work rules should be changed to save time and prevent time waster.
5. Restricting the time and site for eating food and it is important to put a timetable among hospital department as well as readiness to calling to account of incompatibility with this schedule.
6. Time management should be used as a habit by organizing daily activities.
7. Meeting and visiting friends should be planning and arrangement according with needful beneficial for it.
8. Directing the nurses, staff to decrease some unproductive doing to use time correctly, such as visiting friends, computer games, moving between wards and watching T.V.

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Obtained.

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The data that support the findings of this study are available on request from the corresponding author. The data are not publicly available due to privacy or ethical restrictions.

Data sharing statement

No additional data are available.

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