

Research *Rounds*

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FACULTY OF MEDICINE

The Centre for Health Education Scholarship (CHES)
invites you to Research Rounds with:

The Overnight Experience: A Deeper Look at Fatigue in the Medical Workplace

Dr. Ali Walzak

Date: December 12, 2018

Time: 12:00pm to 1:30pm
(feel free to bring a bagged lunch)

Venue: Diamond Health Care Centre, room 2267

With videoconference to:

- IRC 305
- NHSC 9-374
- RJH CA 120

**Please be aware that this session will be recorded and made available online to CHES members on a password-protected site.*



Dr. Ali Walzak

Clinical Assistant Professor, Division of Community Internal Medicine, University of British Columbia

Director, Clinical Teaching Unit, Royal Jubilee Hospital

Site Director, Clinical Skills, Island Medical Program



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THE UNIVERSITY OF BRITISH COLUMBIA



Research Rounds

Dr. Ali Walzak

The Overnight Experience: A Deeper Look at Fatigue in the Medical Workplace

ABSTRACT Given the 24/7 nature of medical care, and by extension, medical training, trainees and medical practitioners have long found ways to accept and possibly counter fatigue in the face of gruelling working conditions. For postgraduate trainees, duty work hour restrictions have been implemented in many regions across North America in an effort to reduce fatigue-related error; however, recent and conflicting data has suggested that limiting consecutive work hours may not actually impact resident wellness or patient safety in the ways once thought. Local data from studying Emergency Room physicians and nurses demonstrated that fatigue levels affected their EEG waveforms, however, whether that translates to detrimental patient outcomes remains unknown. Since efforts to reduce fatigue are both cost prohibitive and not feasible within the current training system, perhaps we can shift towards teaching strategies on how to manage fatigue in the clinical setting. One potential platform for this could be utilizing simulation to allow students and residents to practice critical thinking and judgment, while fatigued, in a safe environment.

ABOUT Dr. Walzak currently practices as a General Internist in Victoria, where she attends on the Clinical Teaching Unit (CTU) and participates in outpatient care. Through her role as Director of the CTU and of the Clinical Skills Program at the Island Medical Program, she is involved in both undergraduate and post-graduate education. After completing a Masters of Science in Health Professions Education at the Massachusetts General Hospital, her research has focused on how to improve the transition between medical school and residency, specifically as it relates to being on-call.

ACCREDITATION: As an organization accredited to sponsor continuing medical education for physicians by the Committee on Accreditation of Continuing Medical Education (CACME), the UBC Division of Continuing Professional Development designates this educational program as meeting the accreditation criteria of the College of Family Physicians of Canada for up to 1.5 Mainpro-M1 credits. This program has been reviewed and approved by UBC Division of Continuing Professional Development. Each physician should claim only those credits he/she actually spent in the activity.

The Centre for Health Education Scholarship (CHES) is committed to enhancing health education scholarship by building capacity for educational scholarship across the Faculty of Medicine through collaboration, team-building, mentorship of new faculty, successful funding applications, and other activities.