

## GRADUATE MEDICAL EDUCATION

### **POLICY: FATIGUE MANAGEMENT**

GME Policy and Procedure Manual

<b>Department Responsible</b> Graduate Medical Education	<b>Updated</b> 3/2/2016	<b>Effective Date</b> July 1, 2016	<b>Next Review/Revision Date</b> April 2021
<b>Title of Person Responsible</b> Designated Institutional Official	<b>Approved Council:</b> Graduate Medical Education Committee		<b>Date Approved by Council</b> June 1, 2016

### **POLICY**

Per ACGME Requirements [III.B.5.b) c).], the Sponsoring Institution must oversee systems of care and learning and working environments that facilitate fatigue management and mitigation for residents/fellows; and an educational program for residents/fellows and core faculty members in fatigue management and mitigation.

The purpose of this policy is to set institutional standards for requirements concerning Alertness Management and Fatigue Mitigation training for residents in compliance with Accreditation Council for Graduate Medical Education (ACGME). . This policy is important because compliance with the ACGME requirements for fatigue mitigation is required for institutional and program accreditation, as well as for patient safety and resident well-being.

### **PURPOSE**

Long Beach Memorial is committed to promoting patient safety and resident wellbeing in a supportive educational environment. This policy provides guidance on methodologies available to educate faculty members and residents:

- To recognize the signs of fatigue and sleep deprivation
- Alertness management and fatigue mitigation processes
- Adopt fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning.

### **DEFINITION**

**Faculty:** Any individuals who have received a formal assignment to teach resident/fellow physicians. At some sites appointment to the medical staff of the hospital constitutes appointment to the faculty.

**Fatigue management:** Recognition by either a resident or supervisor of a level of resident fatigue that may adversely affect patient safety and enactment of a solution to mitigate the fatigue.

**Fitness for duty:** Mentally and physically able to effectively perform required duties and promote patient safety.

**Resident:** Any physician in an accredited graduate medical education program, including interns, residents, and fellows.

**Scheduled duty periods:** Assigned duty within the institution encompassing hours, which may be within the normal work day, beyond the normal work day, or a combination of both.

## **GUIDELINES**

1. Each program will provide all faculty members and residents' information and instruction on recognizing the signs of fatigue and sleep deprivation, and information on alertness management, fatigue mitigation processes, and how to adopt these processes to avoid potential negative effects on patient care and learning. This should be accomplished using visual presentations, lectures, white papers or any other educational resources the program may elect to use.
2. To ensure patient care is not compromised if a resident or faculty member must apply fatigue mitigation techniques while on scheduled duty, each program will create a documented process to ensure continuity of patient care. Long Beach Memorial and its programs will ensure adequate sleep facilities are available to residents due to fatigue because of time spent on duty.
3. To enable residents with the opportunity for safe transportation home in the event of fatigue, illness, or other impairment, upon request, LBMMC sponsored residents will be given a voucher to use for a taxicab ride home. The resident requiring the safe transportation home should pick up a voucher for the taxicab from personnel in their program at the time they need it. The service will be paid for by the GME office. [See attached Fatigue Management and Taxi Program ]
4. Resident participation in sleep deprivation/alertness management educational experiences must be documented and monitored by each program.
5. Residents must be educated as to their personal responsibility to appear for duty on-time, appropriately rested, and otherwise fit for duty.
6. Residents must demonstrate compliance with their responsibility for their own health and well-being by careful management of their time before, during, and after duty hours
7. Faculty, residents, and other health care personnel must be trained in the process of recognizing fatigue, illness, or other impairments in their colleagues, and be encouraged to intervene when necessary to maintain the health and well-being of their colleagues and the safety of patients.

8. Each program must make sure that adequate sleep facilities/on-call rooms are available for their residents. Such facilities are provided by Long Beach Memorial. Each program must ensure that residents know the location and scheduling of the sleep facilities/on-call rooms. These facilities are available before, during, and after a resident's duty hours.
9. All programs will be monitored for compliance through the Long Beach Memorial's GME office review of programs Annual Review meeting minutes or reports, the Internal Review/Special Review process, and the ACGME Annual Survey of Residents.