UC Irvine
Western Journal of Emergency Medicine: Integrating Emergency Care with Population Health

Title
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Permalink
https://escholarship.org/uc/item/8tx596xc

Journal
Western Journal of Emergency Medicine: Integrating Emergency Care with Population Health, 19(4.1)

ISSN
1936-900X

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Publication Date
2018

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Are ACGME Duty Hour Restrictions Associated with Improved Academic Performance?

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Background: The ACGME duty hours were implemented with the anticipation that restricting clinical hours would lead to improved patient safety and medical knowledge. Although several studies have evaluated the impact of decreased clinical duty upon patient safety and wellness, little previous work in Emergency Medicine (EM) has assessed the impact of restricted duty hours upon medical knowledge. No prior study has evaluated performance on the in training examination (ITE) to assess medical knowledge longitudinally during training.

Objectives: This study evaluated the impact of restricted clinical duty hours on academic performance and medical knowledge as measured by ITE score. We hypothesized that increased time available for studying would improve performance on the ITE.

Methods: We conducted a retrospective, observational study where ITE scores from a single EM residency were analyzed during 3 distinct time periods: program inception to the first duty hours restrictions 1994-2003 (‘baseline’), and the periods following each reduction in duty hours: 2004-2011, and 2012-present. Resident performance on the ITE was tabulated and compared across study periods. Differences in average ITE scores between the 3 periods were analyzed using the Kruskal-Wallis test with Dunn’s test used to assess significant differences in post hoc means while controlling the overall error rate.

Results: Overall, 425 ITE scores were available for analysis over the 3 study periods. A significant increase in test performance (p < 0.01) was observed between the baseline and both duty hour restriction time periods (71.26%; 76.02%; and 75.24%, respectively). No significant difference (p > 0.05) in performance was observed between the two duty hour restriction periods.

Conclusions: Resident performance, as measured by ITE score, improved during the period following the initial duty hours restrictions (2004-2011) compared to performance prior to duty hour implementation (1994-2003). There was no improvement in ITE performance associated with the further restrictions in 2011. Limitations to this study include the fact that it was conducted at a single site which may limit the generalizability of the findings, and did not include data on the actual amount of time residents engaged in studying during the study periods.

8 Are Standardized Video Interview Scores Predictive of Interview Performance?


Background: The Standardized Video Interview (SVI) was developed by the AAMC to be used in ERAS applications for residency. The goal for the SVI is to aid program directors to identify applicants who do not perform well on other objective markers and increase the chance of an interview. The SVI tests interpersonal communication and professionalism which are factors evaluated in an interview. There is controversy whether the SVI score is valuable to the application and how it should be used. One proposed use of the SVI is to predict how an applicant will interview.