

# YOU ARE **NOT** A SUPERHERO

YOUR PATIENTS NEED YOU RESTED



## **BREAKS ARE THERE TO PROTECT OUR PATIENTS**

It is not possible to sustain function and performance over the whole shift



## **ASKING YOU TO WORK AT NIGHT COMES WITH RISKS WE MUST ALL UNDERSTAND**

We are not evolved to be awake and alert through the night. When we work against that there are immediate and long-term consequences for us and our patients



## **WHAT CAN YOU DO?\***

- Take your breaks
- Improve your core sleep
- Simple changes can make big differences
- Try a "screen ban" an hour before sleep
- Use caffeine with caution



## **WHAT CAN THE HOSPITAL DO?\***

- Recognise that tired staff are not safe
- Promote a rest and wellbeing culture
- Provide adequate break and sleep facilities



## **REMEMBER YOUR RIGHTS\*\***

Doctors in training are entitled to a second 30min break for any shift >9h. No break should be taken within the first hour or the end of the shift. If breaks are being missed these should be Exception Reported. A 15-20 min power nap on nights is well within your rights!

Emergency Medicine Trainees' Association

\* more info: [emtraineesassociation.co.uk/rest](http://emtraineesassociation.co.uk/rest)

\*\*Terms and Conditions of Service for NHS Doctors and Dentists in Training (England) 2016

Produced with thanks to Dr Mike Farquhar (GSTT) & AAGBI, RCoA and FICM Fatigue Working Group

Supported by the Royal College of Emergency Medicine