

Fatigue Management and Mitigation

Statement of Policy: The ACGME requires all training programs to educate faculty and residents to recognize the signs of fatigue and sleep deprivation.

Procedures:

1. The Sponsoring Institution oversees:
 - a. Resident/fellow duty hours (See Duty Hours Policy)
 - b. Systems of care and a learning and working environment that facilitate fatigue management and mitigation for faculty members and residents/fellows;
 - c. Educational programs for faculty members, residents and fellows in fatigue management and mitigation.

2. Programs must:
 - a. Educate all faculty members and residents to recognize the signs of fatigue and sleep deprivation
 - b. Educate all faculty members and residents in alertness management and fatigue mitigation processes, and
 - c. Adopt fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning, such as naps or back- up call schedules
 - d. Each program must have a process to ensure continuity of patient care in the event that a resident/fellow may be unable to perform his/her patient care duties.

3. For residents who are too fatigued to safely return home, several options are available through the Office of Graduate Medical Education including:
 - a. Sleep/Rest Facilities are available on an as needed basis for residents who are too fatigued to safely return home.
 - b. If sleep/rest facilities are unavailable, residents may utilize a taxi service to return home safely and submit the bill to the GME office for reimbursement.

4. Each program must develop a contingency plan to manage the transfer of clinical care responsibilities from a fatigued resident/fellow. (See Transitions of Care Policy)

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Signature on File
Katherine G. Stephens, PhD, MBA, FACHE
System Vice President, Medical Education and
Research, DIO

Signature on File
James I. Raymond, MD
Chief Medical and Academic Officer

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