

Transitional Year Residency Program

Policy on Resident Duty Hours and Work Environment

- I. **Program Policy.** Residency programs must provide an appropriate work environment and a duty hour schedule that is consistent with proper patient safety and resident well-being in a supportive educational environment. This policy addresses this requirement for the Transitional Year (TY) Residency Program at Iowa Methodist Medical Center, and is consistent with the policy approved by the Central Iowa Health System Graduate Medical Education Committee on February 8, 2011.
- II. **Duty Hours.**
 - A. Maximum Hours of Work per Week. Duty hours are limited to 80 hours per week, averaged over a four week period, inclusive of all in-house call activities.
 - B. Mandatory Time Free of Duty. TY residents must be scheduled for a minimum of one day free of duty every week when averaged over four weeks. At-home call will not be assigned on these free days.
 - C. Maximum Duty Period Length. Duty periods must not exceed 16 hours in duration.
 - D. Minimum Time Off between Scheduled Duty Periods. TY residents must have at least 8 (eight) hours free of duty between scheduled duty periods. The optimal time between duty periods is 10 (ten) hours.
 - E. Maximum Frequency of In-House Night Float. TY residents will not be scheduled for more than six consecutive nights of night float.
 - F. At-Home Call. Time spent in the hospital by residents on at-home call will count toward the 80-hour maximum weekly hour limit and will meet the requirement of one-day-in-seven free of duty, when averaged over four weeks.
 - G. Monitoring. TY residents will be regularly asked to document compliance with program duty hours requirements. This will include completion of required surveys at the end of each clinical assignment, completion of periodic institutional duty hours surveys, and completion of duty hours questions on both the annual residency program and ACGME-administered resident surveys.
- III. **Work Environment**
 - A. The TY residency program will provide residents with education regarding the professional responsibilities of physicians to appear for duty appropriately rested and fit to provide the services required by their patients.

- B. The TY residency program will educate residents to recognize the signs of fatigue and sleep deprivation.
- C. The TY residency program will educate residents in alertness management and fatigue mitigation processes.
- D. The TY residency program will educate residents about proper supervision, and will monitor compliance with required supervision at all participating sites (see *Transitional Year Residency Program Policy on Supervision* for further details).
- E. The TY residency program will develop a mechanism to assure that residents who report excessive fatigue will be excused from clinical duties so that they may receive needed rest. Hospital facilities for residents to access when rest is needed and assistance with transportation home if needed to secure rest will be provided (see *Transitional Year Residency Program Policy on Fatigue and Resident Coverage*).

Approved by Transitional Year Education Committee
March 12, 2012