Abstract
Studies have been done that link various measurements of workplace productivity with varying levels of individual health. A thorough literature review examined the research to find any significant relation between regular exercise (as defined by the American Heart Association) and an improvement in workplace productivity among anesthesia providers. A Qualtrics survey was used to measure specific results regarding exercise activity and work productivity from anesthesia providers. This group included 53 certified registered nurse anesthetists and anesthesiologists. Descriptive analysis, Chi-square test of Independence, Fisher’s Exact test, and Cramer’s V test were all used to analyze the data. One significant correlation was present from the survey questions. Using the Cramer’s V to compare questions 8 and 11, the correlation coefficients whose magnitude are between 0.3 and 0.5 (r=.359, p=.049) indicate variables that have a low correlation, but it still meaningful due to the significance level. Therefore, we can interpret that: the number of people who “call-in-sick” is significantly lower in the exercise group, than the group that does not exercise. Although only one question revealed statistical significance, there are many possibilities for future research and many implications for future practice. Further testing is needed to gain a more detailed perspective of the clinical question. This project will be published through The University of Southern Mississippi and the Mississippi Association of Nurse Anesthetists.