Work-Life Balance Workshop

ESIM 2011

Saas-Fee

Jan Václavík

Xavier Roux

"Long working hours create a life without joy, and the absence of joy is the biggest threat to our society."
Will Alsop

Working conditions

- different in each country

- working time more than the average

- European working time
directive (EWTD)
   **Organisation of
   working time**
   *(june 2000)*

Essential Components

- 48 hr maximum working week (average)

- 11 hrs continuous rest every 24 hours

- 24 hrs continuous break every week, or 48 hours every fortnight

- 8 hrs maximum per night (per day)

- 4 weeks paid leave a year after having worked 13 consecutive weeks

German survey

- 5 053 young physicians aged under 40 years

- About factors influencing practice establishment

  - **surrounding conditions for family**

  - professional duties

  - **working conditions**
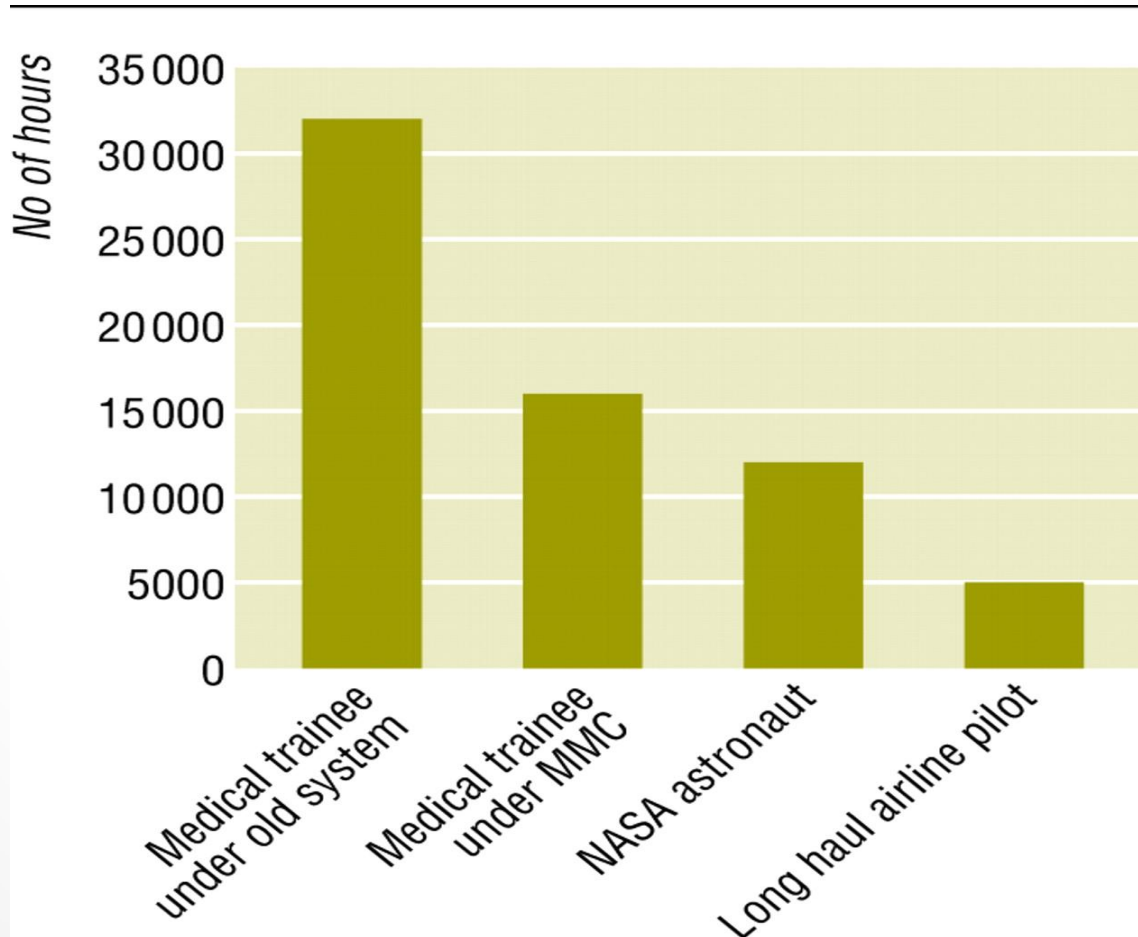
  - **quality of life**

  - financial conditions

Roick C and al. Gesundheitswesen. 2010

Young internists training

- Survey on French Young internists

- Too much time spent in the hospital

- 60% : « burn out »

JB Arlet and al. Rev Med Int 2008
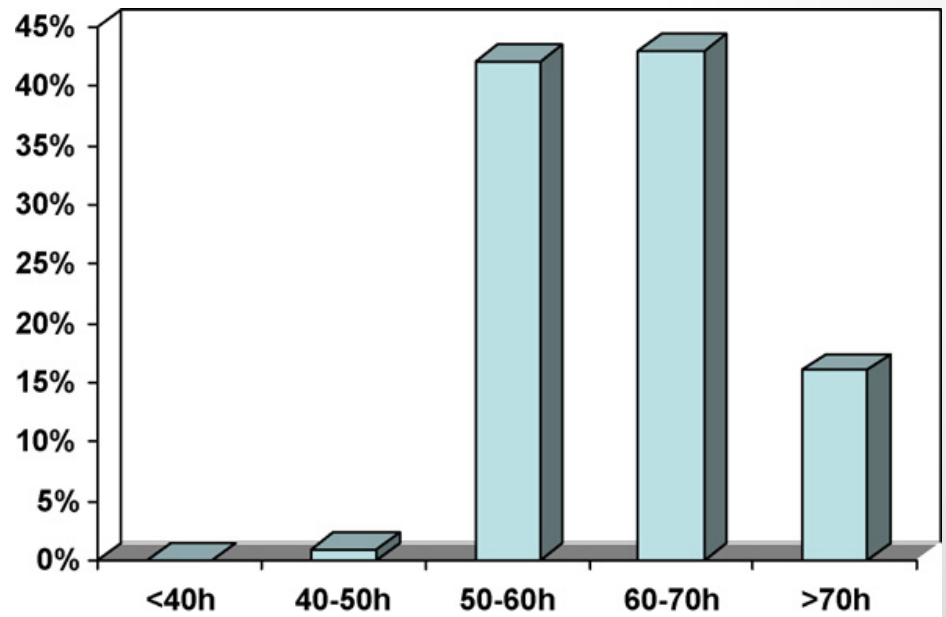
Good thing or Bad thing?

Length of Training

BMA Survey

- In a survey of all BMA members, over half **did not believe it possible to train a doctor adequately while complying with the time limits**

- 57 per cent reported they work more than 48 hours per week in their current job

- 68% wanted longer training period but shorter week

British Medical Association 16 Apr 2008

So, how does it all affect YOU??

Workshop Tasks

Task 1: For all countries:

- **How many hours** do you work overtime each week/month?

- Do you know that the **EWTD** exists? Do you keep the EWTD rules in your country?

- Are you **satisfied** with the time spent in your hospital and the current situation?

- What **changes** would you suggest for the training program/working hours in your country?

Task 2: "**Doctors should be excluded from the EWTD rules**" – **DISCUSS**

Please consider points **FOR** this argument and points **AGAINST** to feed back to the group.