

## **Anaesthetic Trainee satisfaction after the implementation of the European Working Time Directive (EWTD)- a questionnaire survey.**

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### **Aim**

To take a snap shot survey of the influence of EWTD on training, academic and social life of anaesthetic trainees.

### **Methods**

A questionnaire was sent to all the anaesthetic Registrars (155) in the Yorkshire Region.

### **Results**

Out of the 80 Registrars (51.6%) that responded, the majority did not prefer the shift system (67.5%), did fewer training lists per week than recommended (83.75%), felt they spend the majority of their social hours in the hospital (67%) and were unable to rest adequately in the day during their night shifts (85%). About a third of registrars felt that they do not get enough solo exposure.

### **Discussion**

The EWTD, designed to improve the working conditions of doctors in training, is in reality threatening to damage the quality of training and disrupt social life [1]. Solo lists enhance both the organisational and management skills of an Anaesthetist and it is worrying that more than a third are not getting that experience. Only 15% of registrars slept adequately during their set of night on calls. Sleep deprivation can contribute significantly to cognitive impairment and medical errors and although the onus is on the individual to limit their fatigue, measures should be taken to educate them.

### **References**

1. Connolly c, N.M., Working pattern in anaesthesia - The current position. *The RCOA Bulletin* 12, March 2002: p. 585-7