THE EFFECTS OF FATIGUE AND ANAESTHETISTS

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Anaesthetic trainees in the Welsh Deanery
Initially a Welsh Deanery project

Minimum standards?

Aimed at anaesthetic trainees CT1 to ST7
20 questions

Concentrating on
- Commute distance/time and mode of transport
- Rest facilities during a shift and afterwards
- Accidents/near misses
- Subjective effects of fatigue
- Paper version
- Internet survey

- Survey nationalised after positive response
- Emailed link/ twitter feed/ e-newsletter/ facebook/ word of mouth
157 respondents in Wales: 70% reply rate

770 and counting nationally.

Replies from 25 out of 27 schools.
COMMUTING

- Welsh School:
  - Average travel distance: 17.0 miles (17.1 miles nationally)
  - Car: 21 miles
  - 32/150 responses: >30 miles

- Use Car: 82% (71%)
- Use Motorway: 66% (40%)
TRAVEL TIME

- Welsh School
  - 15 min: 17%
  - 15-30 min: 33%
  - 30-60 min: 42%
  - >60 min: 7%

- Nationally
  - <15 min: 13.8%
  - 15-30 min: 27.3%
  - 30-60 min: 39.35%
  - >60 min: 19.5%
HAVE YOU EVER FELT TOO TIRED TO DRIVE HOME AFTER A NIGHT SHIFT?

- **YES**: 77%
- (National 84.2%)
HAVE YOU EVER HAD AN ACCIDENT, OR NEAR MISS WHEN DRIVING HOME AFTER A NIGHT SHIFT?

▶ 57.8%
DETAILS OF ACCIDENTS/NEAR MISSES

- 290/770 free text accounts
  - Near misses
  - ‘microsleeps’
  - Falling asleep at wheel
  - Woken by rumble strips
  - Woken by other cars beeping horns
  - ‘luckily no-one hurt’
  - Not remembering getting home
‘Serious accident on dual carriageway where I was woken up by hitting the car in front.’

‘Totalled my car when I was driving home after an ICU night shift….’

‘I lost control of my car on a dual carriageway. Ended upside and had to be cut out of my car’

‘Involved in major accident on motorway when driving home from 4th consecutive night shift’

‘Have had another doctor crash into me’
‘REST FACILITIES AND ON-CALL ROOMS SHOULD BE AVAILABLE FOR STAFF TO NAP IN DURING SHIFTS OR SLEEP POST ON-CALL’

- WALES

  - Are there facilities where you can rest after a night shift?
    - Yes: 36% (27%)
    - No: 29% (46%)
    - Don’t know: 36% (27%)

  - Have you used such facilities?
    - Yes: 16% (14%)
If not, why?

- I’ve never felt the need: 18% (10%)
- I prefer to get home: 73% (84%)
- The room is unsuitable: 2% (19%)

Comments:
DO YOU HAVE ACCESSIBLE AND ADEQUATE REST FACILITIES AVAILABLE TO YOU DURING A NIGHT SHIFT? (I.E BEDROOM, PRIVATE AREA WITH BEDDING/COMFORTABLE CHAIR)

- Yes: 62% (59%)
- No: 36% (40%)
- Don’t know: 3% (1%)
HOW OFTEN DO YOU SLEEP AT LEAST 30 MINUTES UNINTERRUPTED DURING A NIGHT SHIFT?

- Most shifts: 21% (19%)
- About half: 29% (25%)
- Less than half: 32% (37%)
- Never: 8% (18%)
AREAS OF LIFE AFFECTED BY FATIGUE

- Personal relationships 62% (65%)
- Physical health 68% (72%)
- Psychological well being 59% (73%)
- Ability to do your job 58% (56%)
- Ability to manage exam revision/audits etc 79% (85%)
SUMMARY

- Fatigue in anaesthesics trainees is a huge problem
- Safety of patients and trainees is highly likely to be at great risk
- In-work rest provision is inadequate in most places
- Post-work rest provision requires review
This is a trainee and education problem as well as a trust/hospital problem

- Patient safety
- Doctor safety
- Medicolegal implications: driving, clinical care
- Unique nature of on call responsibilities vs other specialties when considering cover
THE FUTURE OF THE PROJECT

- Ongoing data collection
- Formation of policy group to address issue
- Minimum rest standards
  - Sleep education tools – induction, online via standard setting organisations etc
Thank you

With thanks to the AAGBI, GAT and RCoA
Any questions?