2011 Duty Hour Regulations: Pediatric Resident Perspectives

Sarah B. Whittle, MD
Brian C. Drolet, MD
Staci A. Fischer, MD
Adam Pallant, MD/PhD

APPD/COMSEP Meeting
April 13, 2013, Nashville, TN
Disclosures

Financial Support Provided by Rhode Island Hospital Office of Graduate Medical Education for SurveyMonkey® Licensing

No Conflicts of Interest
### SuperVision

<table>
<thead>
<tr>
<th>2003 ACGME Standards</th>
<th>2011 ACGME Standards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequate supervision</td>
<td>PGY-1 require <strong>direct supervision on site and immediately available at all times.</strong></td>
</tr>
</tbody>
</table>

### Duty Hours

<table>
<thead>
<tr>
<th></th>
<th>2003 ACGME Standards</th>
<th>2011 ACGME Standards</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Weekly Hours</strong></td>
<td>80 hours, averaged over 4 weeks</td>
<td>No change</td>
</tr>
<tr>
<td><strong>Days Off</strong></td>
<td>1 day off in 7, averaged over 4 weeks</td>
<td>No change</td>
</tr>
</tbody>
</table>
| **Duty Period Length** | 24 + 6 hours (6 additional hours for didactics, transfer of care or outpatient clinics) | - PGY-1 may not exceed **16 hour duty periods.**  
- Residents may not exceed **24 + 4 hours** (for hand offs or management of a critically ill patient) |
| **Time Off Between Shifts** | *Should* have 10-hours off between all duty periods and after in-house call | - All residents **must** have **8 hours** and **should** have **10 hours** off between duty periods.  
- **Must** have **14 hours** free after 24 hours of continuous in-house duty. |

### Call

<table>
<thead>
<tr>
<th></th>
<th>2003 ACGME Standards</th>
<th>2011 ACGME Standards</th>
</tr>
</thead>
</table>
| **In-House Call Frequency** | Maximum every 3rd night, averaged over 4 weeks | - PGY-1 **cannot take 24-hour call**.  
- Residents may not take call more frequently than every 3rd night, averaged over 4 weeks. |
| **Night Float Frequency** | None | Limited to 6 consecutive shifts of night float. |
Design and Demographics

• Anonymous electronic survey
  • 47 institutions
  • 1709 residents, 590 respondents (35%)
    • 85% female ~ 15% male
    • 32% PL-1, 33% PL-2, 35% PL-3
  • 73% from programs > 20 residents
Residents’ Perceived Impact of Regulations on:

• Patient care
• Education
• Resident Quality of Life
• Supervision
• Overall approval
Safety of Patient Care

- Better: 17%
- Unchanged: 53%
- Worse: 30%

Bar chart showing the percentage of PGY levels in Better, Unchanged, and Worse categories.
Frequency of Transitions/Handoffs Compared to Last Year

- Increased 85%
- Decreased 4%
- Unchanged 11%

Bar chart showing agreement levels among PGY levels:
- PGY-1: Agree, Neutral, Disagree
- PGY-2: Agree, Neutral, Disagree
- PGY-3: Agree, Neutral, Disagree

Bar chart indicates higher levels of agreement for PGY-3 compared to PGY-1 and PGY-2.
Quality of Resident Education

- Better: 13%
- Unchanged: 40%
- Worse: 47%

Bar chart showing the distribution of perceptions by PGY level:
Total Number of Hours Worked This Year Vs. Last Year

- More: 23%
- Less: 21%
- Unchanged: 56%

Bar chart (PGY-1, PGY-2, PGY-3):
- Less
- Unchanged
- More
Preparation For More Senior Resident Role

- Better: 7%
- Unchanged: 35%
- Worse: 58%

Chart showing percentage distribution among PGY-1, PGY-2, and PGY-3 residents for preparation for a more senior resident role.
Work Schedules Are...

- Better: 24%
- Unchanged: 21%
- Worse: 55%

[Pie chart showing the distribution: Worse 55%, Better 24%, Unchanged 21%]

[Bar chart showing the comparison by PGY level: PGY-1, PGY-2, PGY-3]
How Much Rest I Get is...

- Better: 23%
- Unchanged: 45%
- Worse: 32%
Quality of Life

Senior Residents

- Worse: 57%
- Unchanged: 34%
- Better: 9%

Interns

- Worse: 32%
- Unchanged: 15%
- Better: 53%
Quality of Life

Parsed by post-graduate year

Senior Resident Quality of Life

Intern Quality of Life

Better  Unchanged  Worse

PGY-1  PGY-2  PGY-3

BROWN
Alpert Medical School
Overall Impressions

- **Approve**: 18%
- **Neutral / Unsure**: 25%
- **Disapprove**: 57%

**Bar Chart**
- **Approve**: PGY-1, PGY-2, PGY-3
- **Neutral / Unsure**: PGY-1, PGY-2, PGY-3
- **Disapprove**: PGY-1, PGY-2, PGY-3
“I Comply With ALL Duty Hour Regulations (% compliance)
How Often do You Falsify Reports to Appear to Be in Compliance?

None
Rarely
Sometimes
Often
Always

Always
Often
Sometimes
Rarely
None

PGY-1
PGY-2
PGY-3
On Average How Many Hours do You Underreport Each Week?

- 0% of respondents report underreporting for 11-15 hours.
- 7% report underreporting for 6-10 hours.
- 32% report underreporting for 1-5 hours.
- 60% report underreporting for None.

Respondents are categorized by PGY level.
Selected Free Response
Comments—in Favor

• “Duty hours are convenient and relatively less tiring. This should be implemented in all 3 years.”

• “Glad to work 16 hours INSTEAD of 24 hour call in PGY-1”
Selected Free Response
Comments-against

• “More handoffs, less clinical experience, more work being dumped on senior residents and more and more fragile interns.”

• “Overall, resident life seems worse. Education is worse when people are coming and going at odd hours. Teams don't operate as smoothly and patient care is more piece-meal. I hope this doesn't last a full 5 years before it's fixed.”

• “The worst change ever made by ACGME. This will produce useless doctors or rather say medical clerks.”
Summary

• Only 13% of residents feel that educational outcome is improved.
• Only 17% of residents feel as though patient safety has improved.
• Interns more likely to report enhanced quality of life. Senior residents noted to have diminished quality of life.
Summary

• Fewer than half of pediatric residents “always” comply with ALL duty hour regulations
• Over 40% of residents admit to some degree of falsification of duty hours reporting
• Fewer than 20% of pediatric residents approve of the new duty hours as a whole.
Thank You!

Brian Drolet, MD

Staci Fischer, MD

Sarah Whittle, MD

Adam Pallant, MD/PhD