

THE ACCREDITATION COUNCIL FOR GRADUATE MEDICAL EDUCATION ENDANGERS THE PUBLIC HEALTH AND REPUDIATES SCIENTIFIC EVIDENCE.

I was shocked and horrified to read in the New York Times on March 11, 2017: "Rule for First-Year Doctors to Allow for 24 Hour Shifts". Officials at the Accreditation Council for Graduate Medical Education released these guidelines effective this July 1. These guidelines show a grievous disregard for years of overwhelming scientific evidence that demonstrates how sleep deprivation of 24 hours can cause significant cognitive decline. These new guidelines place patients' and Medical Doctors lives at risks. These guidelines violate the Medical Professions oath to above all do no harm.

The National Institute of Health documents the dangers of sleep deprivation in an article entitled: "Neurocognitive Consequences of Sleep Deprivation-NCBI-National Institute of Health, September 9, 2009 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2744441/>

Important quotations are as follows:"Following wakefulness in excess of 16 hours deficits in attention and executive function tasks are demonstrable though well validated testing protocols." "Studies of shift-workers, truck drivers, medical residents, and airline pilots all show an increased risk for crashes or near misses due to sleep deprivation in these populations." "As continuous daytime waking exceeds 16 hours, psychomotor performance deficits increase to levels equivalent to Blood Alcohol Concentration between 0.05% and 0.1%."

How many will now die or be injured due to these irresponsible and extremely dangerous new guidelines?

If Medical Professionals are dedicated to protecting the Public Health, we must demand these guidelines be changed, consistent with scientific evidence.

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