

FACULTY DEVELOPMENT:
Sleep Deprivation in Medical Trainees

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In keeping with the ACGME New Duty Hour Requirements, effective July 2011, the Department of Pediatrics has developed educational materials to educate the faculty and residents on the effects of sleep deprivation.

Essential Facts:

- Healthy volunteers who are sleep deprived perform poorly on serial math calculations, cognitive performance, verbal processing and complex problem solving.
- Cognitive performance is low in the first 10 – 20 minutes of awakening, after 10 hours of being awake, and significantly low after 16 hours.
- A prospective randomized study comparing medical errors made by interns found that those working extended hours (>24) compared to a shortened schedule (16 hours) committed more medical errors which was statistically significant. *Landrigan CP, et al. NEJM 2004;351:1838-48.*
- Medical trainees who work extended hours (>24) are at increased risk of motor vehicle accidents. *Barger LK et al. NEJM 2005;352:125-134.*
- AMSA repeatedly petitions to OSHA to regulate the duty hours of residents. This would be a very bad idea, prompting ACGME to further restrict and monitor resident duty hours.

Faculty must recognize impairment and notify the residency program director or chief residents of any concerns. Warning signs include:

- Falling asleep at conferences / rounds
- Restless, irritable with staff, colleagues, family
- Rechecking work constantly
- Difficulty focusing on care of patient
- Feeling like they just don't care