

by logging the calls even when there was no direct communication with others. As well as this subjective impression there was a tangible benefit. In one of our hospitals (Graylingwell) where the diary was continued for a further seven months after the seven months of the study, the number of calls fell by 21% (240 calls in 29 days v. 280 calls in 26 days).

Diary keeping is recognised to alter frequency of individual behaviour, e.g. in smoking (McFall & Hammen, 1971), obesity (Johnson & White, 1971) and classroom behaviour (Broden *et al.*, 1971). Groups under scrutiny might equally be expected to alter the frequency of their behaviour. Nursing staff were aware of the diary as parts were cited during negotiations to reduce calls regarding accidents involving no obvious injury on the long-stay wards. Surprisingly this category of call decreased by only 13% suggesting that the negotiations were not solely responsible for the overall reduction.

Other explanations for the reduction could be proposed such as the increased number of locum consultants in the hospital, seasonal variation, increasing length of time in post or media exposure of juniors working conditions. But with the prospect of a tangible as well as the subjective benefit we would commend the use of a diary to all hand pressed juniors.

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References

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Vacancies in RAF Psychiatric Service

DEAR SIR

Owing to manpower planning problems on a smaller scale than those currently facing the National Health Service, the Royal Air Force Psychiatric Service

currently has a number of vacancies for suitably qualified British nationals.

For psychiatrists who have obtained the Membership of the Royal College of Psychiatrists there are two vacancies at senior registrar level. Successful applicants would be granted a short service commission of three or six years duration. A six year period would enable the individual to complete approved higher psychiatric training (including study leave at an NHS teaching hospital) and reach consultant status.

At that point it would be possible to secure a permanent commission in the RAF or to apply for a consultant post outside the service. Officers retiring after varying periods of service have experienced little difficulty in obtaining appropriate civil appointments.

In addition, opportunities arise from time to time for appointing civilian consultants for periods of three years subject to extension. Applicants should be of consultant status and might be recently retired from the NHS. There is currently one vacancy.

Preliminary enquiries may be directed to one of the undersigned civilian advisers to the Royal Air Force.
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Grading of nurses

DEAR SIRS

Readers may have noted my anguished response to the grading of the staff nurses at our psychiatric day hospital (*Psychiatric Bulletin*, March 1989, **13**, 149-150). They may be interested to learn that following strong representations from, among others, the Division of Psychiatry, management reviewed the gradings and placed day hospital staff nurses on a par with their colleagues in the in-patient unit.

I have, reluctantly, to say that occasionally management gets things right (eventually).

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