NAME: HOUSESTAFF / FACULTY FATIGUE

INTENT: The Accreditation Council for Graduate Medical Education (ACGME) requires that the sponsoring institution ensures that all clinicians (housestaff and faculty) are educated about the signs and consequences of fatigue and sleep deprivation. In addition, the institution must ensure that methods to mitigate fatigue are in place and readily available for all training programs.

POLICY: All residency and fellowship programs must provide an education program specifically addressing the signs of fatigue / sleep deprivation and the effects on patient care and clinician health. The education program must specifically also address fatigue mitigation techniques including but not limited to strategic napping and good sleep hygiene. Appropriate facilities must be available to permit sleeping while on in-house call and strategic napping as required.

PROCEDURES:

1. Each residency/fellowship program must provide education on recognition and mitigation of fatigue / sleep deprivation. A broad-based education program on this subject is available from the GME office. However, each program may elect to provide additional training relevant to clinicians in its specialty. Programs may also elect to use commercially available programs to meet this requirement. Training for each new resident, fellow and faculty member must be documented annually and be available for the GME office staff at the time of the annual review.

2. Housestaff on duty in the hospital must be provided adequate and appropriate sleeping quarters. These call facilities must be available at all times to allow for housestaff too fatigued to safely drive home to rest prior to returning home. In addition, programs may elect to provide other methods to return the housestaff member home (e.g. cab fare from hospital to home and back).

3. In the event that a housestaff member or faculty member cannot perform his/her duties because of fatigue (or other reasons), each training program must have a backup system in place that will make available alternate providers to assure appropriate provision and continuity of patient care.
4. In the event that a faculty member cannot perform his/her duties because of fatigue (or other reasons), each section must have a backup system in place that will make available alternate providers to assure appropriate provision and continuity of patient care.

(GMEC approved 12/5/12)

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