

Can I Do Residency Again In A Better Rested Environment?

“How are residents supposed to prepare for real life as a surgeon if they can’t even work twenty-four hours straight now?”

I hear this complaint about once a month from a someone trained in the Golden Age of hazing. Outside of anecdote, we’ll never know if surgeons are better trained now or twenty years ago, or fifty. But it’s too painful to imagine every-other-night-call wasn’t of critical importance.

[Residency](#) [1] resembles the real life of a surgeon in important ways, but working thirty-six hours straight all the time isn’t one of them. You pick your lifestyle after residency. The frequency of your thirty-six hour days is determined by this choice, not by the commitment you made as a third-year med student.

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[1] <http://www.kevinmd.com/blog/2010/05/physician-burnout-depression-medical-residency.html>

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