

ABSTRACTS

BASIC SLEEP RESEARCH BSR005

QUALITY OF SLEEP AMONG RESIDENCY AND FELLOWSHIP TRAINING IN RAJAVITHI HOSPITAL

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Aims: Sleep is one of the basic needs of human and has an important role in their health. Medicine is one of the most stressful fields of education because of its highly demanding professional and academic requirements. Psychological stress and poor sleep are highly prevalent in Resident and Fellowship training. Quality of sleep among resident and fellowship is not well documented and has not been taken seriously in hospital.

To determine prevalence of poor sleep and associated factors among resident and fellowship training in Rajavithi Hospital (RJH), a tertiary referral hospital in Bangkok, Thailand.

Methods: This cross-sectional study was conducted between June and August 2015. Three hundred participants were all yearly residents and fellows. The data were collected using (1) demographics, (2) Suanprung stress test-20 items (SPST-20) modified by Department of Mental Health, Ministry of Public Health, Thailand (3) Health behavior and (4) a Thai version of the Pittsburgh Sleep Quality Index (T-PSQI) questionnaire (score > 5 is poor sleep). Logistics regression was used to identify factor associated with poor sleep. This study was reviewed and approved by the ethics committee, Rajavithi Hospital.

Results: Total response rate was 71.3%. Most of the participants were female with mean age (\pm SD) of 28.87 ± 2.55 years (range 25-41 years). Resident and fellowships were 86% and 14% respectively. Those studies in 1st, 2nd and 3rd year were 48.1 %, 32.2 and 19.6, respectively. 36.9% of participants had ship work. The mean \pm SD of SPST-20 scores was 6.07 ± 2.77 . The prevalence of poor sleep was 54.7%. Associated factors of poor sleep were ship work (OR 2.10, 95%CI 1.07-4.12, $p=0.031$) and increasing stress score (OR 1.15, 95%CI 1.09-1.21, $p<0.001$).

Conclusion: The prevalence of poor sleep was 54.7%. Factors associated with poor sleep were ship work and higher stress score.

สำเนาถูกต้อง

กกรรท.

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