

## The Problem

- Graduate medical program requirements subject residents to long work hours
- Patient care suffers when medical residents are overworked, as has been demonstrated by higher rates of preventable mistakes during those hours
- Sleep-deprived residents take longer to complete tasks and reduce efficiency of patient care
- Exhausted residents are more likely to be involved in a motor vehicle accident traveling to and from work, increasing risk to themselves and others

## The Numbers

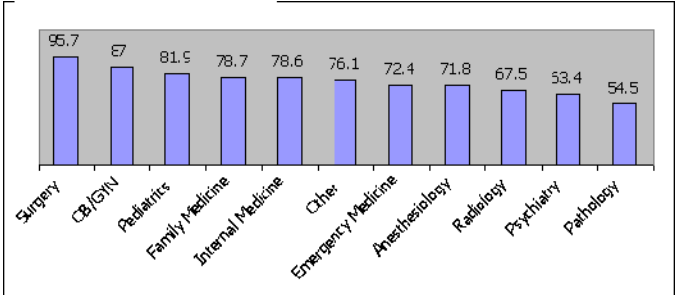
- 130** Work hours per week reported in some surgical specialty programs
- \$44,747** Average starting resident salary
- 1972** Year of study first reporting adverse quality of care due to overworked residents
- 200%** Average increase in medical errors reported with sleep-deprived residents
- 38%** Percent increase in time to complete tasks by residents subjected to sleep deprivation
- 50%** Decrease in medical errors by well-rested residents compared to sleep-deprived colleagues

## For More, Contact Us:

AMA-MSS Committee on Legislation and Advocacy:  
[www.ama-assn.org/go/cola](http://www.ama-assn.org/go/cola)

Government Relations Advocacy Fellow:  
Kunal Mitra, [kunal.mitra@ama-assn.org](mailto:kunal.mitra@ama-assn.org)

Weekly Work Hours by Specialty

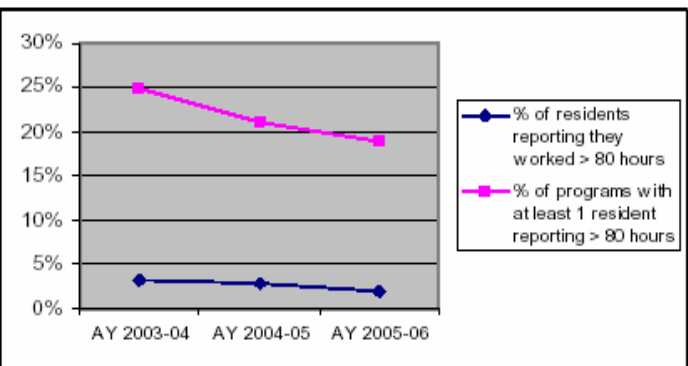


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## The AMA Solution

AMA policy is:

- Medical resident work hours should not exceed 80 hours per week, 12 hours per day and 24 hours per on-call shift
- Total duty hours must not adversely impact resident physician participation in the organized educational activities of the residency program
- Scheduled time providing patient care services of limited or no educational value should be minimized
- As research on resident working conditions continues, resident physician total duty hours should be reassessed periodically



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## What Can You Do?

- Write your Member of Congress and Senators! To do so, go here: <http://capwiz.com/ama>
- Join and be an active member of the AMA Medical Student Section!!
- Join AMPAC and attend the AMA Student, Resident and Fellow Lobby Day!
- Participate in grassroots advocacy and stay up-to-date on legislative issues important to you