

# How to #FightFatigue Hospital Wide

## The Campaign

A 2017 survey of anaesthetic trainees in the UK found that the majority of trainees felt physical effects of fatigue and over half had an accident or near miss when driving home from work after nightshift. Subsequently the successful #FightFatigue campaign by the Association of Anaesthetists which raised awareness of the dangers of fatigue and how to identify and manage fatigue. It also tasked hospitals to provide adequate rest facilities for staff.

Recognising that fatigue is not the sole realm of anaesthesia we attempted to expand the campaign to other specialities in University Hospital Monklands starting in 2018.

## Process

An initial survey to all medical staff was sent. Results were broadly comparable to the initial Association survey.

On call rooms were then made available to all. Posters were placed in handover locations to encourage usage as well as post nightshift checklists. Email reminders and a presentation at hospital grand rounds were also used to raise awareness.

To ensure security and cleanliness the on call rooms had to be booked before use. While this is a barrier to use, this did allow us to track usage.

## References

McClelland, L., Holland, J., Lomas, J.- P., Redfern, N. and Plunkett, E. (2017), A national survey of the effects of fatigue on trainees in anaesthesia in the UK. *Anaesthesia*, 72: 1069-1077

<https://www.lancsteachinghospitals.nhs.uk/latest-news/latest-news-27112020-state-of-the-art-sleep-pods-a-reality-for-nhs-staff-at-lancashire-teaching-hospitals-4966/>

Survey of all medical staff in Monklands

### ON SHIFT REST FACILITIES

The on-shift rest facilities available are:

Location, keys, details of access codes:

Upkeep of the facilities is the responsibility of:

### POST SHIFT REST FACILITIES

The post-shift rest facilities available are:




Instructions for access, time limits for use:

Upkeep of the facilities is the responsibility of:

**Please appraise both your own fatigue levels and those of your colleagues on a regular basis.**

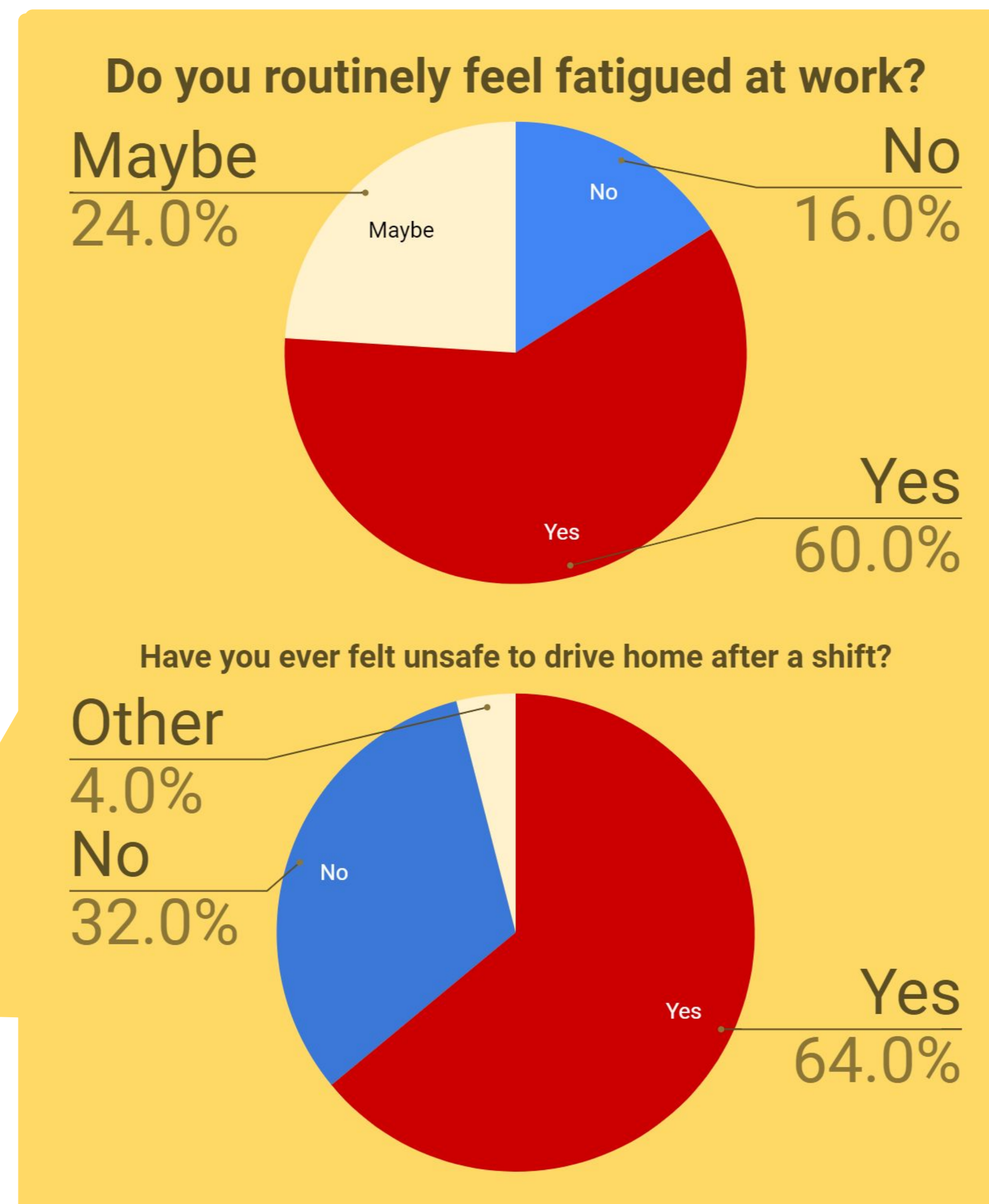
If you are in any doubt as to your ability to drive home, please do NOT take the risk with your life and that of others. Remember that driving when fatigued has similar physiological legal consequences to driving when drunk.

The Trust's recommended taxi number is: \_\_\_\_\_

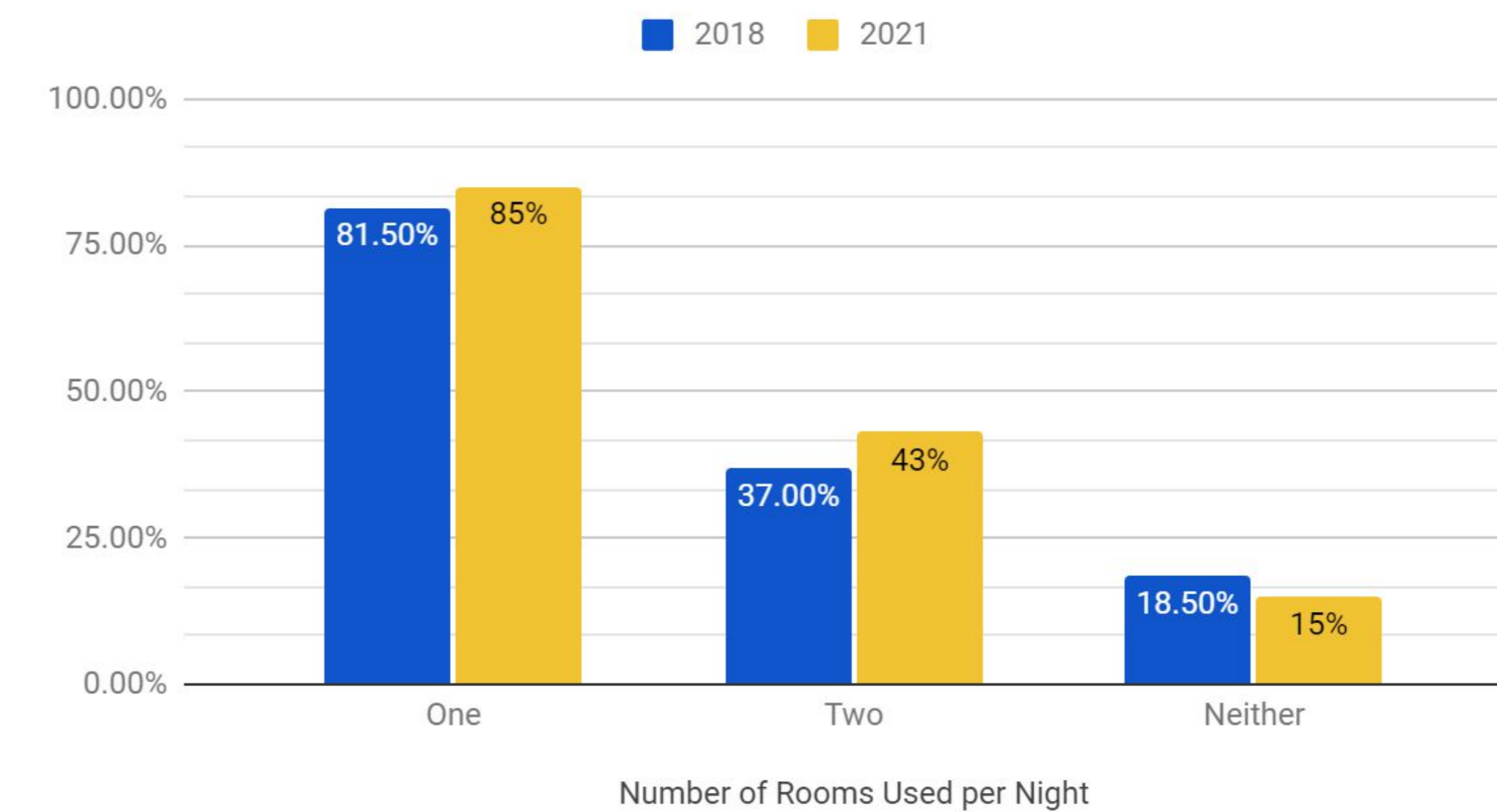
[www.anaesthetists.org/fatigue](http://www.anaesthetists.org/fatigue)

## Survey Results



## Rest Facilities Usage Audit

On Call Room Utilisation



## Discussion

The survey confirmed that all medical staff experience fatigue with shift working and after a successful awareness campaign, use of the new on call facilities was high. This represents a previously unmet need for rest facilities.

Repeat audit of the data in 2021 confirmed that these are invaluable resources that are seeing continued use.

Going forward, ensuring the safety and wellbeing of staff by promoting use of rest facilities during and after shifts is essential. Improving the booking period and extending availability of facilities are top priorities.

Sleep pods may represent the most space efficient method to increase access to staff and have been installed in some English hospitals.