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## Emergency Department Need For Recovery Survey

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Do you want to read the patient participation leaflet, GDPR and consent information now?

Yes  
 No

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## Participant Information Sheet

Welcome to the 2019 TERN Need for Recovery Survey.

This is an electronic participant information sheet. Please take a minute or two to read this information before proceeding with the survey.

What is need for recovery?

Need for recovery is the time taken to physically and psychologically recover from work. Increased need for recovery is linked to fatigue and a range of physical and psychological health outcomes including burnout.

Why have I been asked to take part?

You are either:

- A doctor working in an emergency department which has been nominated to participate in this survey.

What is the purpose of the study?

This survey is being conducted as part of a national survey by the Trainee Emergency Research Network (TERN). The project is being led by Dr Laura Cottey (Chief Investigator) and Dr Blair Graham, with oversight from the TERN executive committee. We hope that the results from this survey will provide a baseline assessment of trainee need for recovery, and demonstrate risk factors that may indicate an increased need for recovery. It is hoped that this survey will provide insight into the phenomenon of need for recovery amongst Emergency Department doctors, show where differences exist, and how need for recovery may be reduced in the future. Ultimately it is hoped that this survey may lead to initiatives to improve the working lives of doctors in the emergency department.

What will happen if I take part?

You will be asked to take part in this electronic questionnaire. You should allocate about 5 minutes to complete the questionnaire, although you can save and return to completing the questionnaire at a later time.

Do I have to take part?

In order that these results can inform future initiatives to improve working lives of emergency doctors, we do require a robust response rate. However, you are under no obligation to take part and may withdraw at any point without the need to give a reason.

Should you have uncertainties or queries about this survey, please do not hesitate to contact the study team.

What will happen to my data if I withdraw my involvement?

If you choose to withdraw your involvement in the study, any results that you have submitted will be kept for analysis. However, you will not be required to input further into the study.

If you would like to be formally withdrawn from the study at any point, please contact the study team (TERN@rcem.ac.uk). You do not have to give a reason.

Are there any potential risks or benefits of taking

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projectredcap.org



This survey will provide valuable insight into the wellbeing of emergency department doctors nationally. We appreciate issues such as wellbeing and burnout are sensitive. We have included some information about sources that you might wish to contact for support both as part of this introduction, and at the end of the survey.

Who is involved in this project?

The project is being led by Dr Laura Cottey (Chief Investigator) and Dr Blair Graham, with oversight from the TERN executive committee which is led by Dr Tom Roberts. The study is indirectly supported by the Royal College of Emergency Medicine, but TERN is independent from the college.

What if something goes wrong?

It is very unlikely that anything will go wrong. If you feel it does, please contact the study team directly.

How will you protect my data and confidentiality?

The University Hospitals Plymouth NHS Trust is the sponsor for this study. The sponsor will be using information in order to undertake the study and will be responsible for looking after your information and using it properly. The data collected will be kept for 10 years after the study has finished.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally identifiable information possible.

This study is also compliant with the General Data Protection Regulations (GDPR). For more information about GDPR click [here](#).

How may I contact the study team in the future?

You can contact the study team by emailing Dr Laura Cottey at [laura.cottey@nhs.net](mailto:laura.cottey@nhs.net)

What to do if you need support about wellbeing

The following organisations can help provide advice and support with regards to your wellbeing.

- Your occupational health department (contact details available via your employer)
- Your general practitioner
- BMA Counselling Service (24 Hours). Telephone 0330 123 1245. (Note that you do not have to be a member of the BMA to access this service)
- The Samaritans (24 Hours). Telephone 116 123.

You can also access further information and signposting online via the Doctors Support Network <https://www.dsn.org.uk/>

Feel free to leave any comments.

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Consent Question 1:  
I have read and understood the participant  
information  Yes  
 No

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Consent Question 2:  
I understand the information about confidentiality  
and GDPR  Yes  
 No

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**Demographic Characteristics**

What is your current job role?

- ST1
- ST2
- ST3
- ST4
- ST5
- ST6
- ST7
- ST8
- F1
- F2
- Clinical Fellow (F2-ST3 Level)
- Clinical Fellow (>=ST4 Level)
- Consultant
- Associate Specialist
- Staff Grade
- CESR Doctor
- GP Trainee
- GP
- Other (please specify)

What is your job role?

Which country do you work in?

- Scotland
- Northern Ireland
- Wales
- England
- Republic of Ireland

2 Which hospital do you currently work in?

- Aberdeen
- Victoria Hospital, Kirkcaldy
- Forth Valley Royal Hospital
- Monklands Hospital
- Royal Hospital for Children, Glasgow
- Royal Infirmary of Edinburgh
- St John's, Livingston
- NHS Greater Glasgow and Clyde - Queen Elizabeth
- NHS Greater Glasgow and Clyde - Glasgow Royal Infirmary
- Crosshouse, Ayrshire
- Royal Alexandria, Paisley
- Ayr
- Royal Hospital for Sick Children, Edinburgh
- Other

2 Which hospital do you currently work in?

- Craigavon Area Hospital, Northern Ireland
- Royal Victoria Hospital, Belfast
- Ulster Hospital, Belfast
- Other

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2 Which hospital do you currently work in?

- Cardiff, University Hospital of Wales
- Ysbyty Gwynedd, Bangor
- Morriston Hospital, Swansea
- Wrexham, North Wales
- Other

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2 Which hospital do you currently work in (the list is mostly alphabetically but if you cannot find your hospital please check the bottom)?

- Addenbrooke's Hospital
- Aintree
- Airedale General Hospital
- Basingstoke Emergency Department
- Bedford hospital emergency department
- Birmingham
- Bolton
- Bradford Royal Infirmary
- Brighton (Royal Sussex County Hospital)
- Bristol Childrens Hospital
- Bristol Royal Infirmary (Adults)
- Cambridge University Hospitals
- Chelsea & Westminster Hospital
- Croydon University Hospital
- Doncaster Royal Infirmary
- William Harvey ED
- East Surrey Hospital ED
- Epsom and St Helier NHS Trust
- Gloucestershire Hospitals NHS Foundation Trust
- Great Western Hospital Swindon
- Hampshire Hospitals NHS Trust (Basingstoke and Winchester)
- Harrogate Emergency Department
- Homerton Emergency Department
- Ipswich Hospital
- James Cook University Hospital Middlesbrough
- James Paget University Hospital
- Leeds teaching hospitals
- Leicester Royal Infirmary
- Leighton (Crewe)
- Lewisham university hospital
- Lister Hospital
- QEH, London
- Manchester Royal Infirmary
- Milton Keynes University
- Musgrove Park Hospital, Taunton
- Northern general hospital
- Northumbria Specialist Emergency Care Hospital
- Northwick Park Hospital
- Oxford University Hospital NHS Foundation Trust/
- Portsmouth - Queen Alexandra Hospital,
- Plymouth- Derriford
- Reading
- Royal Berkshire Hospital
- Royal Blackburn Hospital
- Royal Cornwall Hospital, Truro
- Royal Devon & Exeter Hospital
- Royal Liverpool University Hospital
- The Royal London Hospital (Paeds)
- The Royal London Hospital (Adults)
- Royal Manchester Children's Hospital
- Royal Oldham Hospital
- Royal Preston hospital
- Royal Shrewsbury Hospital
- Royal Stoke
- Royal Surrey County Hospital
- Royal United Hospital Bath
- Royal Victoria, Newcastle
- Salford Royal Hospital, Manchester
- Sheffield Childrens Hospital ED
- Medway Foundation NHS Trust
- Mid Cheshire Hospitals NHS Foundation Trust
- University Hospital Southampton
- St Helens and Knowsley
- Southmead Hospital
- Surrey and Sussex Healthcare NHS Trust
- St George's Hospital Tooting

- St Marys Hospital, London
- St Richards hospital
- St Thomas' Hospital
- Torbay
- Tunbridge Wells Hospital
- Southport District General Hospital
- University College Hospital, London
- University Hospital Coventry and Warwickshire
- Warrington
- University Hospitals of Derby and Burton NHS Foundation Trust
- Watford General hospital
- West Middlesex University Hospital
- West Suffolk Hospital
- Frimley Park Hospital
- Wexham Park Hospital, Frimley Health NHS
- Whiston Hospital
- Wythenshawe Hospital
- Yeovil District Hospital
- York District hospital
- York Hospital Emergency Departments
- Whiston Hospital
- William Harvey Hospital
- Worthing Hospital
- University hospital of Hull
- North Middlesex
- Sandwell and West Birmingham
- Stoke Mandeville
- Colchester
- Alder Hey Children's Hospital
- Queen's Hospital, Romford
- Birmingham Children's Hospital
- Sunderland Royal Hospital
- Countess of Chester NHS foundation trust
- University hospital of North Durham
- Evelina Children's Hospital
- King's College, London
- Barnstaple
- Nottingham University Hospital
- Royal Alexandra Children's Hospital
- Royal Wolverhampton
- Salisbury NHS Trust
- Western Sussex NHS Trust
- Other
- Alder Hey Childrens Hospital
- Birmingham Women's and Childrens Hospital
- Countess of Chester
- Evelina, Guys and St Thomas's
- Kings College Hospital
- Royal Alexandra Children's Hospital, Brighton and Sussex
- New Cross Hospital
- Salisbury
- Barking, Havering & Redbridge - Queen's
- Barking, Havering & Redbridge - King George
- South Tyneside and Sunderland NHS Trust
- County Durham and Darlington
- North Manchester General Hospital



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2 Which hospital do you currently work in?

- University Hospital Galway
- Mater Misericordiae University Hospital, Dublin,
- Sligo University Hospital
- Limerick regional Hospital
- Other
- Children's Health Ireland at Crumlin
- Children's Health Ireland at Temple Street
- Children's Health Ireland at Tallaght
- Bon Secours Hospital
- Cork University Hospital

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Please state the name of your hospital.

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What type of patients do you see in your Emergency Department?

- Adults only
- Paediatrics only
- Mixture of Adults and Paediatrics

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How old are you?

- 20-25
- 26-30
- 31-35
- 36-40
- 41-45
- 46-50
- 51-55
- 56-60
- 61- 65
- 66-70
- >70

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What is your gender?

- Female
- Male
- Other
- Prefer not to say

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**Please fill out the following "Need for Recovery Score". Please base this on the LAST MONTH of work (excluding leave).**

	yes	no
I find it difficult to relax at the end of the working day?	<input type="radio"/>	<input type="radio"/>
By the end of the working day I feel really worn-out	<input type="radio"/>	<input type="radio"/>
Because of my job, at the end of the working day I feel rather exhausted	<input type="radio"/>	<input type="radio"/>
After my breaks, I feel fresh to continue my work	<input type="radio"/>	<input type="radio"/>
Generally speaking, I only start to feel relaxed on my second non-working day off	<input type="radio"/>	<input type="radio"/>
I find it difficult to concentrate in my free time after work	<input type="radio"/>	<input type="radio"/>
I find it hard to show interest in other people when I have just come home from work	<input type="radio"/>	<input type="radio"/>
In general, it takes me over an hour to feel fully recuperated after work	<input type="radio"/>	<input type="radio"/>
When I get home, I need to be left in peace for a while	<input type="radio"/>	<input type="radio"/>
Often, after a day's work I feel so tired that I cannot get involved in other activities	<input type="radio"/>	<input type="radio"/>
A feeling of tiredness prevents me from doing my work as well as I normally would during the last part of the working day	<input type="radio"/>	<input type="radio"/>

How long have you worked in your current Emergency Department?

- 1 month or less
- 1-2 months
- 2-3 months
- 3-4 months
- 4-5 months
- 5-6 months
- 6 months - 1 year
- 1-2 years
- 2-3 years
- 3-5 years
- 5 -10 years
- 10 -15 years
- 15-20 years
- > 20 years

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How long have you worked in Emergency Medicine in total in your career?

- 1 year or less  
 1 year or more

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How many months have you worked in Emergency Medicine in total?

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\_\_\_\_\_

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How many years have you worked in Emergency Medicine in total?

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\_\_\_\_\_

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What is your most frequent method of transport for your commute to work?

- Car  
 Motorbike  
 Bus  
 Train  
 Underground  
 Walk  
 Run  
 Cycle  
 I live on-site  
 Other

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You have selected other, how do you commute?

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**How long does your commute take in minutes (one way)?**

	1-10 mins	11-20 mins	21-30 mins	31-40 mins	41-50 mins	51-60 mins	61-70 mins	71-80 mins	81-90 mins	>90 mins
On an average day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On a good day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On a bad day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What type of contract do you work?

- Full time
- 90%, less than full time
- 80%, less than full time
- 70%, less than full time
- 60%, less than full time
- 50%, less than full time
- less than 50%, less than full time

Do you have dedicated contracted time away from Adult Emergency Medicine (e.g. subspecialty or GP) or work in Paediatric Emergency Medicine?

- Yes
- No

Please select all that are applicable to your current contracted time.

- ICM
- PEM
- PHEM
- Academic
- Teaching
- Leadership/Management
- Paediatrics
- GP
- Other

What is your "other" contracted time?

\_\_\_\_\_

What percentage of your contract is spent in ICM rather than EM?

- 10%
- 20%
- 25%
- 30%
- 40%
- 50%
- 60%
- 70%
- 75%
- 80%
- 90%
- 100%

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What percentage of your contract is spent in PEM rather than Adult EM?

- 10%
- 20%
- 25%
- 30%
- 40%
- 50%
- 60%
- 70%
- 75%
- 80%
- 90%
- 100%

---

What percentage of your contract is spent in PHEM rather than Adult EM?

- 10%
- 20%
- 25%
- 30%
- 40%
- 50%
- 60%
- 70%
- 75%
- 80%
- 90%
- 100%

---

What percentage of your contract is spent Academic rather than Adult EM?

- 10%
- 20%
- 25%
- 30%
- 40%
- 50%
- 60%
- 70%
- 75%
- 80%
- 90%
- 100%

---

What percentage of your contract is spent Teaching rather than Adult EM?

- 10%
- 20%
- 25%
- 30%
- 40%
- 50%
- 60%
- 70%
- 75%
- 80%
- 90%
- 100%

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What percentage of your contract is spent management/leadership rather than Adult EM?

- 10%
- 20%
- 25%
- 30%
- 40%
- 50%
- 60%
- 70%
- 75%
- 80%
- 90%
- 100%

---

What percentage of your contract is spent doing paediatrics rather than EM?

- 10%
- 20%
- 25%
- 30%
- 40%
- 50%
- 60%
- 70%
- 75%
- 80%
- 90%
- 100%

---

What percentage of your contract is spent doing GP rather than Adult EM?

- 10%
- 20%
- 25%
- 30%
- 40%
- 50%
- 60%
- 70%
- 75%
- 80%
- 90%
- 100%

---

What percentage of your contract is spent doing "other" activities rather than Adult EM?

- 10%
- 20%
- 25%
- 30%
- 40%
- 50%
- 60%
- 70%
- 75%
- 80%
- 90%
- 100%

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What is the maximum number of TOTAL clinical shifts you work in a week?

- 1 shift
- 2 shifts
- 3 shifts
- 4 shifts
- 5 shifts
- 6 shifts
- 7 shifts

---

What is the maximum number of CONSECUTIVE clinical shifts you would be scheduled to work?

- 1 shift
- 2 shifts
- 3 shifts
- 4 shifts
- 5 shifts
- 6 shifts
- 7 shifts
- > 7 shifts

---

What is the maximum number of consecutive NIGHT shifts you would be scheduled to work in a row?

- 0 shifts
- 1 shift
- 2 shifts
- 3 shifts
- 4 shifts
- 5 shifts
- 6 shifts
- 7 shifts

---

What is the maximum number of consecutive DAY shifts you would be scheduled to work in a row?

- 0 shifts
- 1 shift
- 2 shifts
- 3 shifts
- 4 shifts
- 5 shifts
- 6 shifts
- 7 shifts

---

What is the maximum number of consecutive TWILIGHT shifts you would be scheduled to work in a row?

- 0 shifts
- 1 shift
- 2 shifts
- 3 shifts
- 4 shifts
- 5 shifts
- 6 shifts
- 7 shifts

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What is your scheduled weekend work frequency?

- 1 in 2
- 1 in 3
- 1 in 4
- 1 in 5
- 1 in 6
- Less frequent than 1 in 6
- I don't work weekends

---

Over the past month how many contracted non-clinical shifts have you had? E.g. SPA, teaching, clinical governance.

- 0 shifts
- Between 0-1 shifts
- 1 shift
- 2 shifts
- 3 shifts
- 4 shifts
- 5 shifts
- 6 shifts
- 7 shifts
- 8 shifts
- 9 shifts
- 10 shifts
- 11-15 shifts
- >15 shifts

---

In the past month how many locum shifts have you worked? \_\_\_\_\_

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Over the past month, roughly how often have you left more than 15 minutes late following a clinical shift?

- Rarely
- A few times a month
- Once a week
- A few times a week
- Everyday

---

Over the past month, how often have you taken your full entitlement of breaks during a clinical shift?

- Rarely
- A few times a month
- Once a week
- A few times a week
- Everyday

---

What proportion would you say you spend working 'out of hours' (evenings, nights or weekends)?

- < 25%
- 26-50%
- 51-75%
- 76-100%

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What proportion of your locum shifts would you say you spend working 'out of hours' (evenings, nights or weekends)?

- < 25%
- 26-50%
- 51-75%
- 76-100%



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I have been able to request and take the annual leave I wanted?

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

---

I have been able to request and take the study leave I wanted?

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

---

Over the past month, roughly how often have you found yourself feeling overwhelmed with work during a clinical shift?

- Rarely
- A few times a month
- Once a week
- A few times a week
- Everyday

---

Do you consider yourself to have any long-term health conditions or disability?

- Yes
- No
- Prefer not to say

---

Do you have significant caring responsibilities outside of work?  
(e.g. parent or main carer for a relative)

- Yes
- No
- Prefer not to say

---

I feel at high risk of burnout from my job in the near future?

- Yes
- No
- Prefer not to say

---

I feel I am currently suffering burnout from work?

- Yes
- No
- Prefer not to say