

TITLE: Effect of Duty Hour Restrictions on Resident Burnout: A Systematic Review.

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POSTER ABSTRACT

PURPOSE:

Burnout is a multi-dimensional syndrome of a subjective experience usually described in the context of workplace stress and is known to double the risk of developing a formal mood disorder. It's prevalence among medical residents is as high as 76% and it has been associated with mood disorders, absenteeism, low job satisfaction, and medical errors. The Maslach Burnout Inventory is a 22-item survey that has been validated in physicians and is the most widely used instrument to assess the presence of burnout. The purpose of this literature review was to assess the effect on resident burnout before and after the 2003 restriction of an 80-hour work week.

METHODS:

OVID Medline, PsychINFO, and gray literature searches were performed for the medical subject headings (MeSH) terms internships, intern, medical graduate, clinical clerkship, duty hour, and residents in combination with burnout, professional burnout, and suicide. A three-phase process for identifying papers was used, including two independent investigators with authority to include papers in the review. The inclusion criteria were studies that used the MBI before and after the implementation of the 2003 duty hour restrictions by the Accreditation Council for Graduate Medical Education (ACGME).

RESULTS:

Six studies were included in our review process, which met our inclusion criteria. All programs were in the continental United States and represented data from seven institutions. All used the MBI, but one of the studies additionally used the Primary Care Evaluation of Mental Disorders tool to assess for the presence of other mental disorders. Three studies demonstrated a significant decrease in the Emotional Exhaustion (EE) subdomain of the MBI, with an additional study showing a statistically insignificant decrease in EE. One study found a non-linear association between the amount of 24+ hour call shifts and the amount of burnout. In another study there was increased career happiness reported after the 2003 duty hour restrictions were implemented. One study showed no difference in burnout after the duty hour restrictions took effect.

CONCLUSIONS:

The 2003 ACGME duty hour restrictions decreased Emotional Exhaustion in half of the studies included in this review. Extrapolating this data sample to the entire U.S. population of residents should be done with caution because of the relative lack of data. At best, the duty hour restrictions have made an improvement in emotional wellbeing, but much more needs to be done to ensure adequate emotional and mental health for our doctors in training.