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## Debunking Medical Myths: Lunar Lunacy

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# LUNAR LUNACY

## ARE THERE MORE HOSPITAL VISITS DURING A FULL MOON?

Group Gray 15: Rooshan Arshad, Joseph Cavataio, Mackenzie Howard, John Lloyd, Riya Shah, and Emma Steveler

Healthcare providers have long believed in a connection between increased hospital admissions and the full moon. This superstition may have originated from the brightness of a full moon causing insomnia during the preindustrial era. (5)

However, multiple studies over the past 50-years show that the moon has NO effect on hospital admissions or outcomes. (1-4)

# 43%

HEALTH PROFESSIONALS THAT BELIEVE THE LUNAR CYCLE CAN AFFECT HUMAN BEHAVIOR (4)



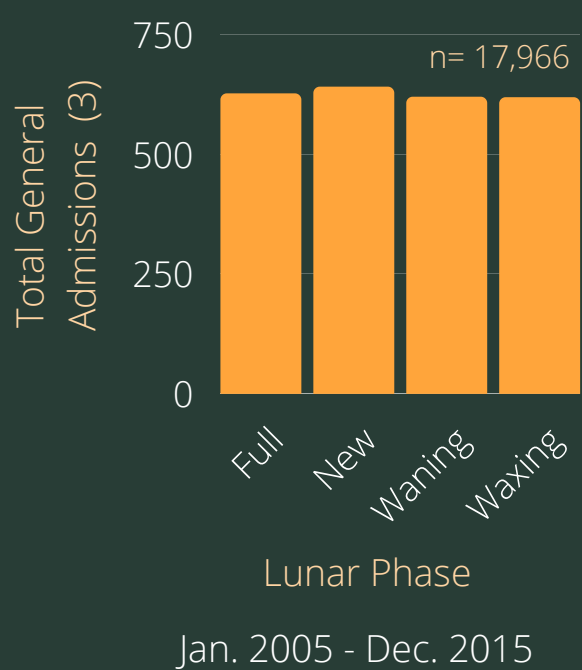
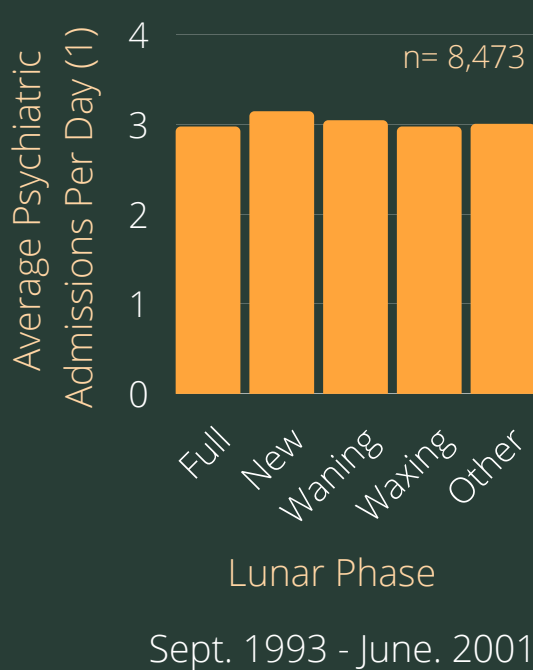
### Did You Know?

Lunacy and lunatic stem from luna, the Latin word for moon. It is believed that people were more likely to show erratic behavior during a full moon.

"The belief that the moon affects our lives and especially our emotions has existed for thousands of years and appears to be part of a collective, lay wisdom."(3)



Many studies have shown zero correlation between number of admissions and the lunar phase



### So What Now?: Effects on Attitudes and Behavior

- Effect on Patients
  - Patients may feel their physicians are rushing their visits to accommodate more patients
  - Feeling perpetuated as part of a stereotype or seen as an inconvenience for coming in during a full moon
- Effect on Physicians
  - Apprehension/anxiety about their patient and case load during a full moon
  - Rushing through patient encounters because they are expecting more patients to be coming in
- Moving Forward
  - Doctors can communicate with their peers and patients to dispel this medical myth
  - Hospitals can make their admissions data more accessible so both doctors and patients can view how little admissions rates vary during the lunar cycle
  - As future physicians, it is important that we place an emphasis on evidence-based care and medicine and dispel such medical myths for our professional identity formation.(3)

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