

Resident Perspectives on Duty Hours:

Results of the Canadian Association of Internes and Residents 2012 National Resident Survey

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Background

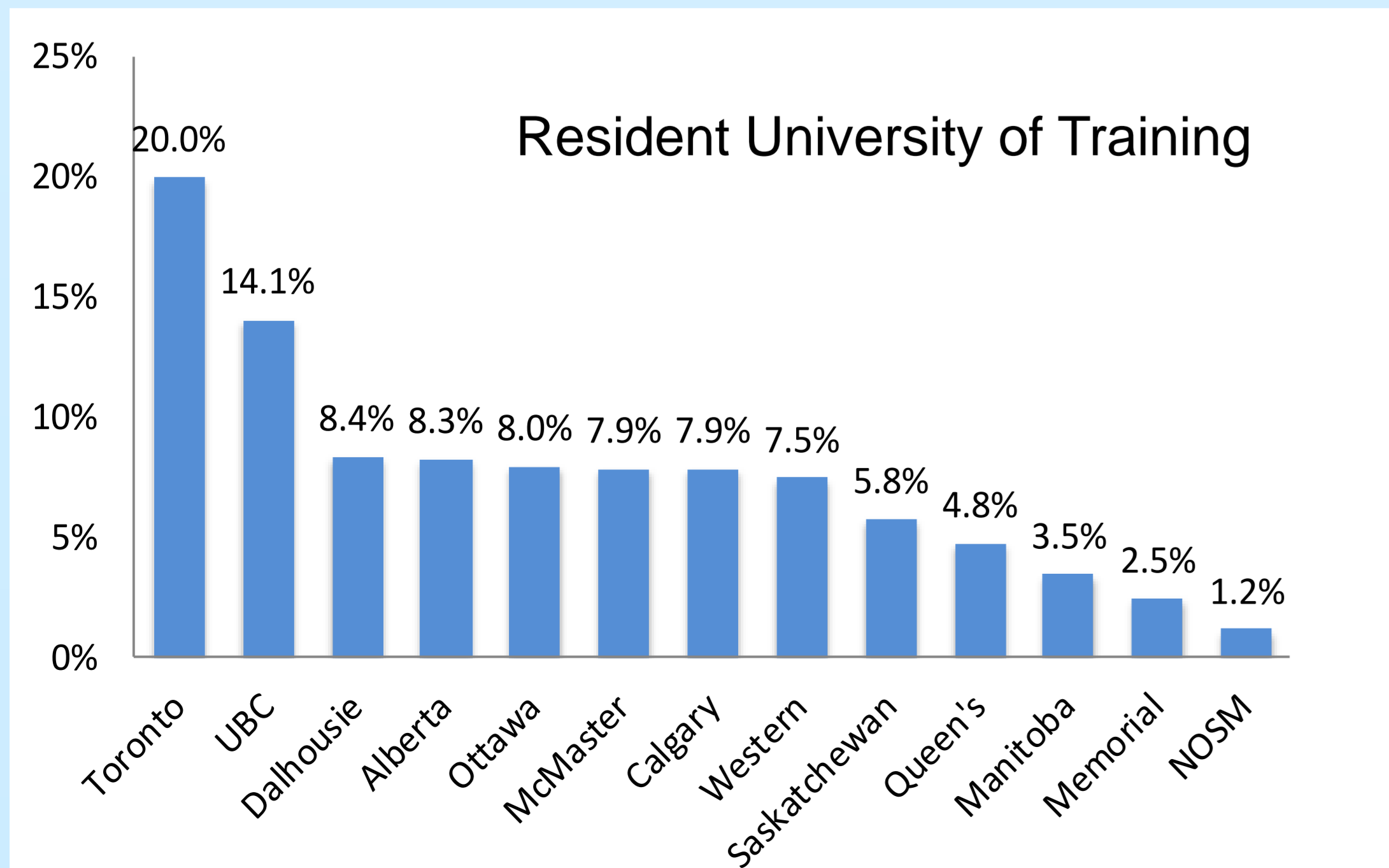
Resident duty hours is an area of increasing interest in Canada. There is little published data about Canadian resident opinions on consecutive in-house duty hour reductions, or the perceived impact of fatigue on education as well as resident and patient safety.

Methods

We surveyed all Canadian residents outside of Quebec in the spring of 2012. We asked about current and perceived optimal working hours. We also questioned the effect of fatigue on the incidence of patient care errors, resident safety while driving and the ability to stay awake during educational activities.

Demographics

Total Respondents: 2305 (29.1% response rate)	
Year of training	
PGY1	625 (27.1%)
PGY2	609 (26.4%)
PGY3	430 (18.7%)
PGY4	317 (13.8%)
PGY5	258 (11.2%)
PGY6+	66 (2.9%)
Gender	
Male: 1055 (45.8%)	Female: 1250 (54.2%)
Training background	
Canadian: 2027 (87.9%)	International: 275 (11.9%)
Specialty	
Medical	860 (37.3%)
Surgical	519 (22.5%)
Family medicine	515 (22.3%)
Other specialty	410 (17.8%)

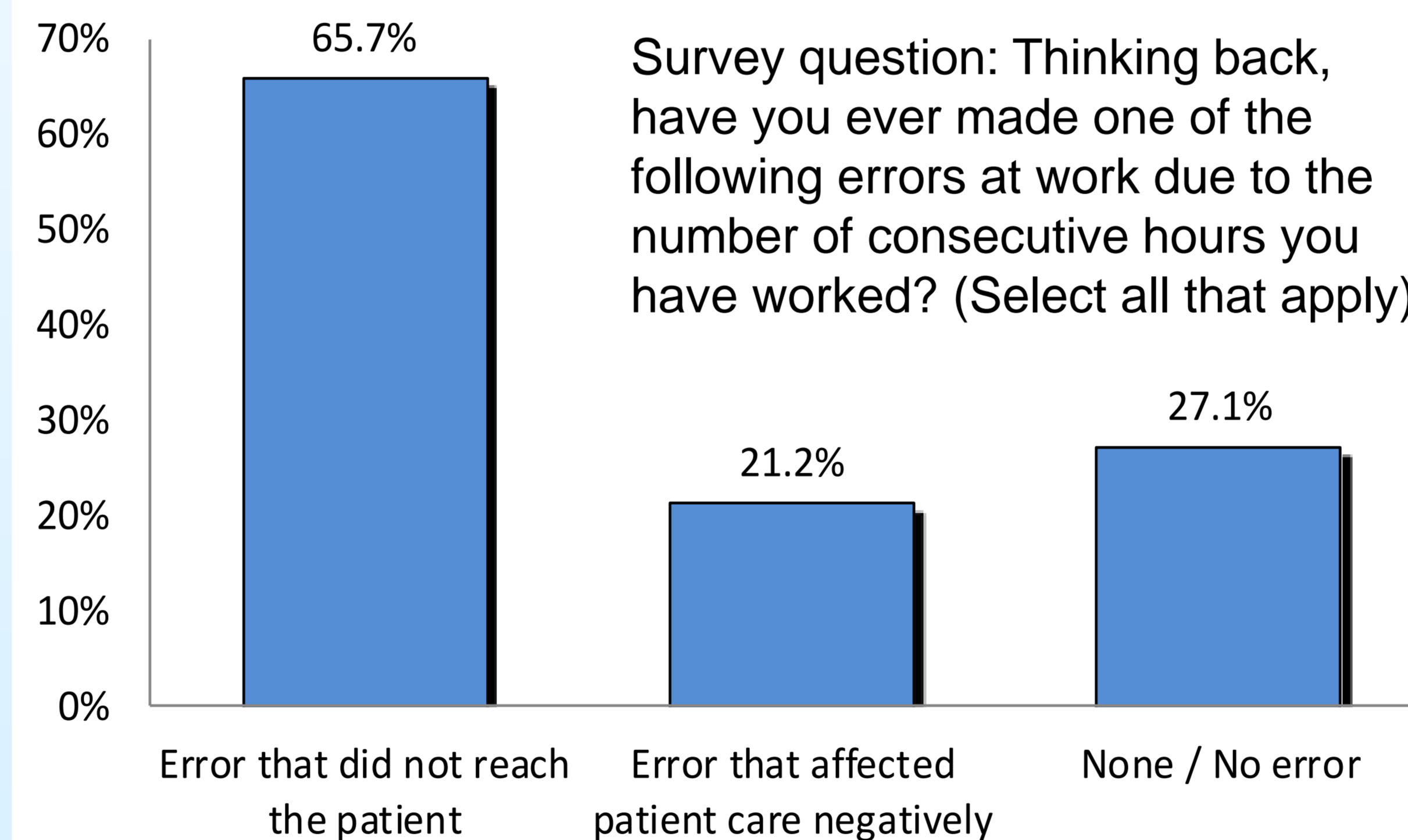
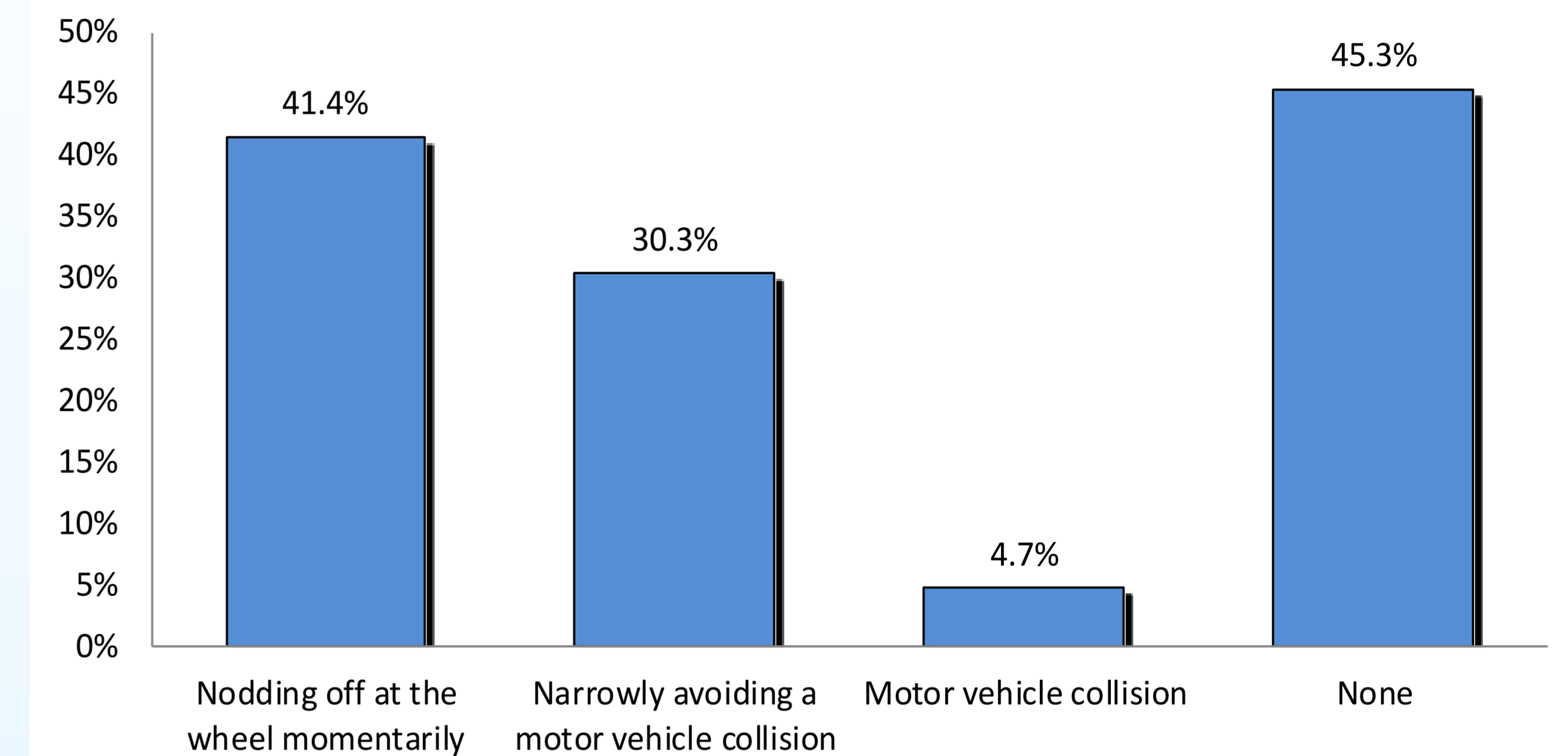


Results

Survey Questions: Thinking back to your last rotation, what was your average number of: mean (95% CI)

	Hours worked per week? mean (95% CI)	Hours of sleep per day not on call? mean (95% CI)	Hours of sleep per day while on call? mean (95% CI)
All respondents	63.7	6.8	3.1
Family Medicine	58.3 (56.9, 59.7)	7.2 (7.1, 7.3)	3.6 (3.5, 3.8)
Medical Specialty	63.7 (62.6, 64.8)	6.8 (6.7, 6.9)	2.8 (2.6, 2.9)
Other Specialty	55.3 (54.0, 56.7)	7.0 (6.9, 7.1)	3.5 (3.3, 3.7)
Surgical Specialty	75.8 (74.4, 77.3)	6.5 (6.4, 6.5)	2.9 (2.7, 3.1)

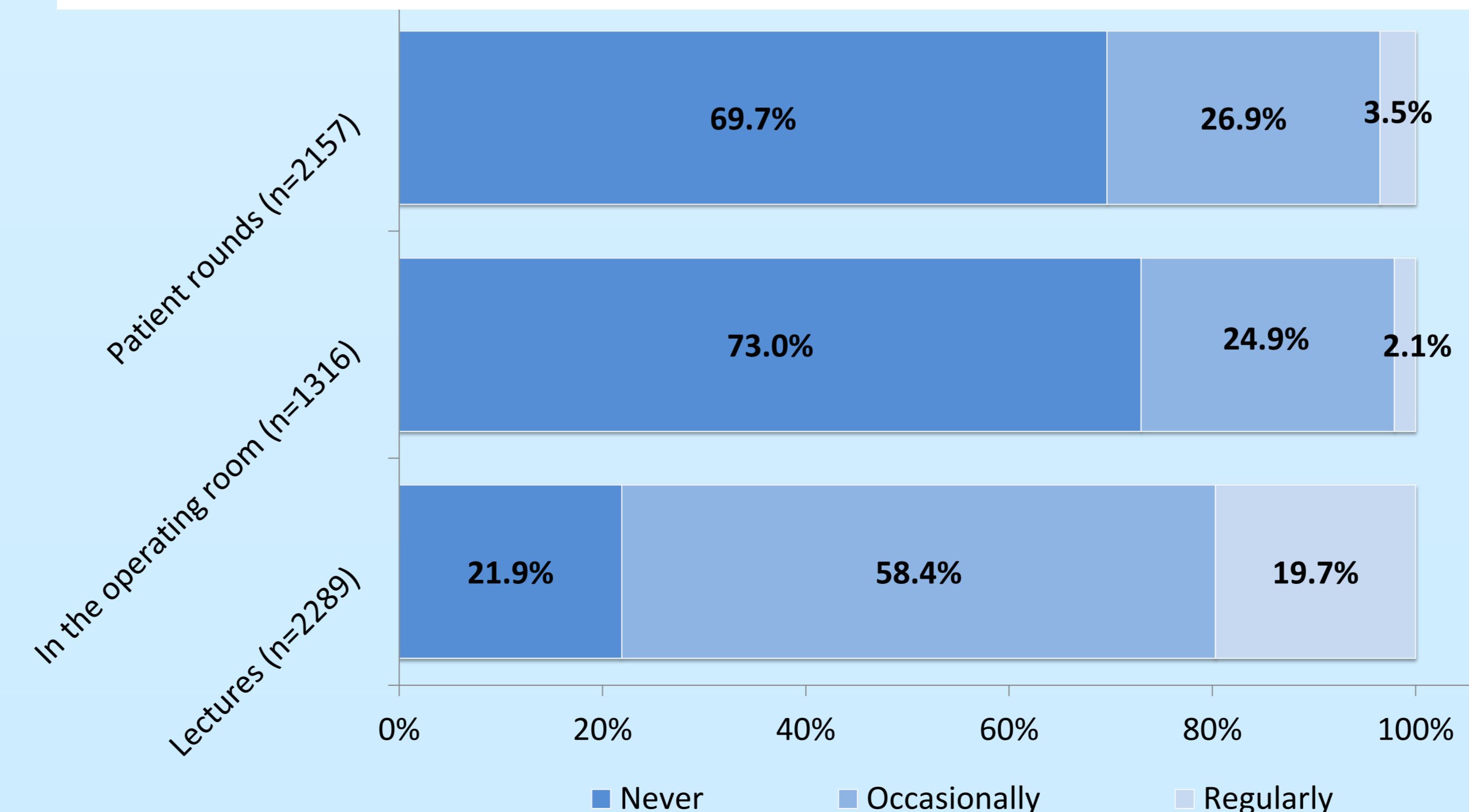
Survey Question: Have you ever experienced any of the following incidents and felt that your work-related fatigue was a factor?



Survey question: Thinking about your residency program, what, in your opinion, is the optimum number of consecutive in-house duty hours?

All respondents		Mean	16.6
		Median	16.0
Gender	Male	Mean	17.5 (17.0, 18.0)
	Female	Mean	15.9 (15.5, 16.3)
Specialty	Family Medicine	Mean	15.2 (14.6, 15.8)
	Medical Specialty	Mean	16.6 (16.2, 17.0)
	Other Specialty	Mean	14.2 (13.5, 14.8)
Background	Surgical Specialty	Mean	20.1 (19.3, 20.9)
	Canadian Medical Graduate	Mean	16.9 (16.6, 17.2)
	International Medical Graduate	Mean	14.5 (13.6, 15.4)

Survey Questions: Would you say that you nod off or fall asleep regularly, occasionally, or never during the following:



Interpretation

Canadian residents generally support a reduction in consecutive in-house duty hours. Residents identify fatigue as a risk factor for both their personal and patient safety, as well as their ability to remain awake during educational activities.