

## **Helping Trainees Manage the Fatigue Associated with Working Nights**

Dr Michael Farquhar, a sleep specialist in London who works with Children, gave a really engaging talk at the RCP's Winter Meeting in January 2019, on the impact of working overnight on decision making (we take more risks) and some simple steps that can help mitigate the effect.

This issue is very topical, especially in light of the BMA Charter.

This might be a good topic to incorporate into trust induction and / or teaching. Dr Farquhar has very kindly agreed to make available the resources he uses in London. Some relate to his own trust but could form a basis for a 20-30 minute session to use in trusts.

There is written material in the form of an article published in the BMJ (<https://ep.bmj.com/content/102/3/127>).

There is a BBC short piece to demonstrate the impact of sleep deprivation on functional skills like driving (<https://youtu.be/z4vv3HuKjcY>).

There is a talk that Dr Farquhar gave to the RCoA (<https://www.youtube.com/watch?v=SLWD9uXeNw>).

Finally, there is a link to the resources they use in Dr Farquhar's own trust at induction (<https://www.guysandstthomaseducation.com/project/sleep-looking-after-your-wellbeing/>).

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