

0161 **SLEEPINESS, SLEEP QUALITY AND THE ASSOCIATION WITH OCCUPATIONAL ACCIDENTS AMONG A MEDICAL FACULTY RESIDENTS**

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**Aim** Physicians may face occupational accident risk due to sleep problems. The aim of study was the evaluation of association of sleepiness and sleep quality with occupational accidents.

**Method** In this descriptive study, data was collected among 312 (53.7%) residents in a medical faculty hospital through a questionnaire to investigate sociodemographic and occupational characteristics, sleepiness mode with Epworth Sleepiness Scale (ESS) and sleep quality with Pittsburgh Sleep Quality Index (PSQI) and having an occupational accident.

**Results** Average age was 27.95 (SD=2.86) and females constituted 52.6% of residents while 10.6% expressed their general health, 36.6% expressed their mental health as average and lower, 24.9% had diagnosed disease. Of them, 3/4 had

night shift and 88.9% had no rest cycle after night shift. Some declared sleep related features were: sufficient sleep period (35.9%), snoring (16.5%), increased sleepiness (29.0%) and decreased sleep quality (60.8%). Of the residents, 26.9% had at least one occupational accident during last month and the most common accident was needlestick (52.5%). According to PSQI 36.5% of residents with low sleep quality, and according to ESS 38.0% of residents with high sleepiness perception had occupational accident during last month ( $p<0.001$  and  $p=0.005$ , respectively), and 48.3% declared that accident was their fault.

**Conclusion** Occupational accidents of residents could have serious consequences. Measures are needed to increase sleeping period and sleep quality of residents and decrease sharp object injuries.