



FATIGUE

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FATIGUE AND RESIDENT HEALTH

Fatigue also places the health and well-being of the resident at risk:

- Needle-stick accidents that increase the risk of infection by blood-borne pathogens increase by 50 percent during night shifts, compared with day duty.
- The risk of motor vehicle collisions increases postcall.
 - One study found that pediatric house officers were at higher risk than faculty to fall asleep either driving or stopped at a traffic light (49 percent of residents, compared with 13 percent of faculty).
 - Another study found that nearly 60 percent of ER residents reported a near-miss vehicle collision, 80 percent of which occurred after night work. The risk increased with the number of night shifts worked per month. The study concluded that driving home after a night shift appears to be a significant occupational risk for ER residents.

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