

## Freedom of Information Request

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**Reference Number:** [EPUT.FOI.22.2532](#)  
**Date Received:** [15.06.2022](#)

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**Information Requested:**

We would appreciate it if you could give us the evidence and/or studies that have provided evidence for each of the items in the following guideline.

We are currently reviewing night shifts/shift patterns for nurses in Japan. We are particularly concerned about the long night shifts of 16 hours and the irregular working hours with a mix of day and late night shifts in a week.

In order to consider night shifts for nurses without frequent day/night transitions, we have been gathering information from other countries and came across the NHS Essex Partnership University Rostering Policy & Procedure.

[NHS Essex Partnership University Rostering Policy & Procedure:](#)

[‘8.13. Night shifts should be kept together where possible. No more than 4 nights in a row should be allocated to a staff member. There should be a minimum of 2 days off after a staff roster for a night shift; however exceptions will be recognized according to a clinical need/requested shifts.’](#)

[The night shift is 19:00-07:30 which is 11 hours and 30 minutes with 1 hour rest break](#)

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**Publication Scheme:**

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT’s Publication Scheme is located on its Website at the following link  
<https://eput.nhs.uk>