Fatigue and sleep deprivation lead to deterioration of cognitive and psychomotor skills impacting:

- Physical health 73.6%
- Psychological wellbeing 71.2%
- Personal relationships 67.9%

Survey sample:

- 3772 anaesthetists in training
- All 28 schools of anaesthesia
- 100% of NHS trusts
- 57.5% response rate

Why trainee anaesthetists?

- Unpredictable workload
- Busy, out of hours shift patterns
- Typically longer commutes

Trainees are not getting regular periods of uninterrupted sleep at work overnight

Inadequate rest facilities:

- Hospital rest facilities disappearing
- 31.9% awareness of rest facilities
- 34.3% don’t have access to adequate overnight facilities

Too tired to think logically:

- Only 16.8% use rest facilities “I just want to get home”

There is no official minimum standard for the provision of rest facilities in hospital

Dangers of driving home tired:

- >75% travel to work by car or motorbike
- 84.2% felt too tired to drive home after night shift
- 57% experienced an accident or near miss when travelling home after night shift

2016 Junior Doctor Contract states...

- Employers must (where possible) provide appropriate rest facilities for doctors who feel unable to travel home due to tiredness
- If this is not possible, employers must make sure alternative travel arrangements are in place

The consequences of fatigue on the safety of doctors, patients and the general public can no longer be ignored.

- DETECTION: self-assessment and fatigue risk management
- EDUCATION: for individuals, teams and employers
- PREVENTION: good rota planning, appropriate staffing levels and defining the standards for adequate rest facilities

About the fatigue campaign:

Through a fatigue task group with partners including the RCoA, the AAGBI has devised the following 3-point plan to address the culture surrounding doctor fatigue in hospitals and tackle the problem of excessive fatigue, which is known to impair decision making, with consequences for both doctors and their patients.

1. Support the publication of a national survey about junior doctor fatigue (see opposite).

2. Roll out of a fatigue education programme informing doctors and their managers about fatigue and how they can reduce its risks.

3. Defining the standards for adequate rest facilities and cultural attitudes towards rest in hospitals.

A national survey of the effects of fatigue on trainees in anaesthesia in the United Kingdom

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