Do residents work too long hours to provide adequate health care? A Work in Progress

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Abstract

My research topic is something very near and dear to me. It is a study on the philosophies and practices of the current medical school establishment. This is an area that has been questioned for sometime and I, as a future medical school student, cannot help but wonder what is better for the patient. I will be focusing on the hours worked by residents.

Based on my exposure thus far, I believe that the current practices should be upheld. To test my hypothesis, I will shadow a group of residents. During their shifts, I will test their mental stamina through a series of tests. I will then compare these results to benchmark tests previously given. My goal is to see if the residents can still perform in the same range at the end of their shifts as they can when rested.

I am very eager to complete this experiment. Not only do I get to test my theory, but I will gain insight into what my future has in store.

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Sleep Deprivation or Invaluable Experience?

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-- Judd A. Gottlieb

When too little sleep dangerous?

According to the American Medical Association in 2008, attributes that contribute to a physician being successful are:

• a high level of knowledge and clinical skills;
• professionalism;
• leadership skills;
• ethics;
• compassion;
• communication skills with diverse patients and colleagues; and
• commitment to continued professional development.

Literature Reviewed


Acknowledgements:

I would like to thank the following individuals for making this research experience possible:

Dr. Wendy Wilkins, Provost and Vice President for Academic Affairs,
Dr. Gloria Cox, Dean, Honors College,
Dr. Warren Burggren, Dean, College of Arts and Sciences, and
Dr. Susan Eve, Associate Dean, Honors College

Thanks, Judd A. Gottlieb!