

COMPARISON OF SLEEP QUALITY OF ASSISTANT AND SPECIALIST PHYSICIANS IN SURGICAL AND NON-SURGICAL FIELDS IN TURKIYE

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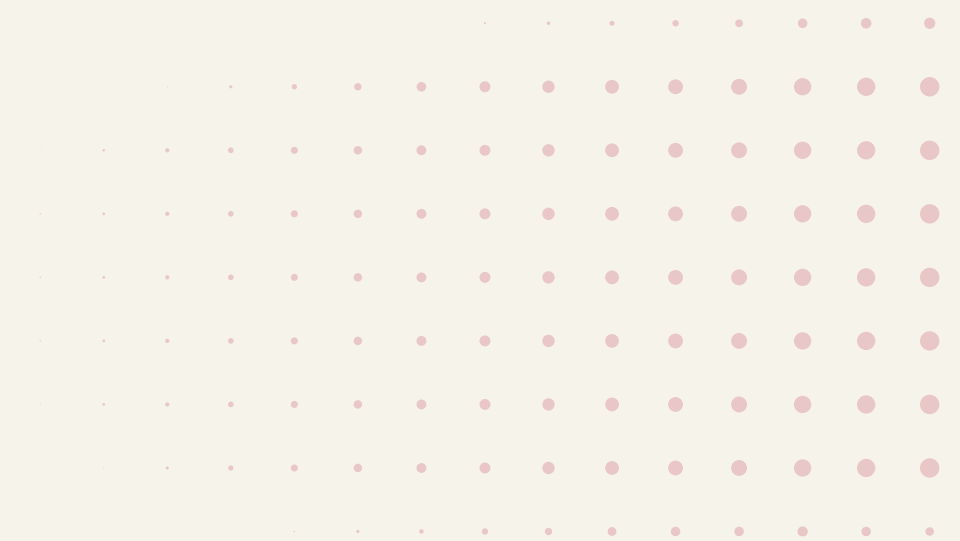
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INTRODUCTION

- **Shift work is defined as any irregular work schedule that extends beyond the typical 9 a.m. to 5 p.m. timeframe.**
- **Health workers represent the largest group of shift workers globally, facing irregular schedules that disrupt circadian rhythms, increase burnout risk, and pose challenges to patient care.**






MAIN ISSUES

•Sleep loss impairs cognitive function and reduces reaction times, increasing the likelihood of medical errors, which directly threaten patient safety.

•Burnout among healthcare workers is also closely linked to poor sleep quality.



METHODOLOGY

SCALES:

- Pittsburg Sleep Quality Index (PSQI)
- Maslach Burnout Inventory (MBI)
 - Insomnia Severity Index (ISI)
- Hospital Anxiety and Depression Scales (HADS)

Demographic Test:


- Age, Gender, Martial status, Living Region (Marmara vs others.), Number of Children, Living condition, Monthly income, Senority of specialist (Resident, Specialist, Ass. Prof., Prof.), Working place, Cigarette and Alcohol usage, Sport habit...

- This cross-sectional, internet-based survey was conducted among 419 physicians in Turkey, with data collection occurring from June to September 2024.

- The survey was distributed via Google Forms to email addresses listed on;
 1. Higher Education Council of Turkey (Yüksek Öğretim Kurumu, YÖK)
 2. Both surgical and non-surgical professional associations websites

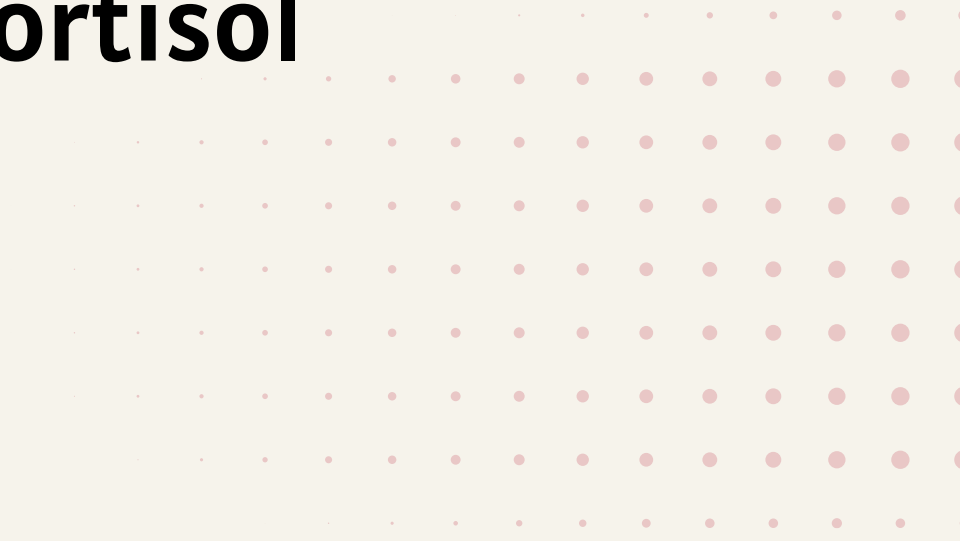


EXCLUSION CRITERIA

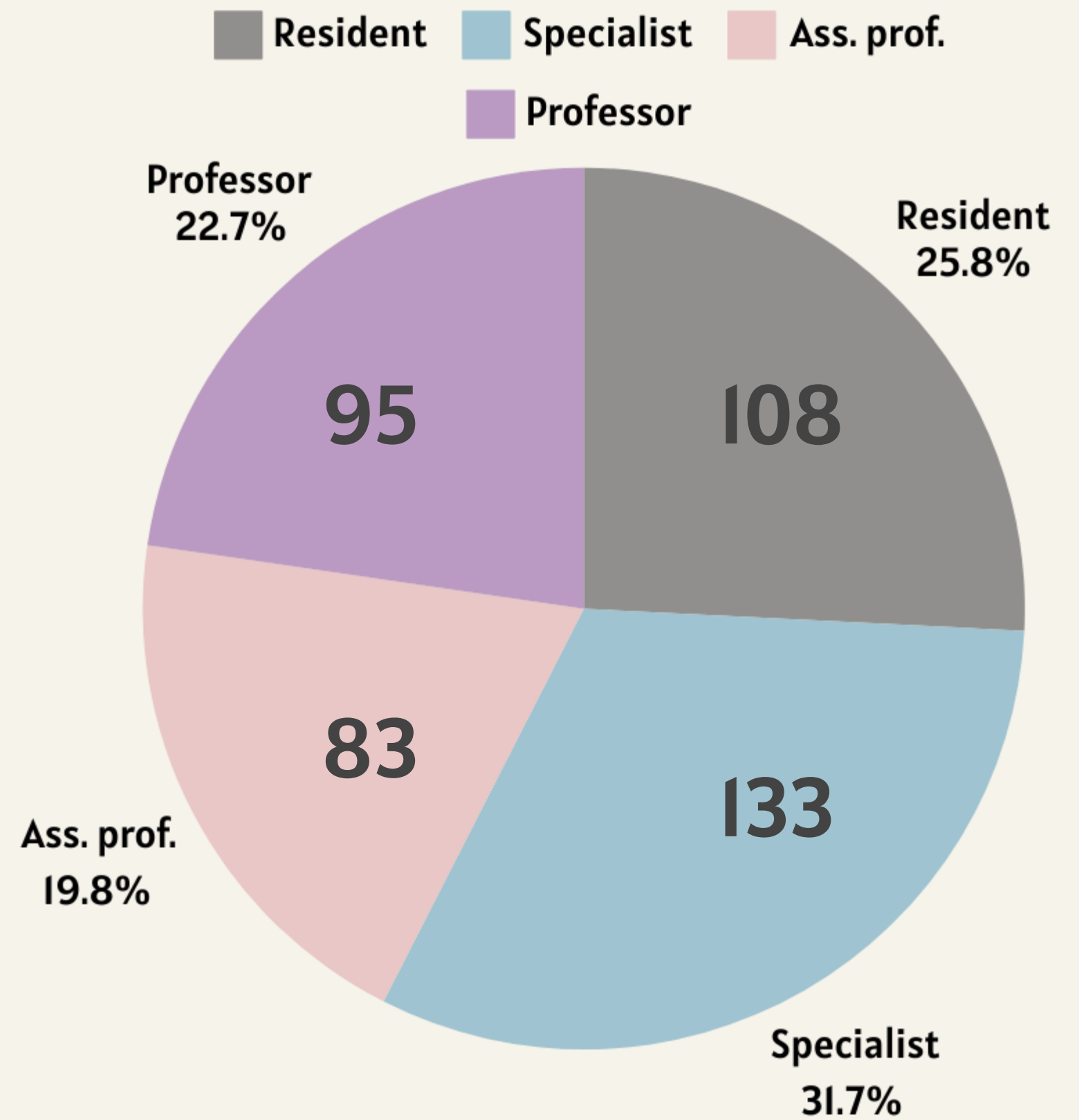
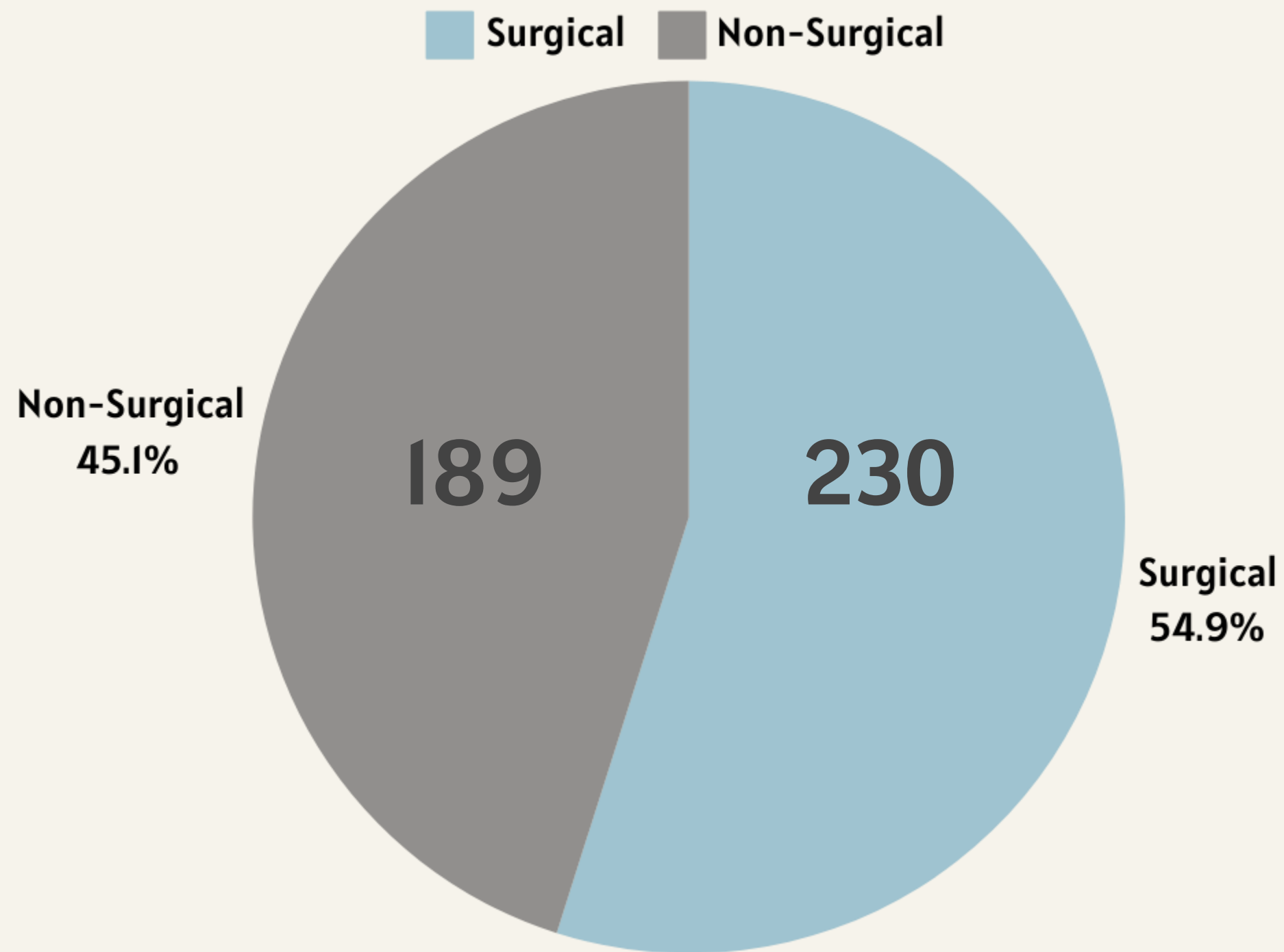
- 1 No Access to internet**
 - 2 Basic medicine physicians**
 - 3 Physicians not actively practicing medicine (retired etc.)**
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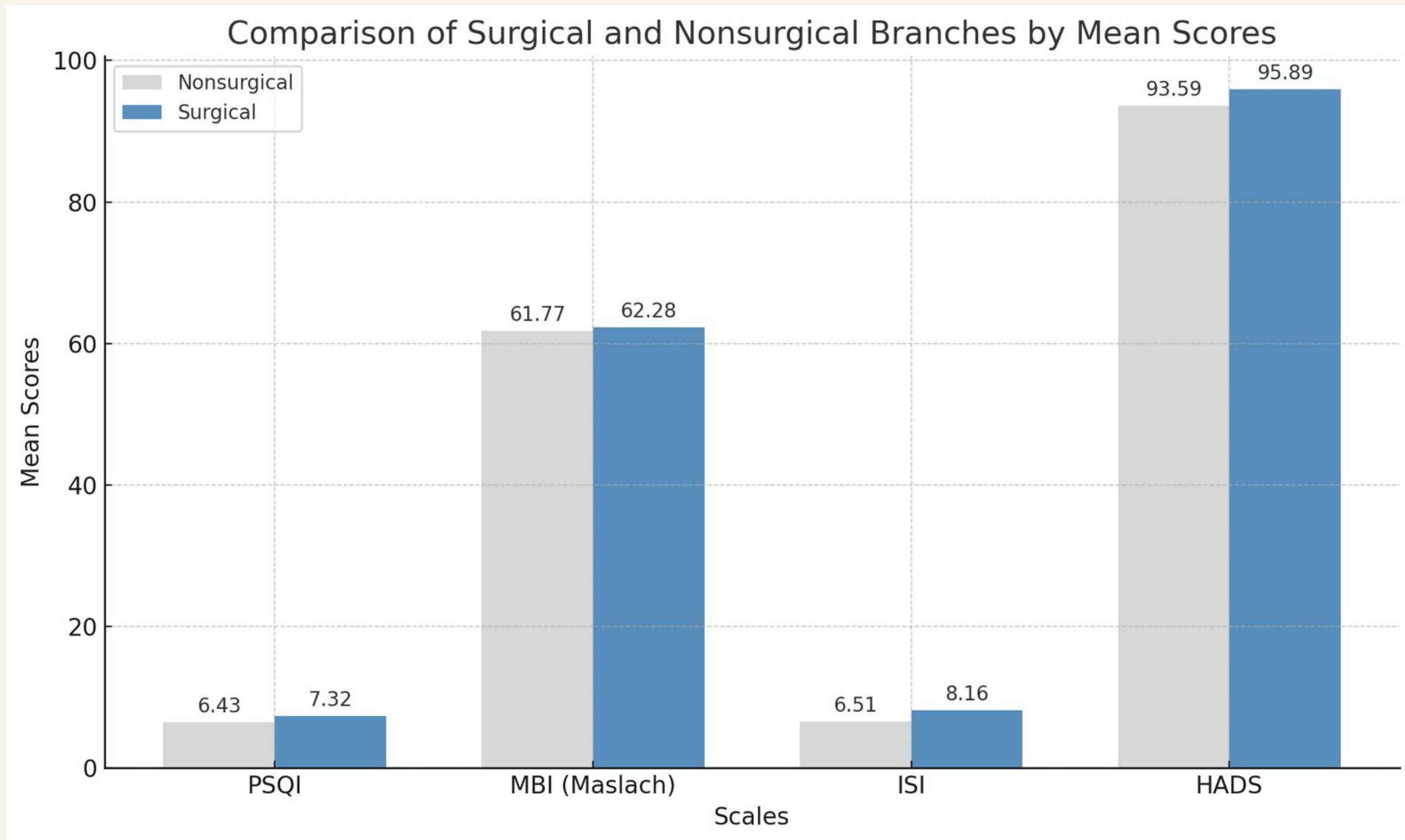


LIMITATIONS

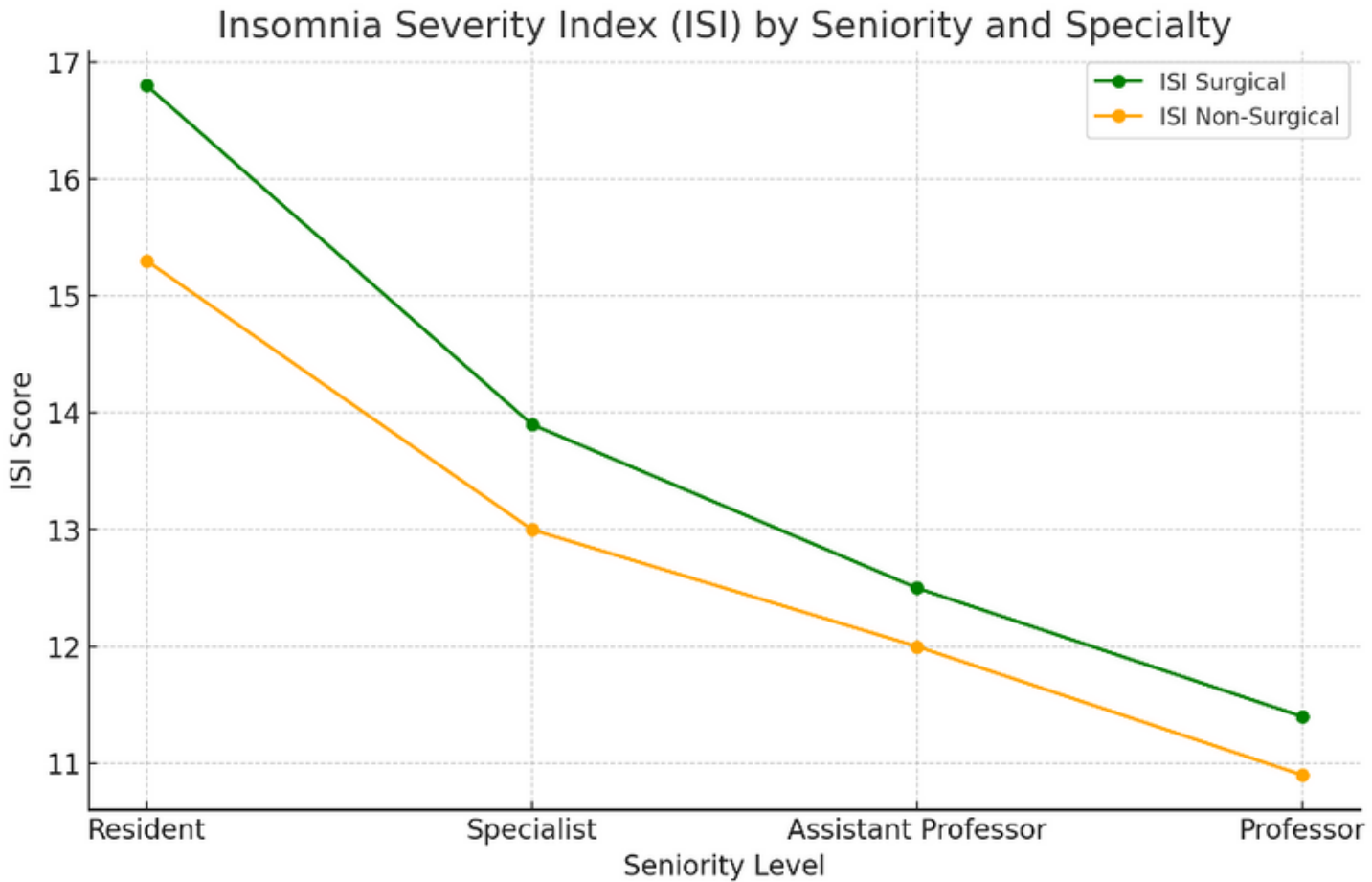
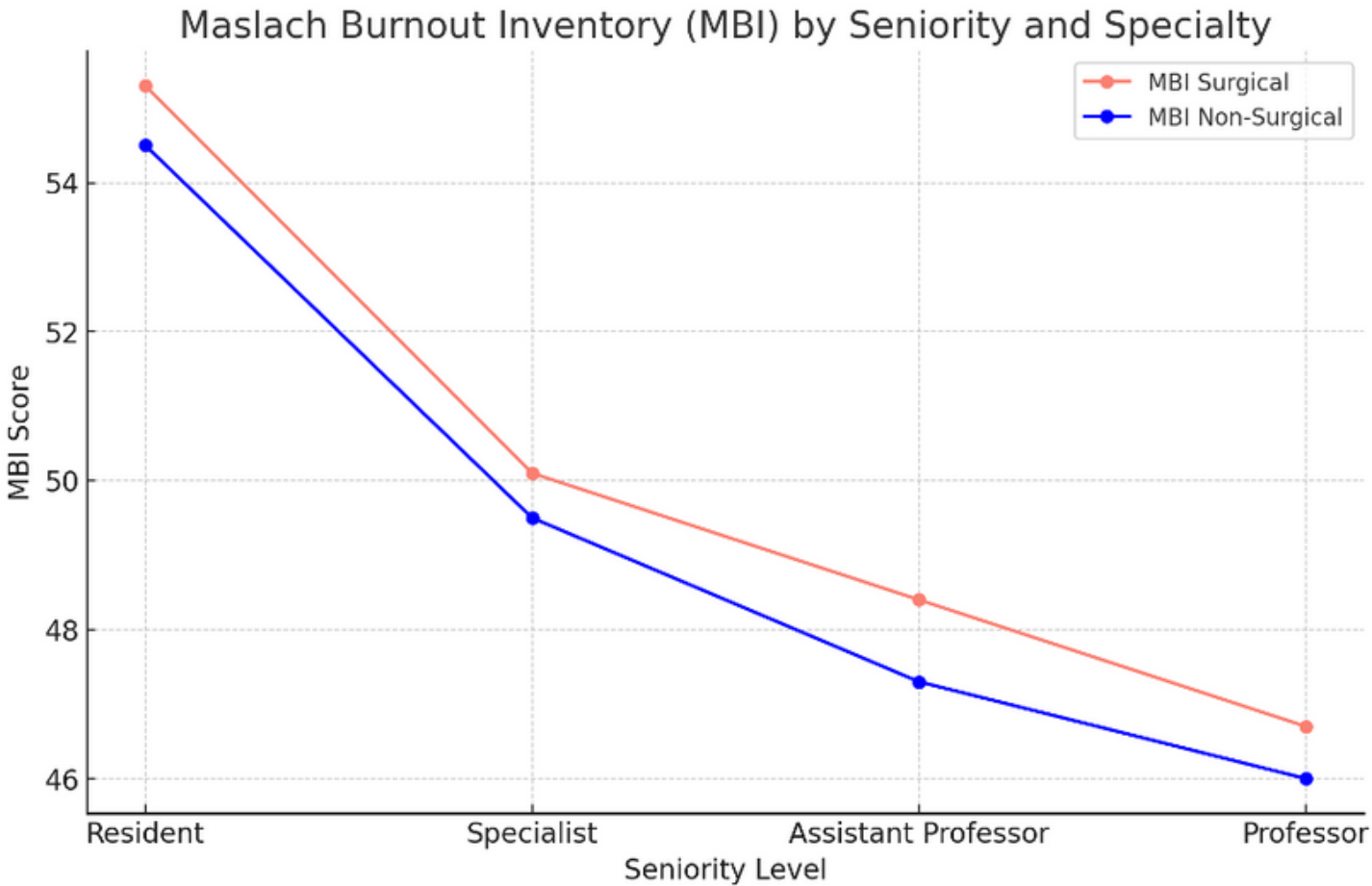
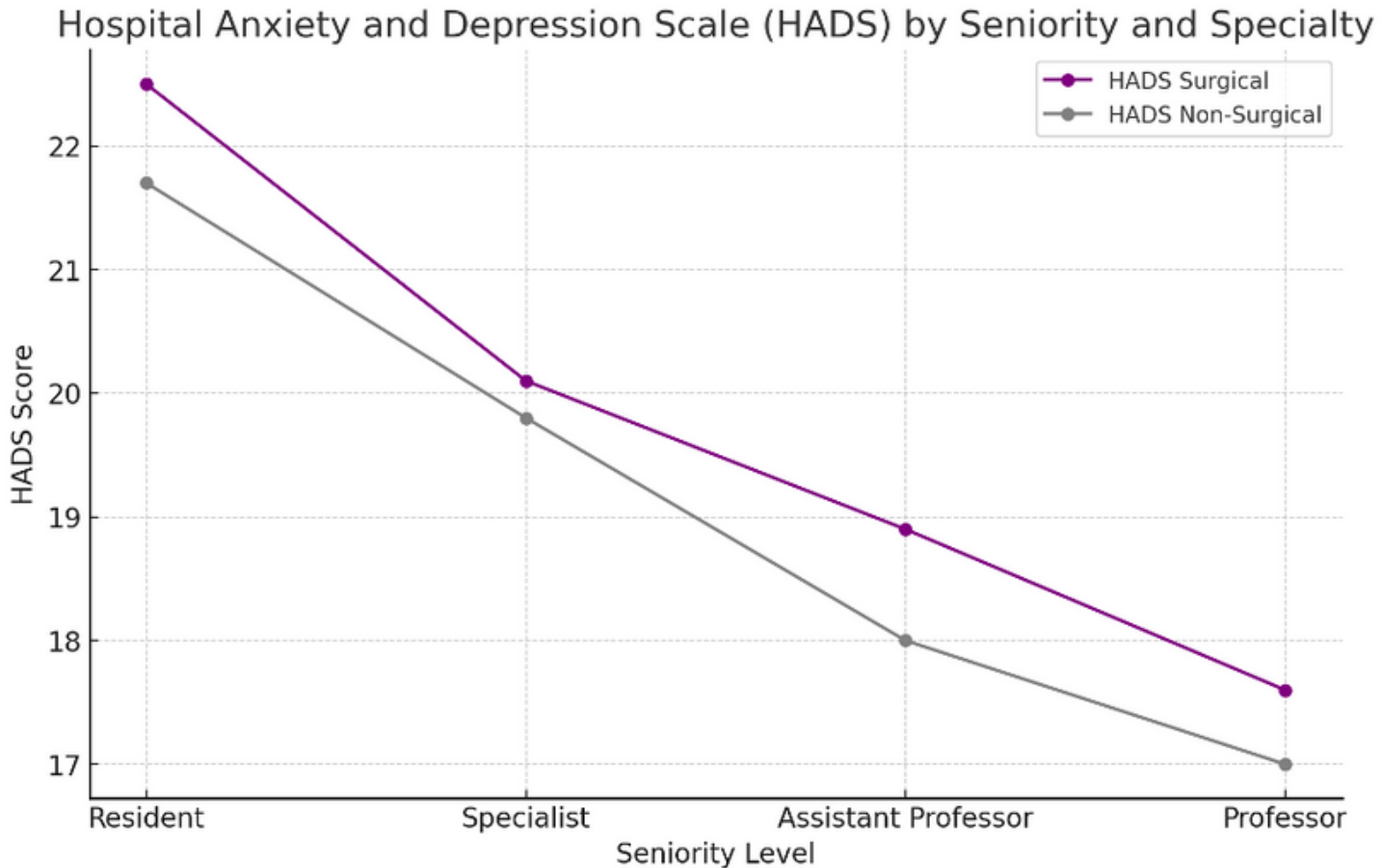
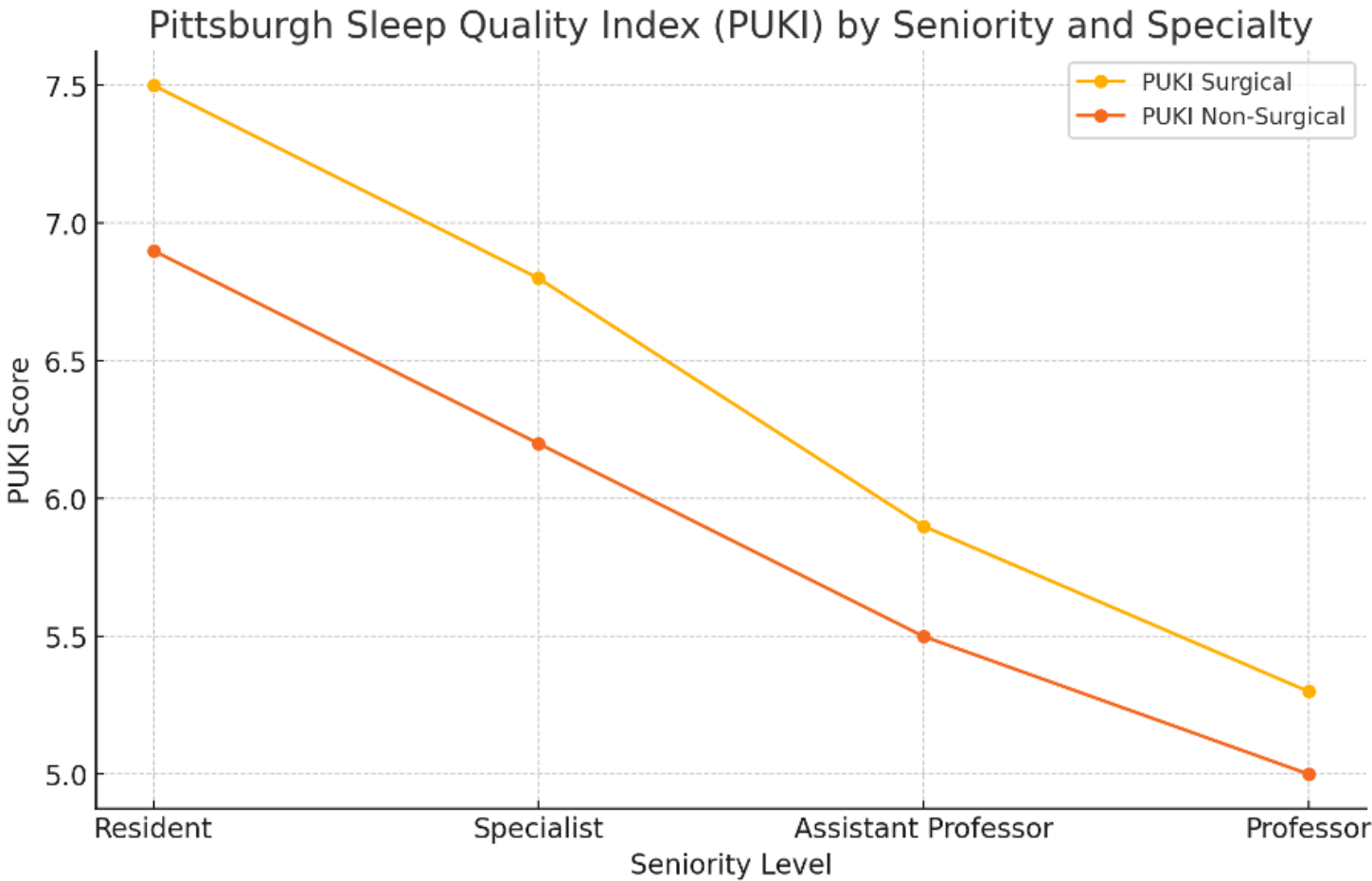
- **Time**
 - **Incorrect or invalid email addresses**
 - **Bias (Self-reported survey)**
 - **Lack of Objective Sleep & Burnout Measurements
(polysomnography or biomarker analysis (e.g., cortisol levels))**
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RESULTS





- PSQI and ISI scores were significantly higher in the surgical branch, indicating increased psychological burden and sleep problems compared to the nonsurgical branch (PUKI: $p=0.001$; ISI: $p<0.0001$).
- There was no significant difference between surgical and nonsurgical branches regarding both MBI and HADS scores ($p=0.884$, $p=0.317$).



Comparison of Sleep Quality and Burnout Factors

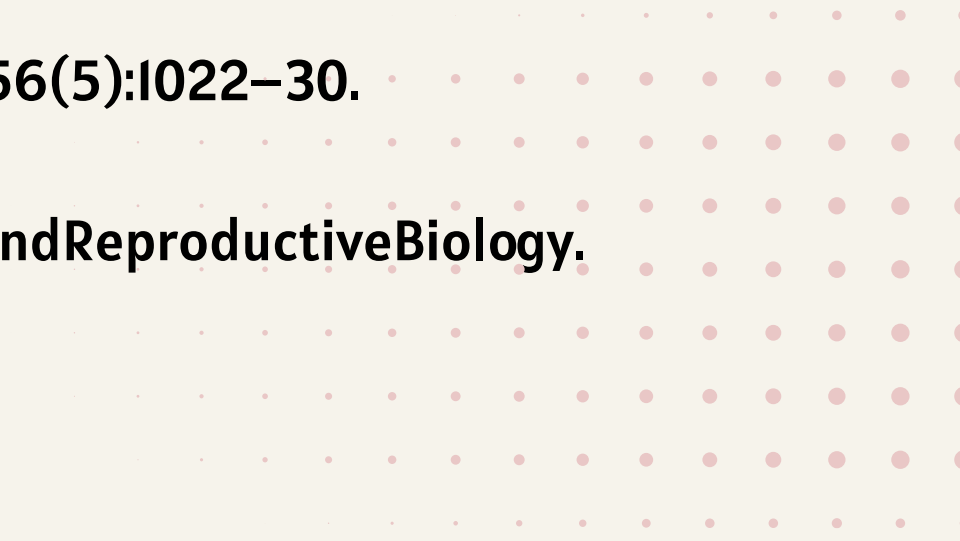


CONCLUSION

Early-career and surgical physicians experience poorer sleep, higher burnout, and greater mental health challenges. Seniority offers protection, underscoring the need for targeted support for residents and interventions addressing workload in surgical fields.



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Thank you for your attention...

