Fatigue intervention for airline pilots.

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An intervention consisting of a set of specific fatigue reducing and health enhancing advices will lead to less fatigue and sickness absence in airline pilots. Following the intervention and the accompanying advices will lead to pilots reporting...

Ethische beoordeling	Niet van toepassing
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20880

Bron
NTR

Verkorte titel
MORE energy

Aandoening

Fatigue

Ondersteuning

Primaire sponsor: VU University Medical Centre
Overige ondersteuning: VU University Medical Centre

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The main study parameter is change in fatigue.

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale:

A large part of flight personnel admits to be fatigued regularly. This is caused by irregular and long working hours, and the crossing of time zones. In turn, these conditions cause travel fatigue, a lack of sleep and jet lag. Current research shows that 30% of the pilots are fatigued at least twice a week. Further, 75% of the pilots indicate that they acknowledge fatigue as a major problem of their job, and 71% reports ever to have been dosed off during a flight. Persistent fatigue symptoms can lead to health problems, impaired performance during work, and an impaired work life balance.

Hypothesis:

An intervention consisting of a set of specific fatigue reducing and health enhancing advices will lead to less fatigue and sickness absence in airline pilots. Following the intervention and the accompanying advices will lead to pilots reporting their work as being more pleasant and healthy.

Objective:

The primary objective of this project is to develop an intervention that provides the participants with fatigue reducing and health enhancing advices. The secondary aim is to determine the effect of such an intervention. Finally, the applicability of the intervention and the enhancing and inhibiting factors of the implementation are evaluated.

Study design:

The intervention is evaluated by means of a randomised controlled trial. There is an intervention group who receives fatigue reducing advices and a control group who does not receive any supplementary advice.

Study population:

The study population consists of pilots of all units of the Royal Dutch Airlines (KLM). All subjects have a contract until the end of the last measurement, do not have a function on the

ground, and are not on sick leave for more than 4 weeks at the moment of recruitment.

Intervention:

The intervention will be custom made. Depending on the wishes from the target population, the intervention can be supplied digitally, interactively, and specific per both location and individual. For each station with its specific roster and layover period, the participant will be provided with practical advices aimed at reducing fatigue. The intervention is based on the latest scientific knowledge and contains advices about, sleep behaviour, exposure to light, food intake, and physical activity.

Main study parameters/endpoints:

The main study parameters are changes on fatigue, sickness absence, need for recovery, sleep quality and work life balance.

Nature and extent of the burden and risks associated with participation:

Participation in the study will bring no burden or risks.

Doel van het onderzoek

An intervention consisting of a set of specific fatigue reducing and health enhancing advices will lead to less fatigue and sickness absence in airline pilots. Following the intervention and the accompanying advices will lead to pilots reporting their work as being more pleasant and healthy.

Onderzoeksopzet

Baseline (T0):

1. Fatigue: Fatigue will be measured by the 20 item CIS individual strength questionnaire;

2. Sickness Absence: Sickness absence will be measured using the database of the occupational health company of KLM, KLM Health Services;

3. Quality of sleep: Sleep quality will be measured by the Pittsburgh Sleep Quality Index;

4. Need for recovery: Need for recovery will be measured by the 11 item VBBA questionnaire;

5. Work life balance: Work life balance is measured by the 8 item SWING questionnaire.

3 months (T1):

1. Fatigue;

2. Sickness Absence;

3. Quality of sleep;

4. Need for recovery;

5. Work life balance.

6 months (T2):

1. Fatigue;

2. Sickness Absence;

3. Quality of sleep;

4. Need for recovery;

5. Work life balance.

12 months (T3):

1. Fatigue;

2. Sickness Absence;

3. Quality of sleep;

4. Need for recovery;

5. Work life balance.

Onderzoeksproduct en/of interventie

The intervention will be custom made. Depending on the wishes from the target population,

the intervention can be supplied digitally, interactively, and specific per both location and individual. For each station with its specific roster and layover period, the participant will be provided with practical advices aimed at reducing fatigue. The intervention is based on the latest scientific knowledge and contains advices about, sleep behaviour, exposure to light, food intake, and physical activity.

The control group will not receive any supplementary advice.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

All KLM pilots can participate in the study if they have a contract until the end of the last measurement of the study.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. If the pilots have a "ground" function;

2. If the pilots are on sick leave for more than 4 weeks at the moment of recruitment.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-10-2011
Aantal proefpersonen:	650
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing

Soort:	Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2594
NTR-old	NTR2722
Ander register	Scientific Comittee VU University Medical Centre : WC2010-099
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten
N/A