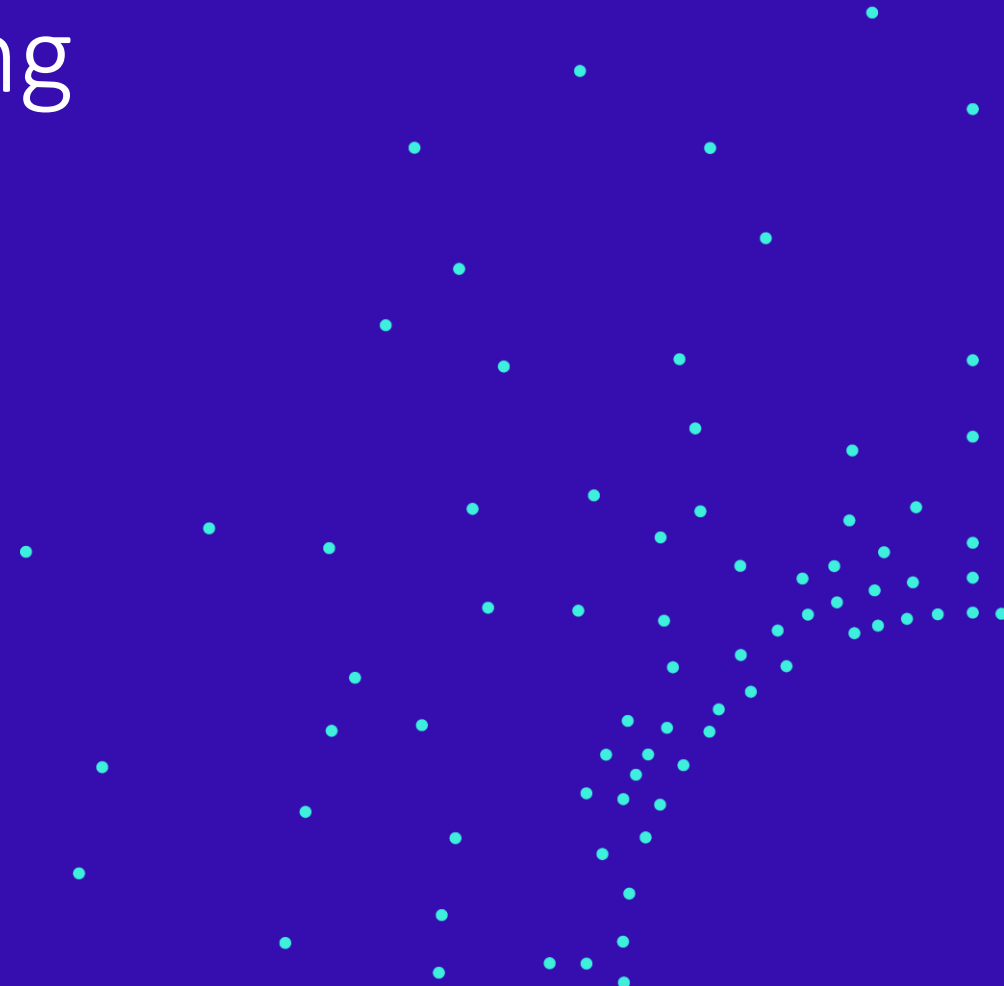


# Out of hours workload among Norwegian Regular General Practitioners

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# 2018 - Report to the Norwegian Directorate of Health



- Authors **Rebnord IK**, Eikeland OJ, Hunskår S, Morken T.
- On behalf of the Directorate of Health, our Center (National Centre for Emergency Primary Health Care) conducted a survey of how the GP allocates its time spent on various work tasks.

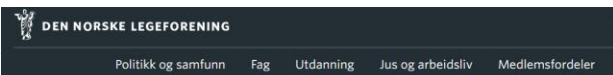




LA FREM TALLENE: Kjell Martmann-Moe fra Helsedirektoratet har vært prosjektansvarlig for undersøkelsen. Foto: Vidar Sandnes

PRIMÆRHELSETJENESTE

# Kartlegging: Fastleger jobber i snitt 55,6 timer i uken



2018

Kapasiteten i fastlegeordningen er sprenget

Det bekrefter Helsedirektoratets tidsbruksundersøkelse som ble lagt frem i ettermiddag, tirsdag 6. mars.

Samfunnspolitisk avdeling, Den norske legeforening  
6. mars 2018

Helsedirektoratet har kartlagt fastlegens arbeidsbelastning. Fastlegenes totale arbeidstid er svært lang, til tross for at listestørrelsene er blitt redusert. Fastlegene jobber i snitt 55,6 timer i uka. Ti prosent jobber mer enn 75 timer i uken, mens 25 prosent jobber mer enn 62 timer.

## Fastlegene: – Vi gjør kontorarbeid for sykehusleger

## Fastlegene jobber 55 timer i uka



En [undersøkelse](#) fra Uni Research sier arbeider 55,6 timer i uken.

– Usikkerheten rundt fastlegeordningen er økende. Det er flere oppgaver, samtidig som ressurser er knappe. Det er det nok færre som vil investere i fastlegeordningen.

Kan bli vanskeligere for utvalgte fastleger

## Rapport slår alarm om fastlegeordningen

Arbeidspresset på fastlegene har økt betraktelig, og vil med tiden bare bli enda større, ifølge en tilstandsrapport om fastlegeordningen.

# Aim



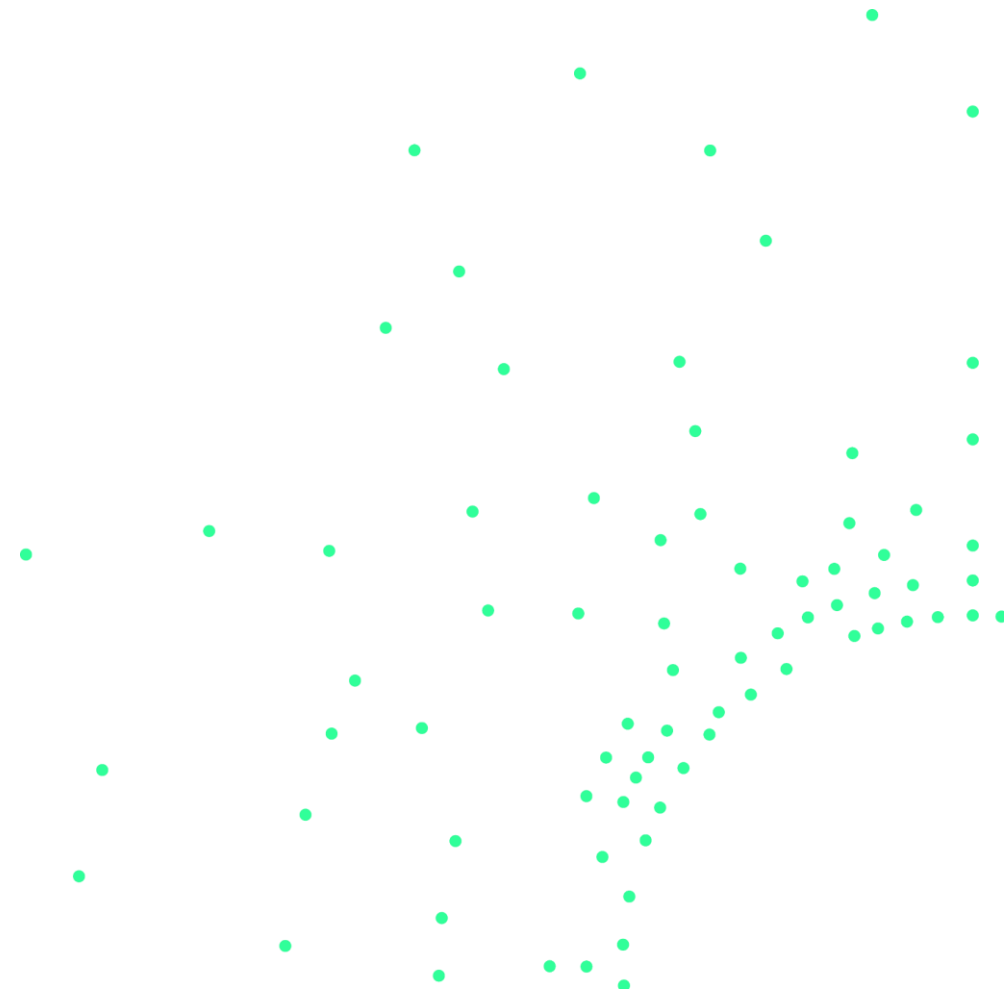
- Investigate characteristics of regular GPs working OOH, distribution of OOH work, how OOH work affects the regular working hours and characteristics for GPs with high workload OOH.



# Methods



- An electronic questionnaire was sent to all Norwegian GPs in January 2018, to record all work-related activity for a whole week.



# Results

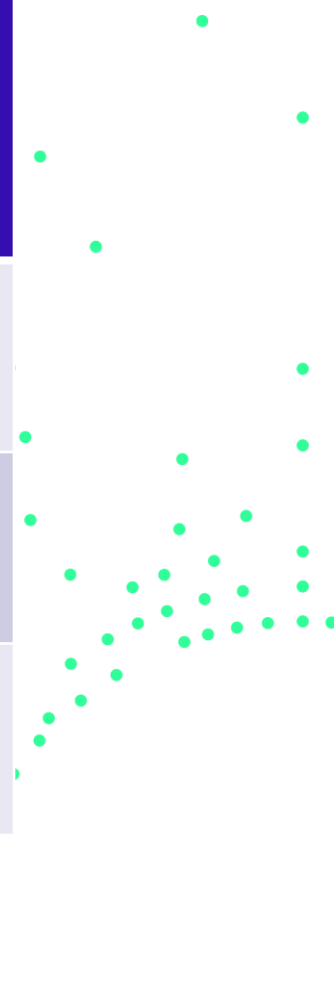


- 1954 doctors (41 percent) of 4716 doctors responded to the survey.
- The sample in the study is representative of the GPs in Norway for age, gender, list size and proportion specialized GPs.
- 34 percent also worked at out-of-hours services



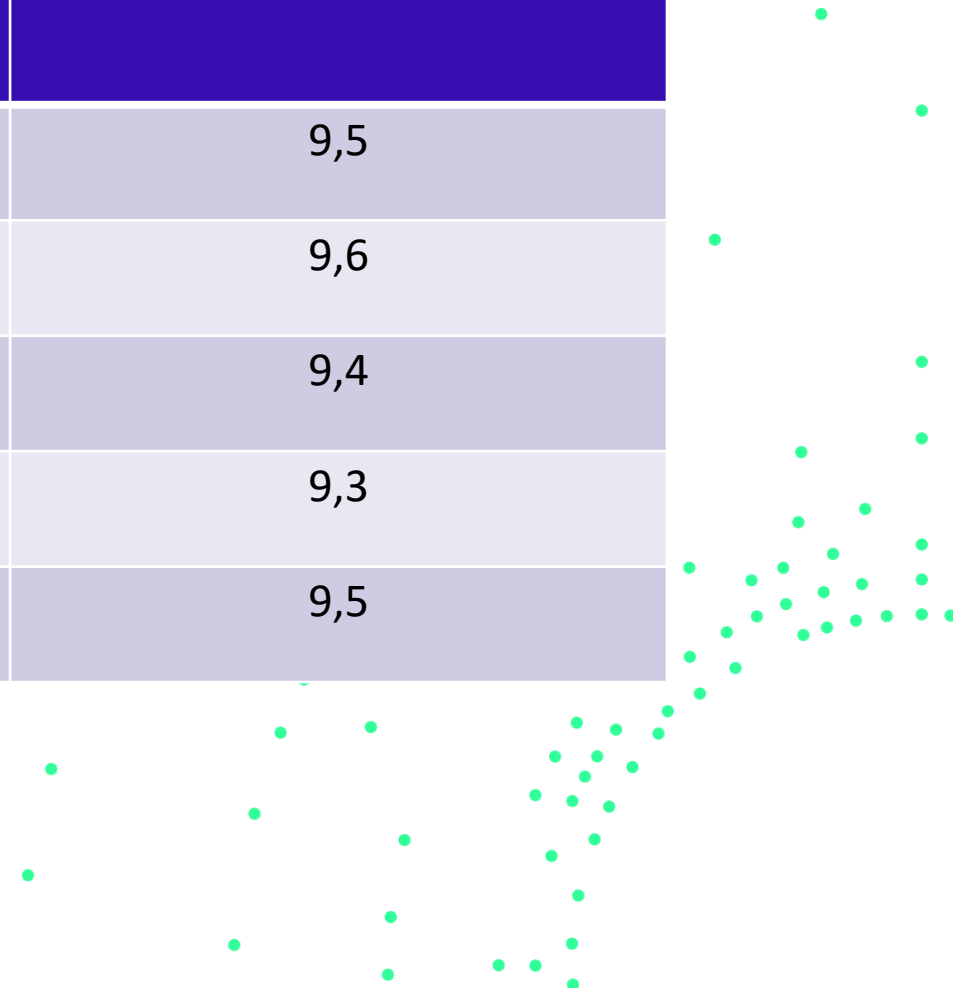
# Total number of working hours

	Mean total working hours per week	Percentiles					GP number
		10	25	50 (median)	75	90	
Hours per week all GPs	55,6	37,8	44,8	52,5	62,2	74,8	1 876
GPs also working out-of-hours	68,3	47,5	53,6	62,4	73,8	91,1	640
GPs not working out-of-hours	49,1	35,5	42,0	48,6	55,8	63,6	1 236



# Clinical work

	Clinical work in hours per week	Clinical work in hours per day
All GPs N=1876	38,8	9,5
Male GPs N=950	39,6	9,6
Female GPs N=902	37,9	9,4
GPs also working OOH	38,1	9,3
GPs not working OOH	39,1	9,5





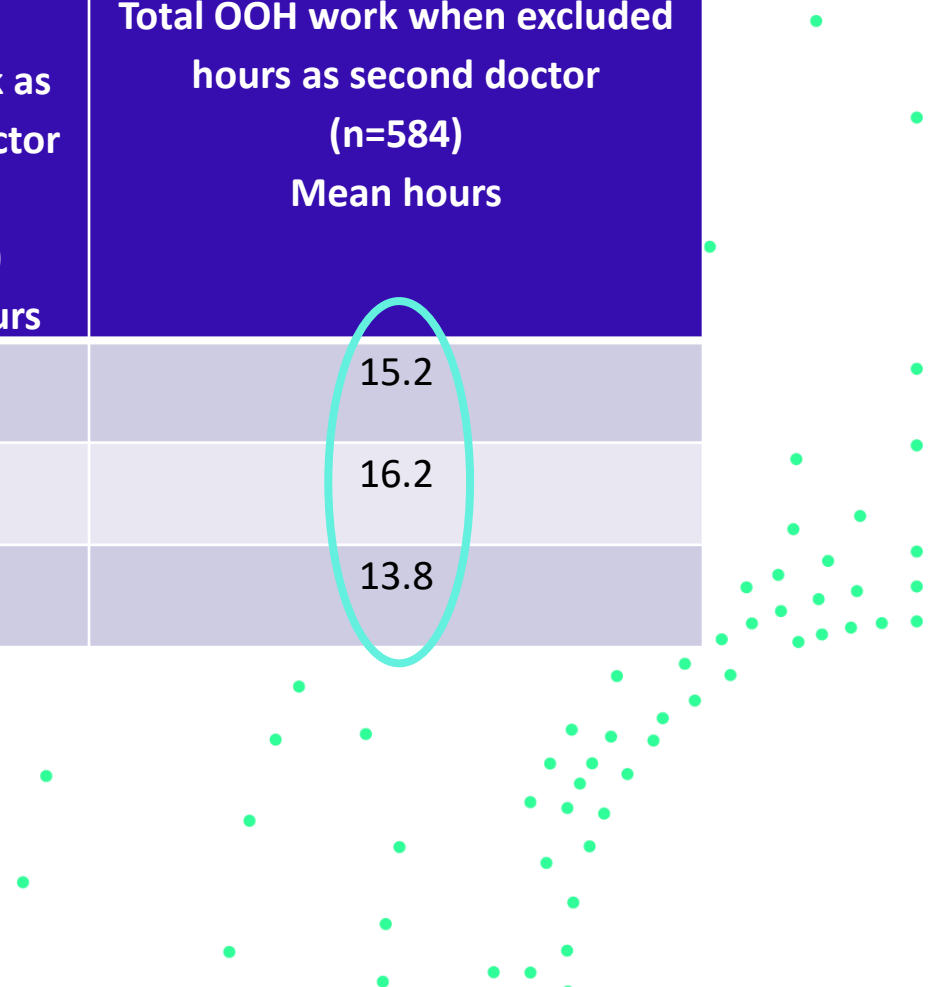
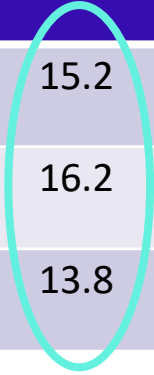
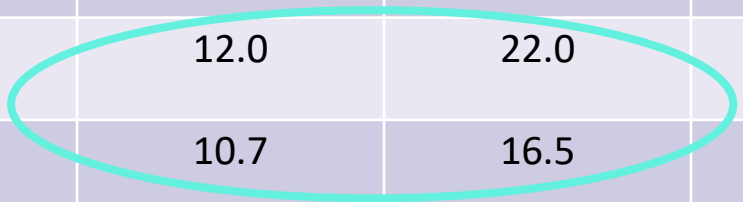
# Multiple regression analysis that examines factors associated with working OOH compared to not. N=1774.

Variables		OR	95 % CI		P value
Gender (Male=1, Female=2)		0.53	0.423	0.674	<0.001
Age >54 years (ref. <35 years)		0.18	0.096	0.340	<0.001
Inhabitants in the municipality >100 000 (ref.<3000)		0.41	0.177	0.932	0.033
<b>Driving distance to nearest hospital (ref. &lt; 30 minutes)</b>					
	30 minutes – 1 hour	1.58	1.161	2.151	0.004
	1-2 hours	5.01	2.881	8.714	<0.001
	More than 2 hours	3.09	1.317	7.237	0.010
<b>Employment position salaried with bonus agreement (ref: self-employed)</b>		4.06	1.320	12.461	0.014

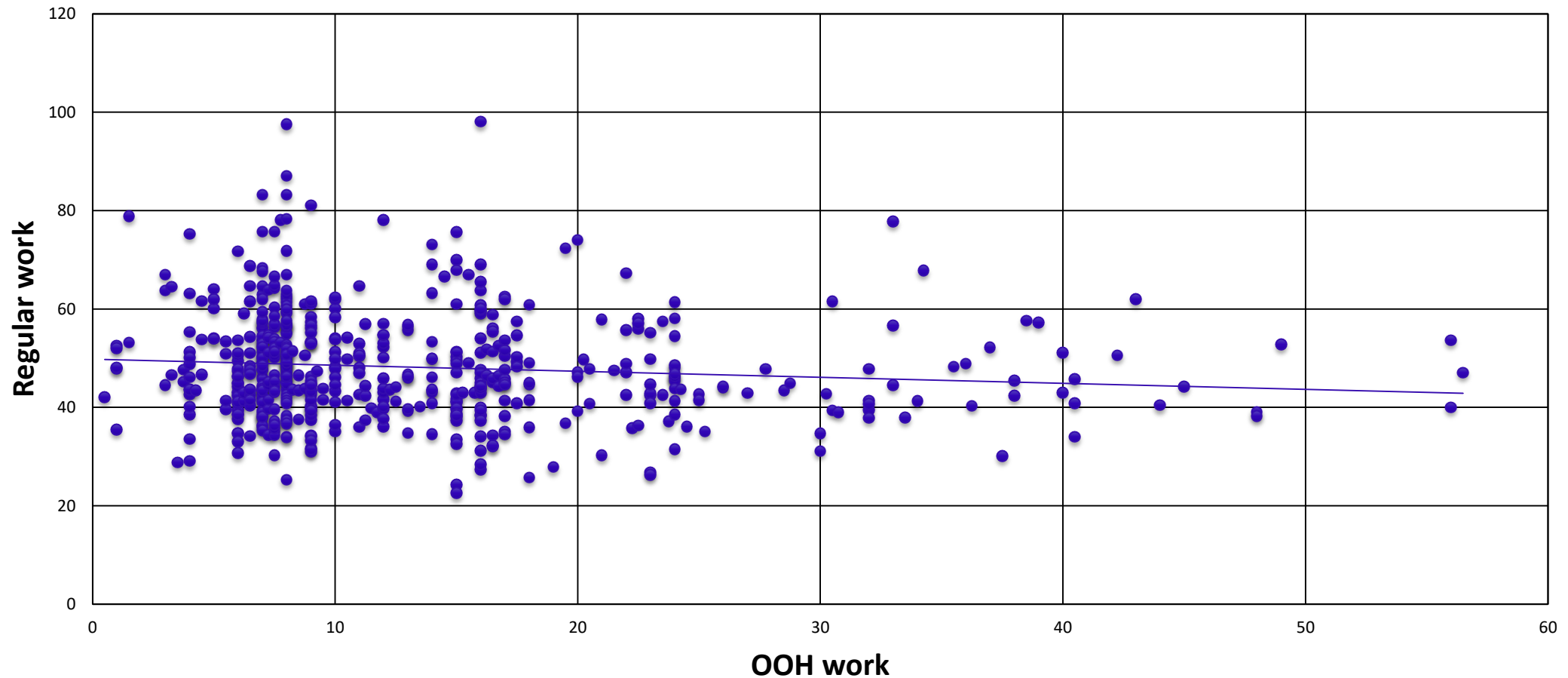
# Distribution of different types of OOH work.



		Work at the OOH-clinic (n=510) Mean hours	OOH work on duty from home (n=154) Mean hours	OOH work as second doctor on call (n=156) Mean hours	Total OOH work when excluded hours as second doctor (n=584) Mean hours
<b>Both gender</b>		11.4	19.7	23.1	15.2
	<b>Male</b>	12.0	22.0	23.1	16.2
	<b>Female</b>	10.7	16.5	22.5	13.8



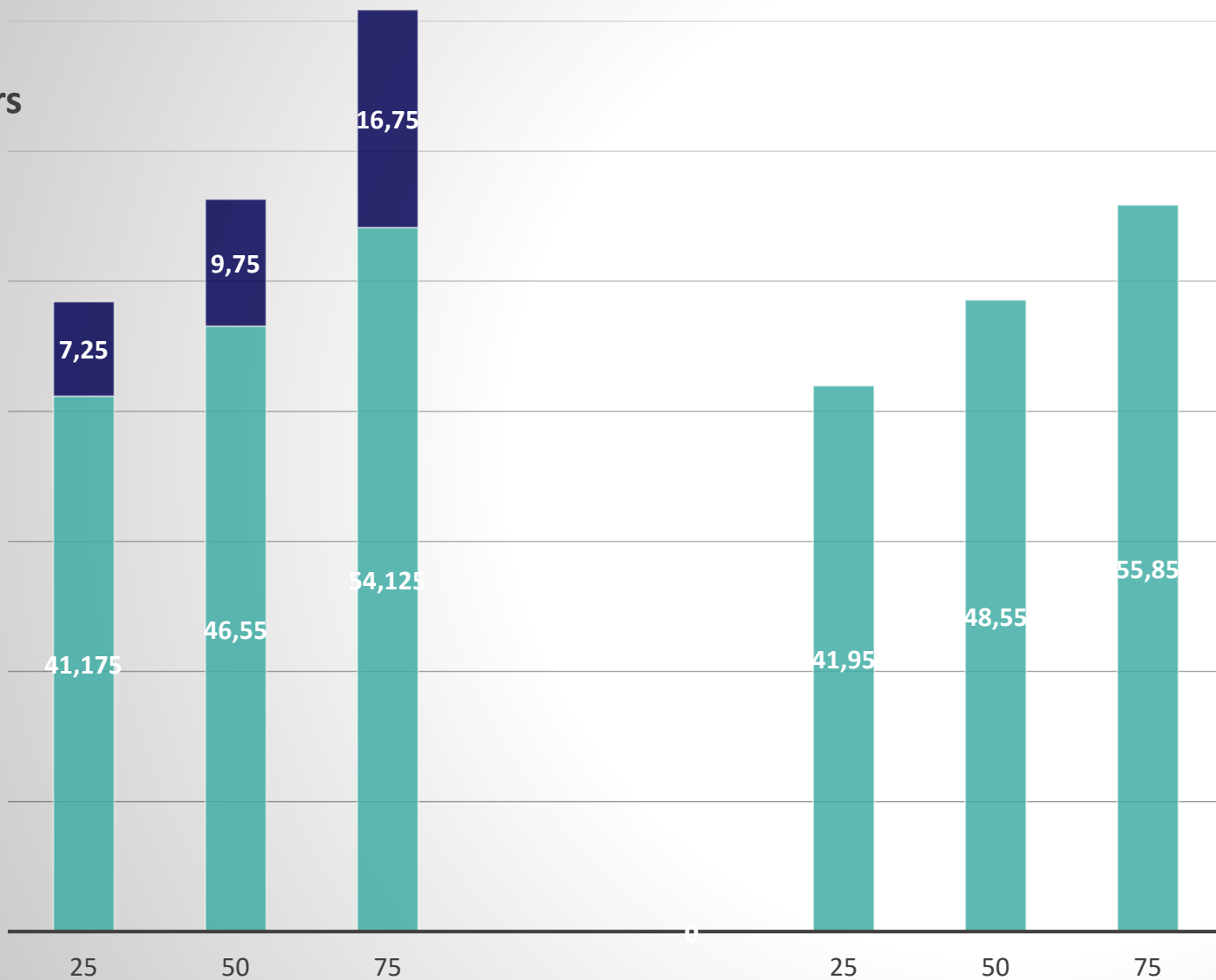
# Scatterplot of paired total work exclusively OOH work and the OOH work in hours (n=567)



### GPs with OOH work

### GPs with no OOH work

Hours



Quartiles

■ Regular working time in hours per week

■ OOH work in hours per week

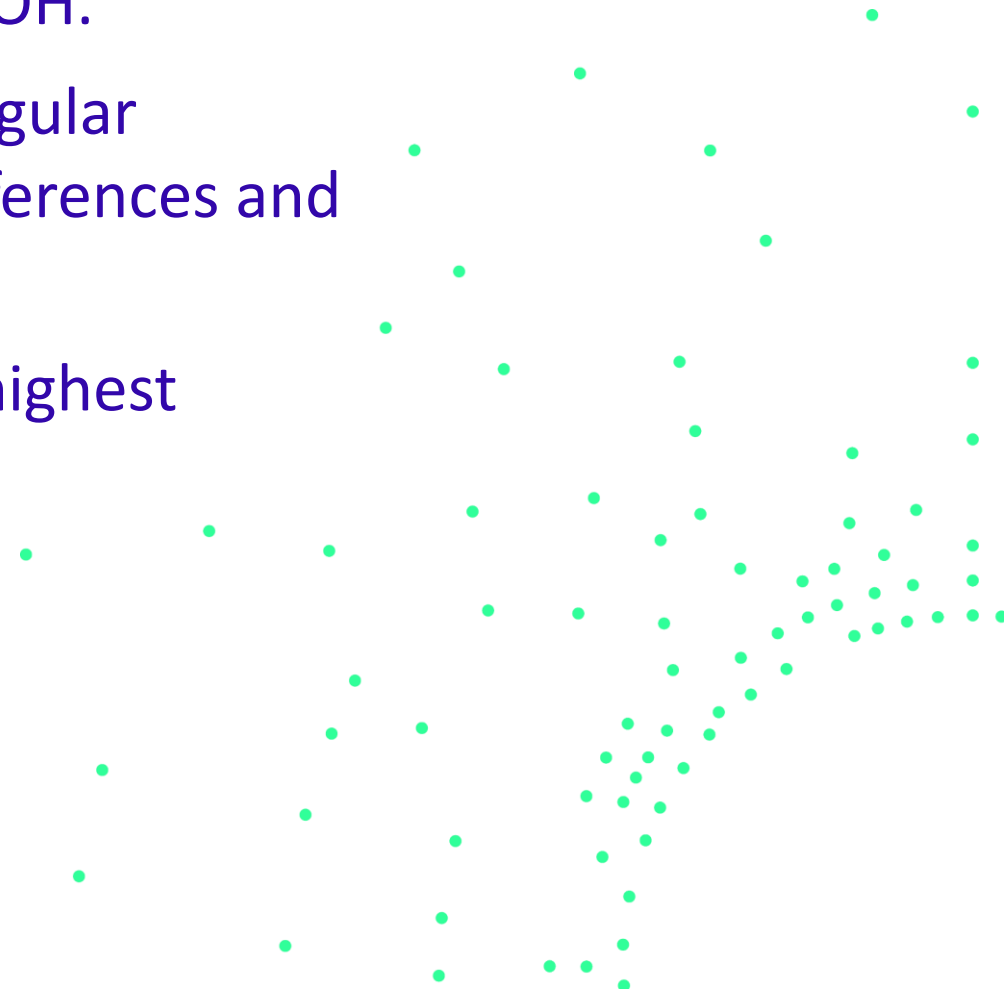
# Linear regression with stepwise variable selection\* of total working hours OOH. R square 0.140. N=584

Variables	Beta	CI (95%)		P-value
Number of inhabitants (7 categories)	-0.122	-2.192	0.208	0.018
Driving distance to nearest hospital (hours, 4 categories)	0.208	2.074	5.793	0.000
Number of patients at their list (6 categories)	-0.100	-3.152	0.205	0.026
Approved specialist (No=0 Yes=1)	-0.091	-5.420	0.410	0.023
Gender (Male=0 Female=1)	-0.140	-7.064	1.949	0.001

\*Excluded variables: Age, year as GP, employment position and number of days per week working in clinical practice.

# Conclusion

- Every third regular GP in Norway also work OOH.
- OOH work is performed in addition to high regular workload as regular GP with small gender differences and with minimal reduction in regular work.
- Male GPs and GPs from rural areas have the highest workload of OOH work.



# Discussion



- Representative material?
- Increase in workload?
- Future

