

## FATIGUE MITIGATION

All new residents and fellows are required to complete the on-line training module on fatigue. This education module addresses the hazards of fatigue and ways to recognize and manage sleep deprivation. Programs must encourage residents to use fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning activities. Call rooms will be available in all hospitals for residents who take in-house call. A safe transportation option and adequate sleep facilities in which residents may sleep or rest for periods of time must be available to any resident who may be too fatigued to safely return home. A trainee who needs safe transportation home due to fatigue or illness may use a taxi service and submit the original receipt to the GME office for reimbursement of cab fare.

The program director must monitor clinical and educational work hours and adjust schedules as necessary to mitigate excessive service demands and/or fatigue. The program director must also monitor the need for and ensure the provision of backup support systems when patient care responsibilities are unusually difficult or prolonged. If applicable, the program director will monitor the demands of at home call and adjust schedules as necessary to mitigate excessive service demands and/or fatigue. Each program must ensure continuity of patient care in the event that a resident may be unable to perform their patient care responsibilities due to excessive fatigue.

In addition to the training on fatigue that the GME office requires for all new residents and fellows, individual programs must provide annual education for residents and faculty members on their program-level clinical and educational work hour policies including the process to ensure continuity of patient care in the event that a resident may be unable to perform his/her patient care duties.

Annual program training must:

- Educate all faculty members and residents to recognize the signs of fatigue and sleep deprivation;
- Educate all faculty members and residents in alertness management and fatigue mitigation process;
- Educate residents and faculty members on the professional responsibilities of physicians to appear for work appropriately rested and fit to provide the services required by their patients. Residents and faculty members must also demonstrate an understanding and acceptance of their personal role in:
  - management of their time before, during and after clinical assignments;
  - recognition of impairment, including from illness, fatigue, and substance use, in themselves, their peers, and other members of the health care team; and,
  - accurate reporting of clinical and educational work hours.