



JUNIOR DOCTORS HEALTH AND WELLBEING

Implementing a maximum number of long shifts for junior doctors

1. The Expert Working Group - 48 Hour Working Week for Junior Doctors Report (EWG report) ¹ was published on 6 October 2021. The report was commissioned following the First Minister's commitment on 30 March 2017 to reduce Junior Doctor working hours to a maximum of 48 hours per week without averaging.

Maximum number of long shifts for junior doctors

2. One of the key recommendations of the EWG report is to 'restrict the consecutive days of long shifts (greater than 10 hours) to a limit of 4 in any seven days for junior doctors.

3. This is now the agreed standard that all NHS Boards should be working towards in relation to long shifts for Junior Doctors. It is expected that all NHS Boards will immediately begin to implement this critical EWG report recommendation and must work towards maximising the level of compliance on rotas containing long shifts in line with definition above, **by the changeover on 3rd August 2022.**

4. Following the next Junior Doctor rotation on 3 August 2022 the Management Steering Group (MSG) will collect information on the rotas that are not compliant and the reasons for non-compliance. MSG will then work with individual NHS Boards and initiate action to support Boards to achieve full compliance across NHS Scotland by Feb 2023.

Action

5. NHS Boards and Special Boards should note that restricting the consecutive days of long shifts (greater than 10 hours) to a limit of 4 in any seven days for junior doctors is now the standard and Boards are asked to put the necessary arrangements in place to ensure these deadlines are met, as outlined in paragraph 4 above.

Yours sincerely

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¹ [EWG report](#)

² [Joint Statement](#)