

ABSTRACT

Background: Time management plays a vital role in improving nurse's performance and achievements. However, the government institutions, most nurses and midwives turn up late to the health centers against the health center policy making the duty to delay, putting less effort to the patients as they want to finish fast resulting into poor patients care and probably be delayed recovery or hospital stay. This process encompasses a wide scope of activities, including: planning, setting goals, delegation, analysis of time spent, monitoring, organizing, scheduling, and prioritizing.

Objective: The aim of the study was to assess the factors influencing time management among nurses and midwives in Kitebi H/C III and Kisenyi health centre IV.

Method: This was a descriptive cross sectional study among 80 nurses and midwives. Data collection was done using questionnaires based interviews and observation. Statistical analysis was done using SPSS version 20. Pearson χ^2 were used to assess the relationship on time management and the independent variables using f p-value

Result: From the assessment done, the level of time management was low at 45%. Age ($\chi^2=12.553$, $P=0.014$), gender ($\chi^2=4.246$, $P=0.039$), marital status ($\chi^2=12.405$, $P=0.002$), education qualification ($\chi^2=23.604$, $P=0.000$), Cadre ($\chi^2=17.763$, $P=0.001$), years of working experience ($\chi^2=$, 36.877 $P=0.000$), penalized for poor time management ($\chi^2=13.790$, $P=0.000$) and influence of positive leadership ($\chi^2=10.864$, $P=0.001$), personnel with expertise on time management who educate nurses on time management ($\chi^2=8.017$, $P=0.005$), availability of time management protocols and guidelines manual ($\chi^2=6.734$, $P=0.009$), motivation for proper time management ($\chi^2=22.347$, $P=0.000$) and distance from the facility ($\chi^2=6.491$, $P=0.039$) were significantly associated with time management among the nurses

Conclusions and recommendations: This study emphasize the need for time management manual, education on time management and motivation would improve time management among nurses and midwives in Kitebi H/C III and Kisenyi health centre IV. This can be achieved through accurate goal setting as well as time management refresher management courses, and requiring them to develop time management plans.