

Medical Resident Work Hours

Findings from a national survey of 500 likely voters



David Mermin, Zoe Grotophorst,
Pooja Patel, and Celinda Lake

Lake Research Partners
Washington, DC | Berkeley, CA | New York, NY

LakeResearch.com

202.776.9066

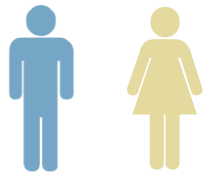


Methodology of Survey

- Lake Research Partners designed and administered this survey that was conducted by telephone using professional interviewers. The survey reached a total of 500 likely voters nationwide. The survey was conducted July 20-24, 2016. The margin of error for this poll is +/-4.4%.
- In interpreting survey results, all sample surveys are subject to possible sampling error – that is, the results of a survey may differ from those that would be obtained if the entire population were interviewed. The size of the sampling error depends upon both the total number of respondents in the survey and the percentage distribution of responses to a particular question. For example, if a response to a given question which all respondents answered was 50%, we could be 95% confident that the true percentage would fall within plus or minus 4.4% of this percentage, or between 45.6% and 54.4%. Of course, the sampling error is greater for subgroups.

Demographics of Respondents

GENDER



48% **52%**

RACE

White	70%
Black	12%
Latino	11%
Asian	3%
Other	4%

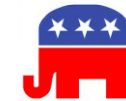
AGE

Under 30	—	15%
30-39	—	14%
40-49	—	16%
50-64	—	29%
65+	—	25%

PARTY IDENTIFICATION



35%
Democrat



31%
Republican



35%
Independent

REGION

New England — 5%	West North Central — 8%	West South Central — 10%
Middle Atlantic — 13%	South Atlantic — 21%	Mountain — 7%
East North Central — 16%	East South Central — 6%	Pacific — 15%

Summary of Findings – Support for Shift Limits

- **Respondents overwhelmingly oppose the ACGME proposal to eliminate the 16-hour shift limit for first-year residents.**
- **Respondents also support decreasing the shift limit for second year residents and above, from 28 hours to a maximum of 16 hours.**
- **Many respondents do not know how long medical residents work.** People have different ideas about how long shifts are, but a plurality (31%) believes the typical shift is about 12 hours long.
- **A large majority of respondents (78%) believe that medical residents' work shifts should last no more than 12 hours.** Only 4% believe the maximum length of resident work shifts should be more than 20 hours.

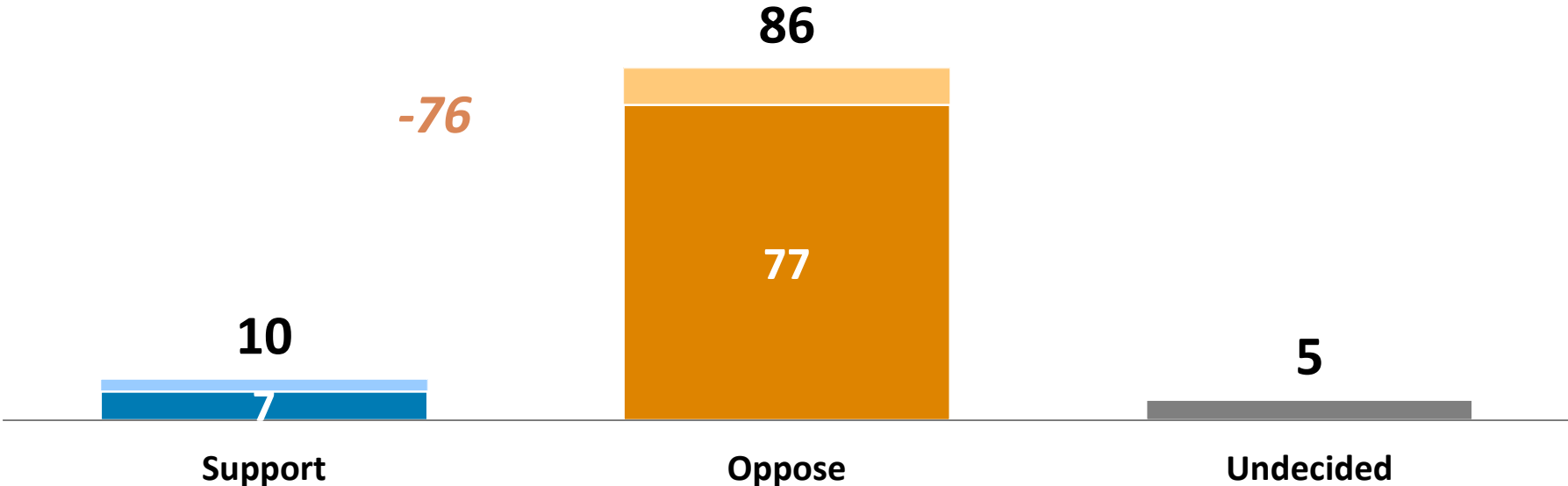
Summary of Findings – Effects of Long Hours

- **When it comes to their personal care, respondents want to know when doctors have been working for long hours without sleep.**
 - 77% of respondents say hospital patients should be informed if a medical resident treating them has been working more than 16 hours without sleep.
 - Though they want to be informed, 86% of respondents say knowing their doctor had been working for more than 16 hours would make them **anxious**. 84% would **want to be treated by a different doctor**.
 - **84% of respondents would want to be told if they were admitted to an experimental-arm hospital** in the FIRST or iCOMPARE clinical trials where first-year residents are allowed to work shifts of 28 hours or longer.

The vast majority of respondents oppose a proposal to eliminate the ACGME’s 16-hour shift limit for first-year residents.

Proposal – Eliminate the ACGME’s 16-hour Shift Limit for First-Year Residents:
Initial Ballot

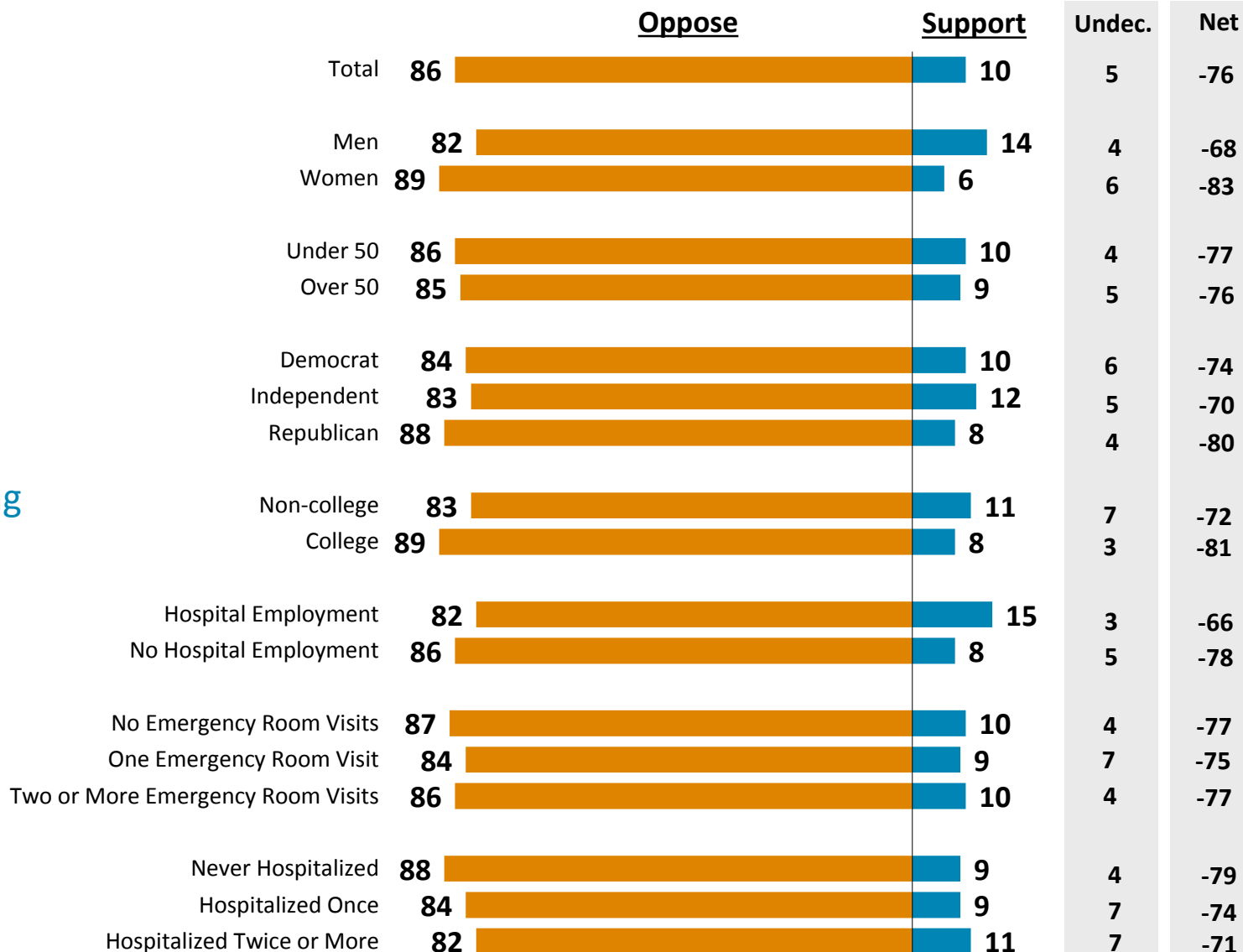
Currently, a private organization called the ACGME — the Accreditation Council for Graduate Medical Education — is responsible for setting limits on the number of hours worked by medical residents. In 2011, the ACGME capped shifts for first-year residents, physicians who just graduated from medical school, at a maximum of 16 hours in a row. Before 2011, first-year residents were allowed to work shifts of 28 hours in a row without sleep. The ACGME now is considering a proposal to eliminate the 16-hour shift limit for first-year residents, allowing them to work shifts of up to 28 hours in a row without sleep. Do you support the proposal to increase the shift limit for first-year residents from 16 to 28 hours in a row without sleep?



Q4: Currently, a private organization called the A-C-G-M-E — the Accreditation Council for Graduate Medical Education — is responsible for setting limits on the number of hours worked by medical residents. In 2011, the A-C-G-M-E capped shifts for first-year residents, physicians who just graduated from medical school, at a maximum of 16 hours in a row. Before 2011, first-year residents were allowed to work shifts of 28 hours in a row without sleep. The A-C-G-M-E now is considering a proposal to eliminate the 16-hour shift limit for first-year residents, allowing them to work shifts of up to 28 hours in a row without sleep. Do you support the proposal to increase the shift limit for first-year residents from 16 to 28 hours in a row without sleep? [IF YES/NO ASK: Is that strongly or not so strongly YES/NO?]

Proposal – Eliminate the ACGME’s 16-hour Shift Limit for First-Year Residents: Initial Ballot

All groups of respondents overwhelmingly oppose eliminating the 16-hour shift limit for first-year residents.



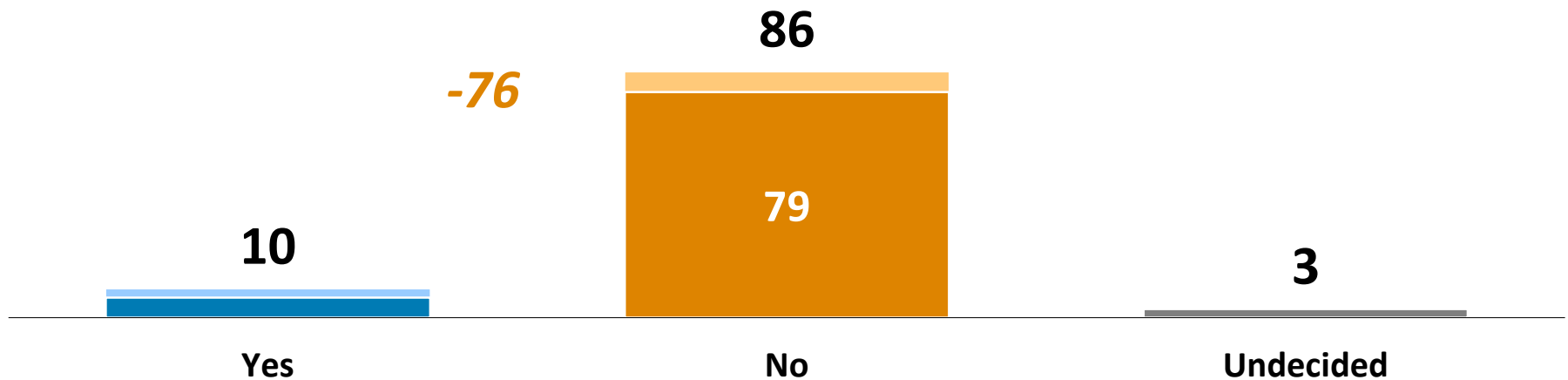
Q4: Currently, a private organization called the A-C-G-M-E — the Accreditation Council for Graduate Medical Education — is responsible for setting limits on the number of hours worked by medical residents. In 2011, the A-C-G-M-E capped shifts for first-year residents, physicians who just graduated from medical school, at a maximum of 16 hours in a row. Before 2011, first-year residents were allowed to work shifts of 28 hours in a row without sleep. The A-C-G-M-E now is considering a proposal to eliminate the 16-hour shift limit for first-year residents, allowing them to work shifts of up to 28 hours in a row without sleep. Do you support the proposal to increase the shift limit for first-year residents from 16 to 28 hours in a row without sleep? [IF YES/NO ASK: Is that strongly or not so strongly YES/NO?]

After hearing arguments on both sides of the issue, respondents remain strongly opposed to a proposal to increase the first-year resident shift limit from 16 to 28 hours.

Proposal – Eliminate the ACGME’s 16-hour Shift Limit for First-Year Residents: Informed Ballot

Many in the medical community oppose the 16-hour cap. They point out that shorter shifts lead to more transitions in care between doctors, which also could contribute to medical errors. Opponents of the shorter shifts also argue that they interfere with the training and education of residents.

The 16-hour cap was imposed for several reasons, including evidence that residents working shifts of 24 or more hours make more medical errors when treating patients than residents working 16 hours or less. Residents working longer hours are also more likely to accidentally injure themselves when treating patients, have car accidents, and become depressed.

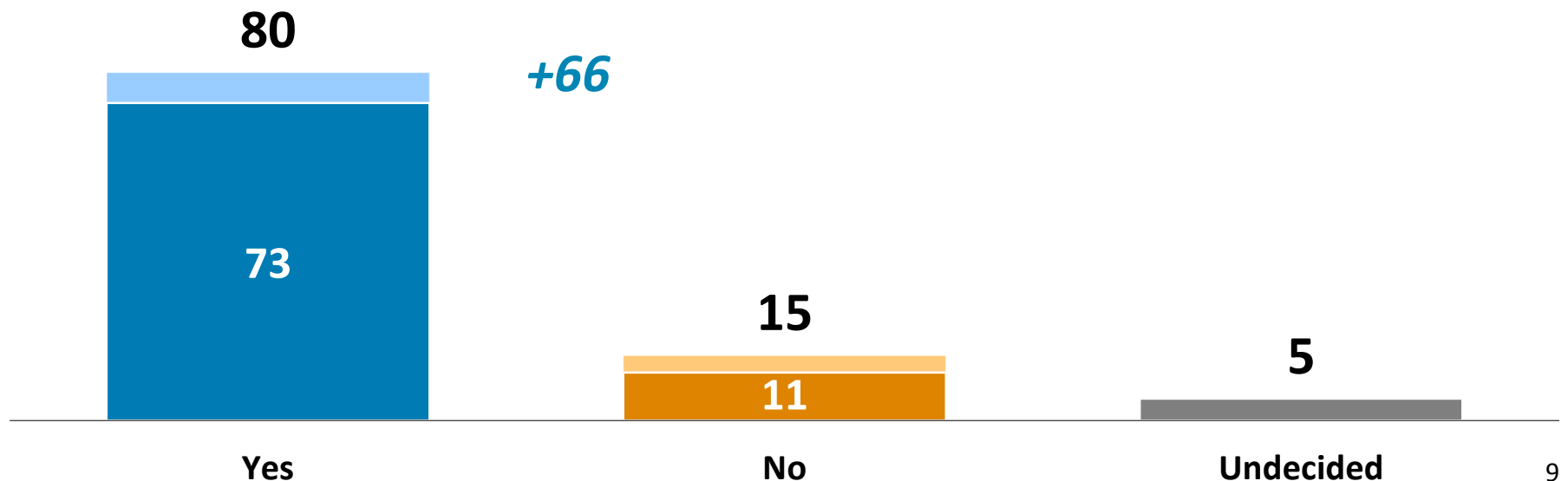


Q5: Now I would like to give you some additional information about this proposal. [ROTATE STATEMENTS] The 16-hour cap was imposed for several reasons, including evidence that residents working shifts of 24 or more hours make more medical errors when treating patients than residents working 16 hours or less. Residents working longer hours are also more likely to accidentally injure themselves when treating patients, have car accidents, and become depressed. Many in the medical community oppose the 16-hour cap. They point out that shorter shifts lead to more transitions in care between doctors, which also could contribute to medical errors. Opponents of the shorter shifts also argue that they interfere with the training and education of residents. Do you support the proposal to increase the shift limit for first-year residents from 16 to 28 hours in a row without sleep? [IF YES/NO ASK: Is that strongly or not so strongly YES/NO?]

With almost equally intense support, respondents want to reduce the ACGME shift limit for medical residents in their second year and above from 28 hours to 16 hours.

Proposal – Decrease Shift Limit from 28 to 16 Hours for Second-Year Residents and Above

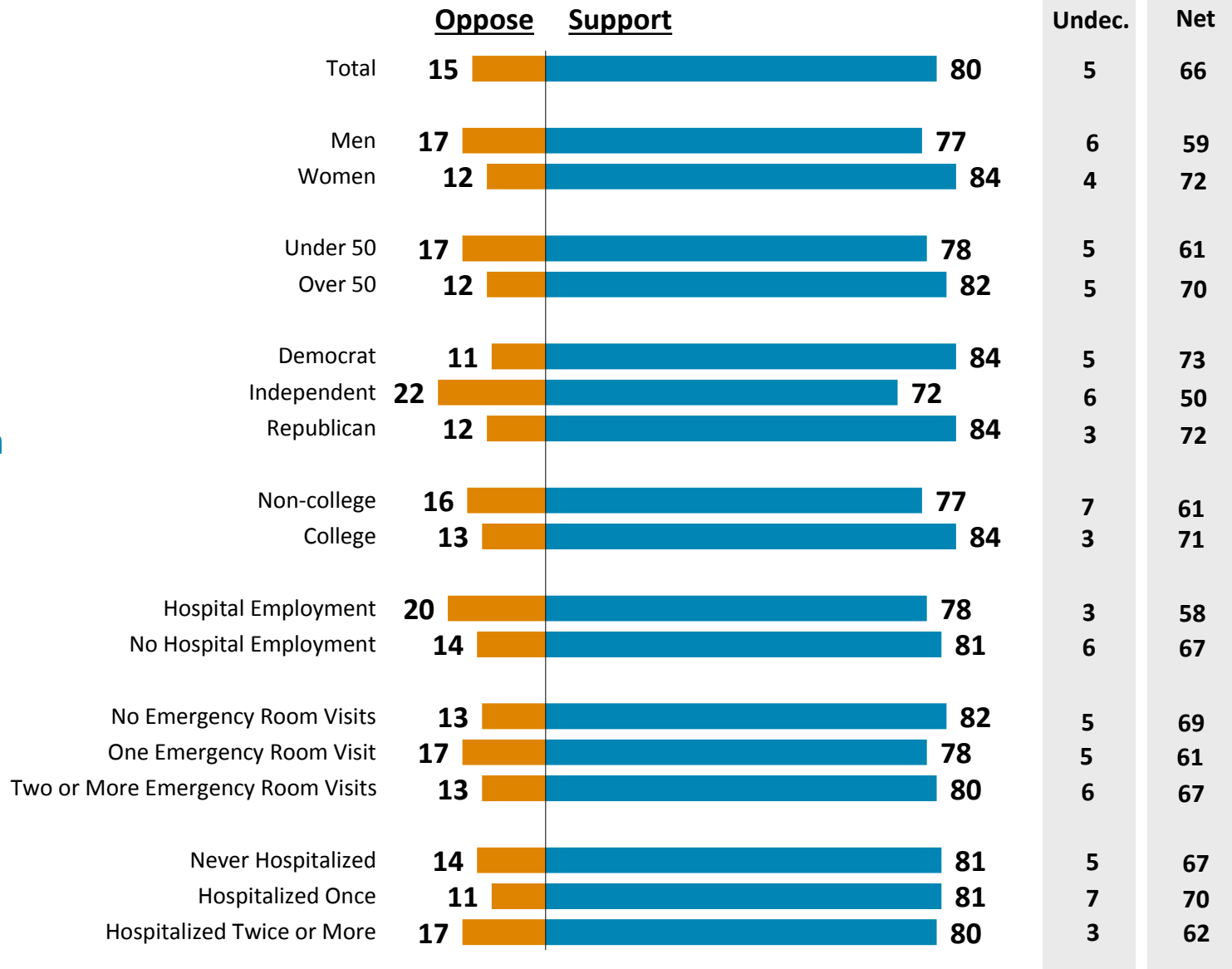
The ACGME currently caps shifts for medical residents in their **second year and above** at a maximum of 28 hours without sleep. Some have proposed reducing this cap from 28 hours to a maximum of 16 hours in a row. Do you support the proposal to decrease the shift limit for 2nd year and above residents from 28 hours to a maximum of 16 hours in a row?



Q6: The A-C-G-M-E currently caps shifts for medical residents in their **second year and above** at a maximum of 28 hours without sleep. Some have proposed reducing this cap from 28 hours to a maximum of 16 hours in a row. Do you support the proposal to decrease the shift limit for 2nd year and above residents from 28 hours to a maximum of 16 hours in a row? [IF YES/NO ASK: Is that strongly or not so strongly YES/NO?]

Proposal – Decrease Shift Limit from 28 to 16 Hours for Second-Year Residents and Above

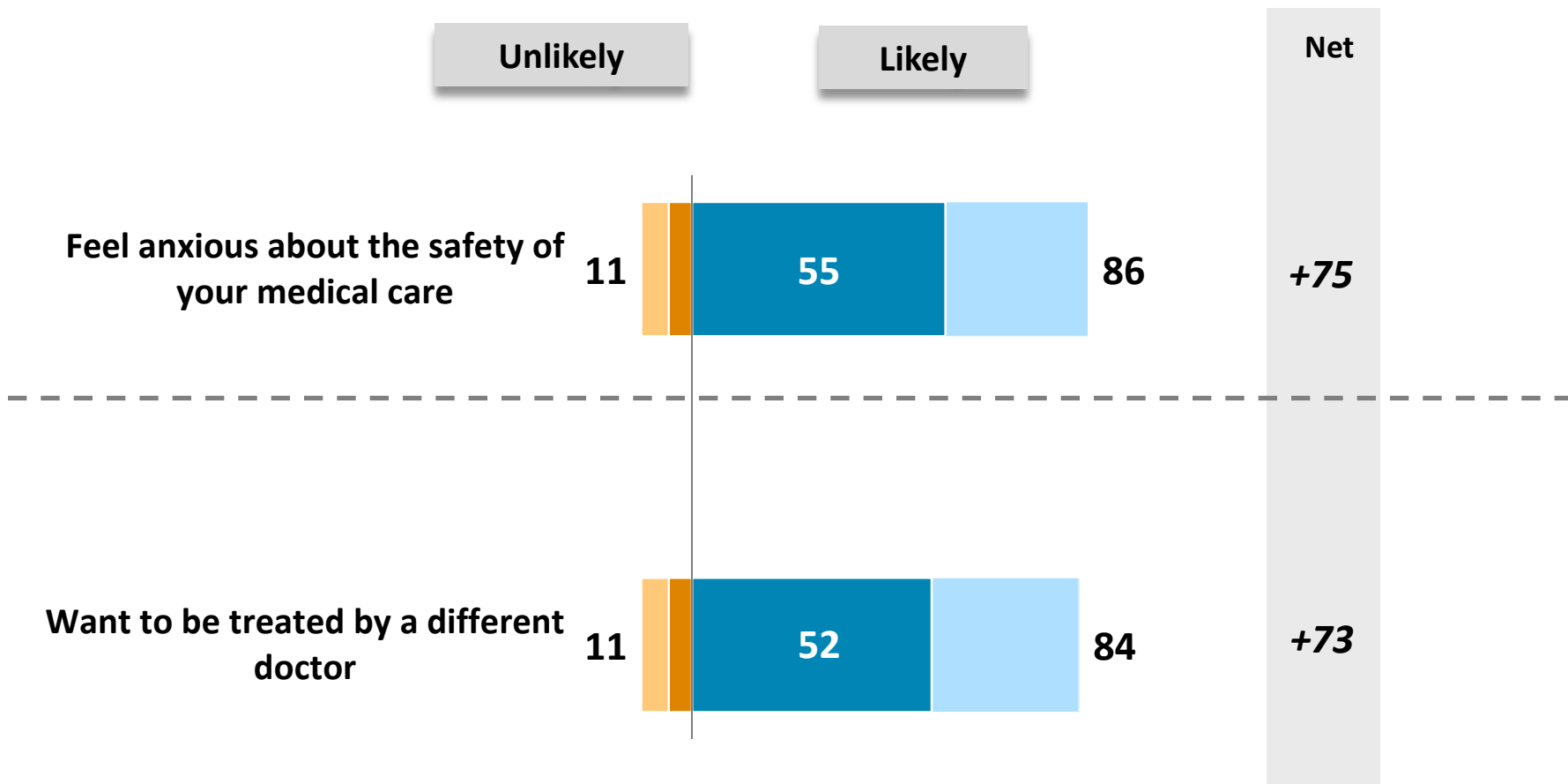
Democrats and Republicans are equally likely to support reducing the shift limit from 28 to 16 hours for second-year residents and above, while 72% of independents agree.



Q6: The A-C-G-M-E currently caps shifts for medical residents in their **second year and above** at a maximum of 28 hours without sleep. Some have proposed reducing this cap from 28 hours to a maximum of 16 hours in a row. Do you support the proposal to decrease the shift limit for 2nd year and above residents from 28 hours to a maximum of 16 hours in a row? [IF YES/NO ASK: Is that strongly or not so strongly YES/NO?]

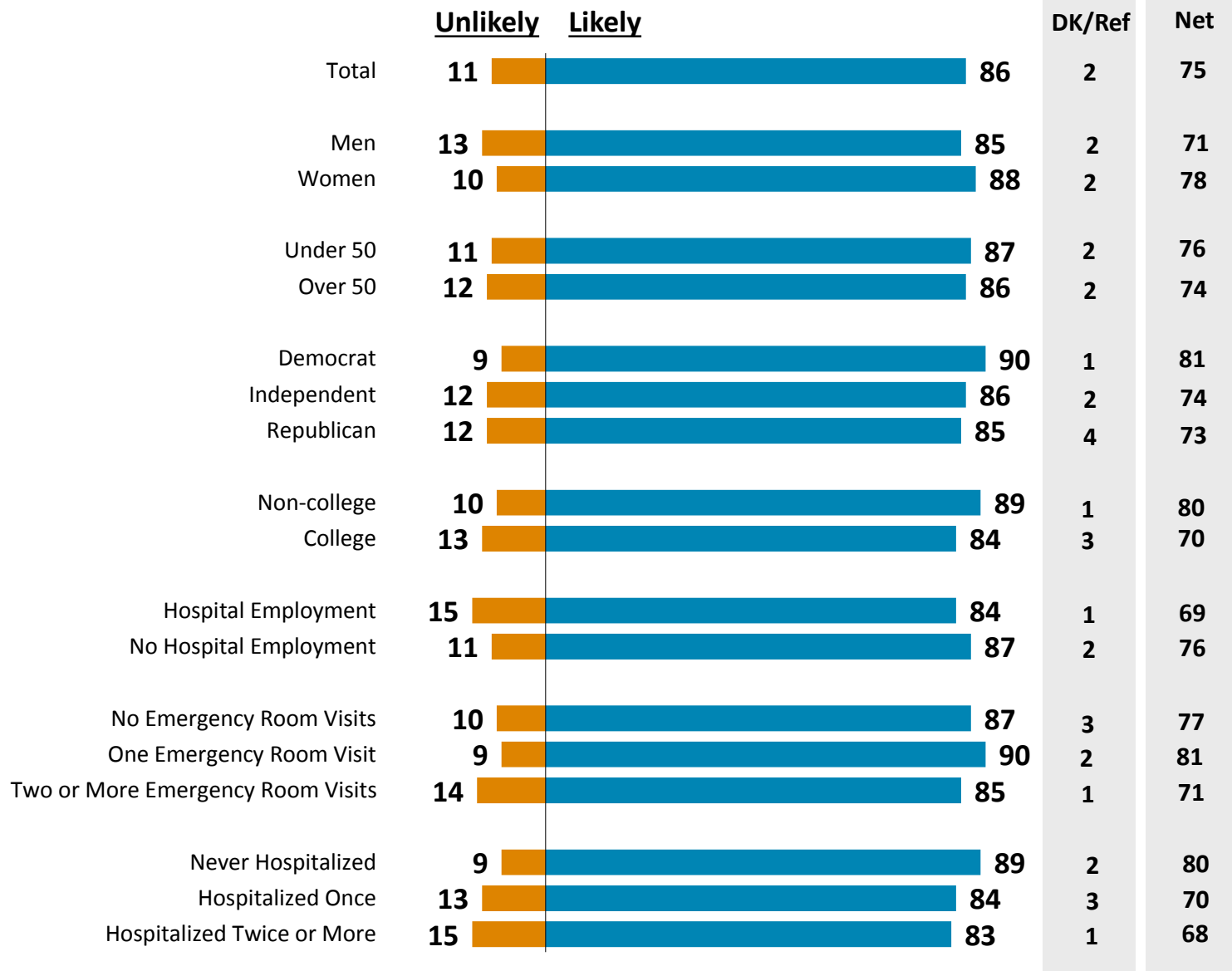
Knowing that their doctor has been on duty for more than 16 hours without sleeping makes respondents anxious and want to be seen by a different doctor.

Reaction to Knowing Doctor Had Been on Duty for More than 16 Hours



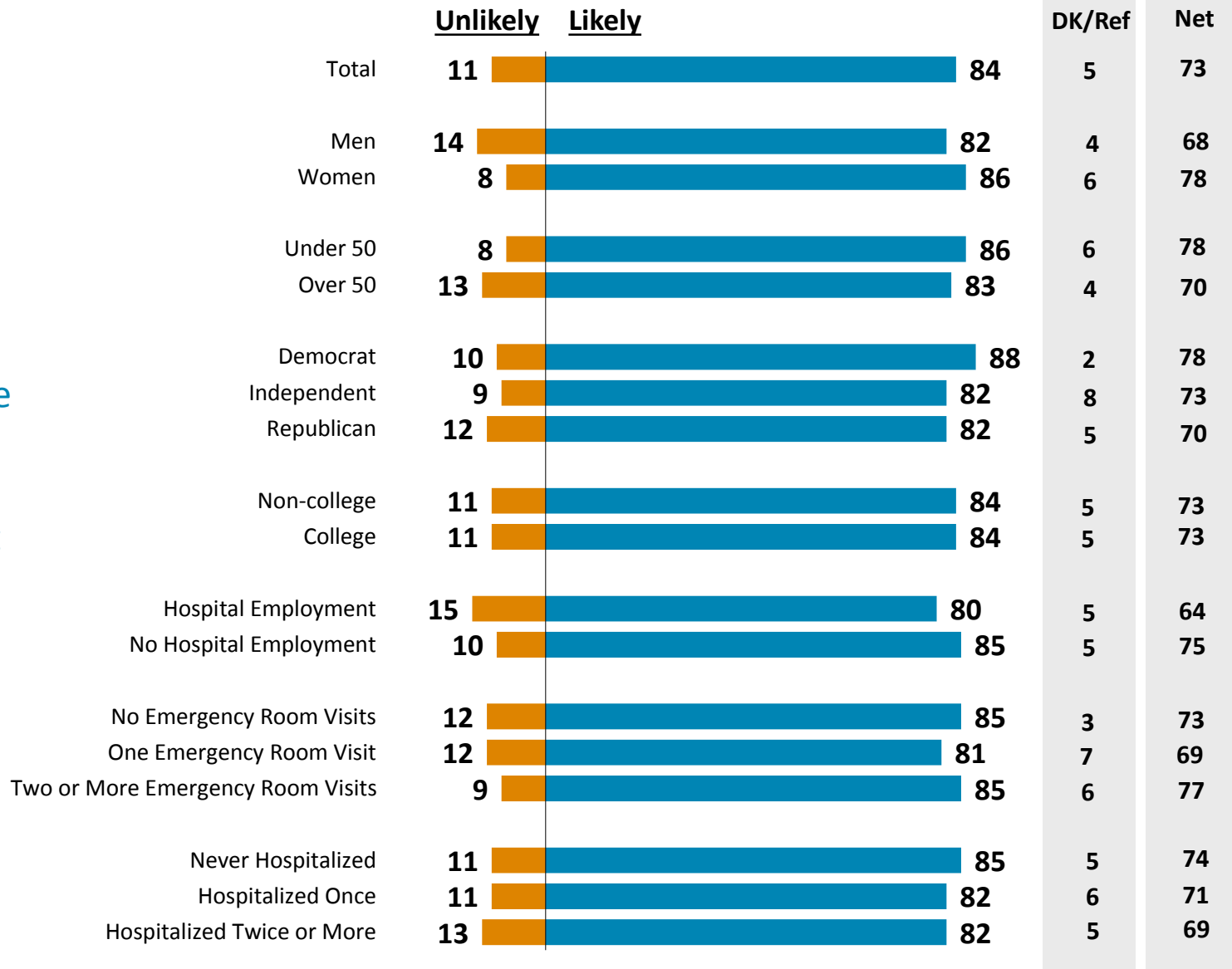
Feel Anxious About the Safety of Your Medical Care

Strong majorities of all demographics are likely to feel anxious upon learning that their doctor has been working for more than 16 hours without sleeping.



Want to Be Treated by a Different Doctor

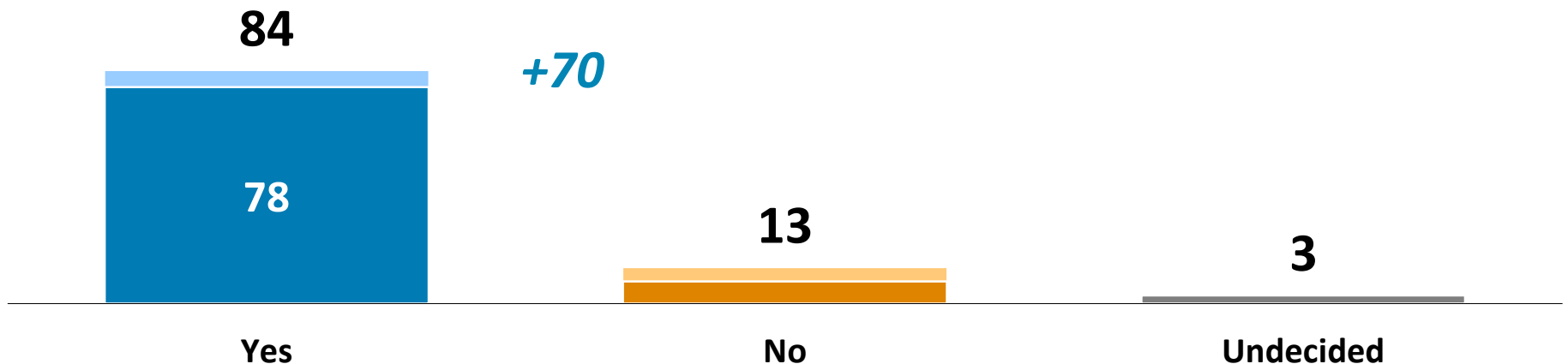
Strong majorities of all demographics are likely to want to be treated by a different doctor upon learning that theirs has been working for more than 16 hours without sleeping.



Respondents strongly desire to be informed if admitted to an experimental hospital that allows first-year residents to work for 28 or more hours in a row without sleeping.

Desire to Be Informed If Admitted to an Experimental Hospital That Allows First-Year Residents to Work 28+ Hours

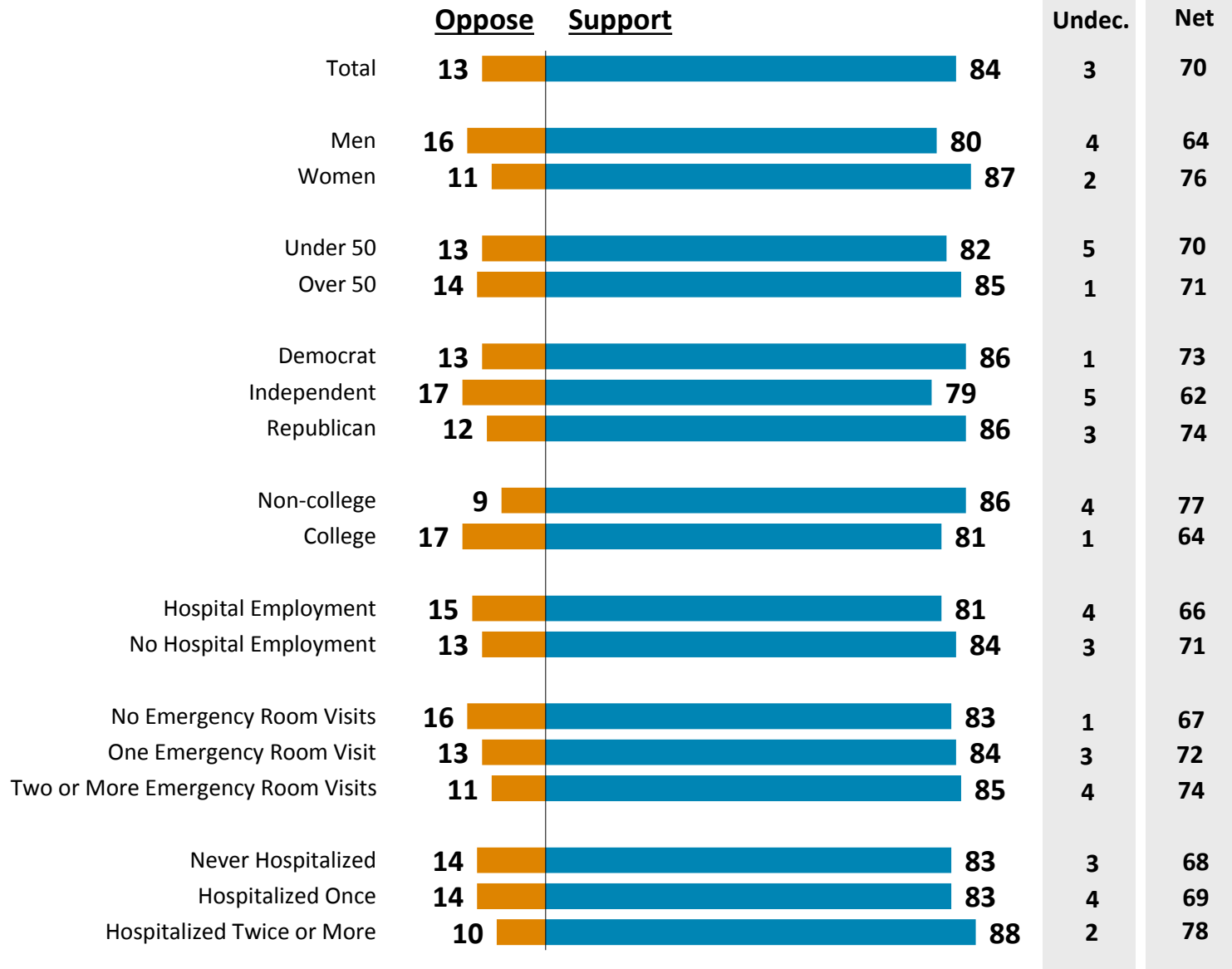
Researchers are conducting an experiment at more than 100 hospitals in the U.S. The hospitals were randomly divided into two groups: In one group, first-year residents are working shifts lasting no more than 16 hours in a row, as currently required by the ACGME. In the other group, first-year residents are allowed to work shifts lasting 28 or more hours in a row without sleep. The researchers want to find out whether patients treated at the hospitals where first-year residents are allowed to work for 28 or more hours in a row are more likely to die or have serious complications compared with patients treated at hospitals where first-year residents work no more than 16 hours in row. **If you were admitted to one of the hospitals participating in this experiment, would you want to be informed if that hospital was assigned to the group where first-year residents are allowed to work shifts lasting 28 or more hours in a row without sleep?**



Q9: Researchers are conducting an experiment at more than 100 hospitals in the U.S. The hospitals were randomly divided into two groups: In one group, first-year residents are working shifts lasting no more than 16 hours in a row, as currently required by the ACGME. In the other group, first-year residents are allowed to work shifts lasting 28 or more hours in a row without sleep. The researchers want to find out whether patients treated at the hospitals where first-year residents are allowed to work for 28 or more hours in a row are more likely to die or have serious complications compared with patients treated at hospitals where first-year residents work no more than 16 hours in row. If you were admitted to one of the hospitals participating in this experiment, would you want to be informed if that hospital was assigned to the group where first-year residents are allowed to work shifts lasting 28 or more hours in a row without sleep?

Desire to Be Informed If Admitted to an Experimental Hospital That Allows First-Year Residents to Work 28+ Hours

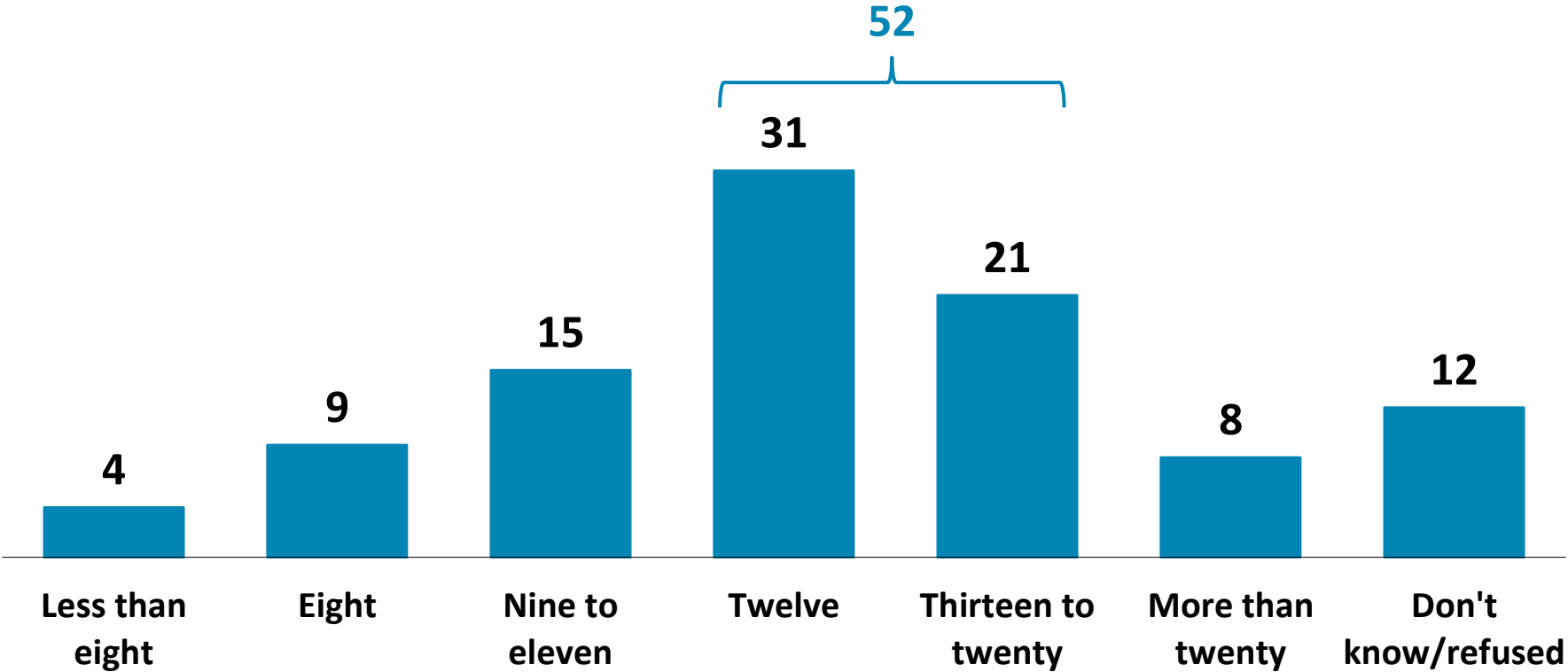
Strong majorities of all demographics want to be informed if admitted to an experimental hospital that allows first-year residents to work 28 or more hours in a row without sleeping. Independents are slightly less supportive than respondents overall.



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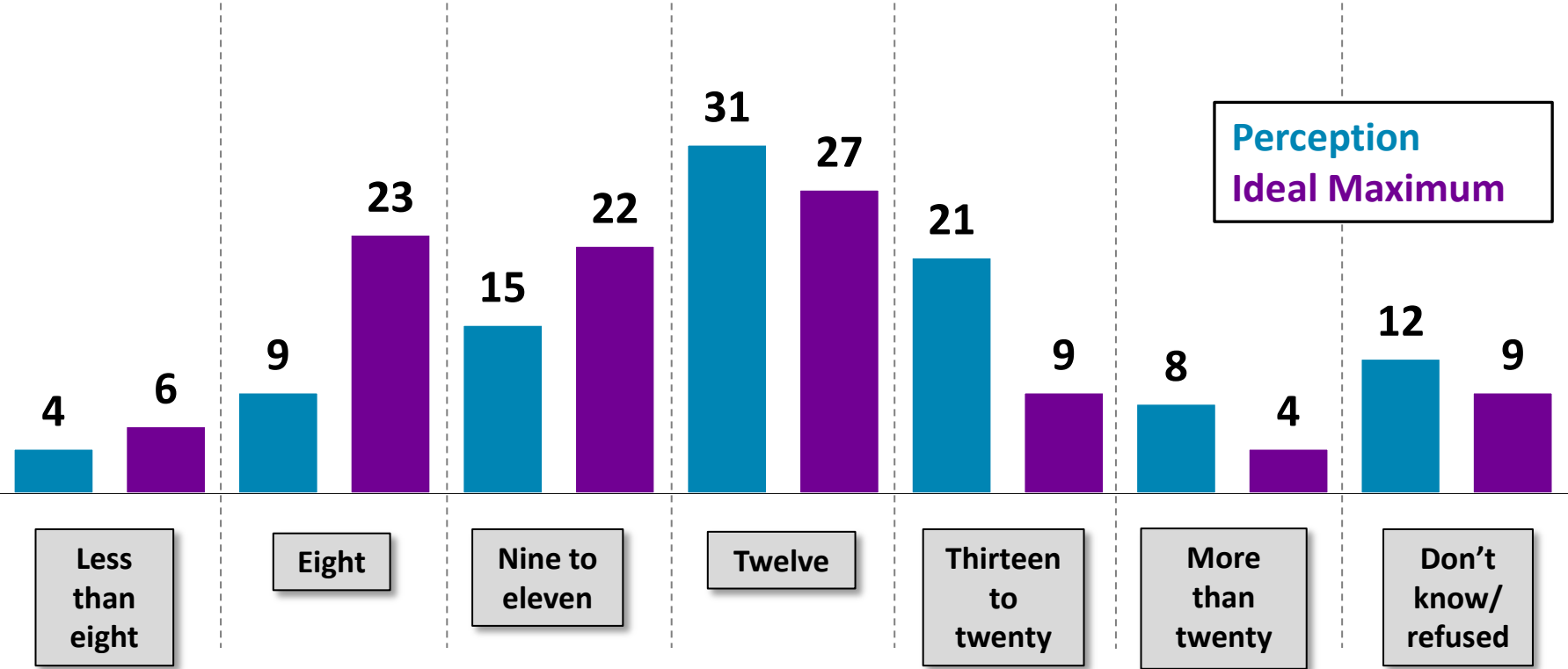
A majority of respondents believe that medical residents work twelve to twenty hour shifts.

Perception of Typical Medical Resident Shift Length (in hours)



While most respondents think medical residents are working 12 to 20 hour shifts, a large majority think shifts should be a maximum of 12 hours or less.

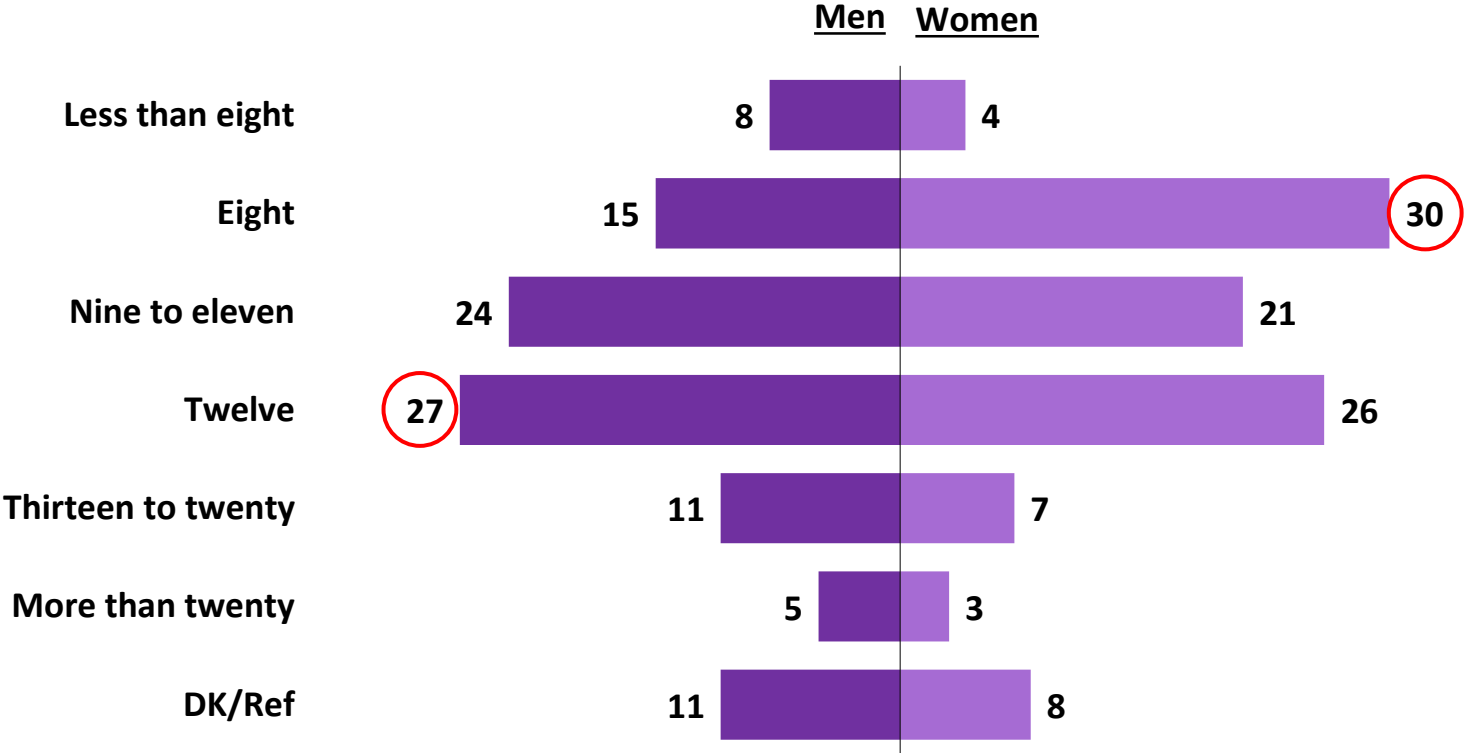
Perception of Typical Medical Resident Shift Length vs. Ideal Maximum Shift Length



Q2: On average, if you had to guess, how many hours in a row do you think medical residents actually work on a typical shift?
Q3: And what do you think should be the maximum number of hours in a row medical residents should work on any given shift?

Women want shorter shifts than men. A plurality of women believe that the ideal maximum shift length is eight hours, while a plurality of men believe the ideal maximum length is twelve hours.

Ideal Maximum Shift Length



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LAKE
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Strategy · Precision · Impact



David Mermin

dmermin@lakeresearch.com

Zoe Grotophorst

zgrotophorst@lakeresearch.com

Pooja Patel

ppatel@lakeresearch.com

Celinda Lake

clake@lakeresearch.com