

Anesthesiologist reaction time increased after night call

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(HealthDay)—For anesthesiologists, reaction time increases after a night

call, with greater increases seen in correlation with reliance on avoidance as a coping mechanism, according to a study published online Nov. 30 in *Pediatric Anesthesia*.

Haleh Saadat, M.D., from the Nationwide Children's Hospital in Columbus, and colleagues examined the impact of [sleep deprivation](#) on reaction time in 23 [anesthesiologists](#) after an overnight call or regular working hours. Reaction time was assessed using the psychomotor vigilance test on a regular non-call day and after a 17-hour in-house call. Two anesthesiologists ended their participation for personal reasons.

The researchers found that, compared with a regular day, post-call psychomotor vigilance test mean reaction time decreased by an average of 31.2 ms. Coping Strategy Indicator scale scores indicated [reliance](#) on specific coping mechanisms, including problem solving, seeking social support, and avoidance. There was a correlation for greater reliance on avoidance with a greater increase in [reaction time](#) after night call.

"Reaction time increased considerably in anesthesiologists after a night call duty," the authors write. "Greater subjective reliance on avoidance as a coping strategy was associated with greater deterioration in performance."

More information: [Full Text \(subscription or payment may be required\)](#)

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