

A Trial to give a Half-holiday to Doctors after they have Finished their Night-shift Duty

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Abstract : [Objectives] To improve the present inferior labor conditions for medical doctors, a trial was conducted to finish the workday by noon on the day following night-shift duty. [Method] The data regarding the length of sleeping time during the night-shift duty and the time when the work was completed on the next day were collected using a questionnaire. [Results] Fifty percent of the doctors were able to sleep during the night-shift, however 27% of the doctor's sleep was interrupted many times, 22% of the doctors took only a nap or did not get any sleep at all. Only 33% of the doctors were able to finish their work earlier than usual even when they had not slept at all. The main reason why the doctors were not able to finish their work was due to various duties related to in-patients or outpatients, operations and the meetings. [Conclusion] Before this trial, the average time that a doctor's work was completed in our department was 20 : 07, while during this trial, the average time was 19 : 18. Therefore, this department is considered to be too short-staffed to make this trial successful. However, if the total number of obstetricians and gynecologist increases, then this trial is expected to show a clear benefit.

Key words : The day after night-shift duty, Labor conditions, University hospital doctor of obstetrics and gynecology, Short of doctors