

Transitional Year Residency Program

Policy on Fatigue and Resident Coverage

- I. The Accreditation Council for Graduate Medical Education requires that institutions and residency programs provide education on fatigue during residency training, implement measures to identify and mitigate fatigue during training, develop mechanisms to provide coverage for residents that are fatigued to a degree that they must be relieved of clinical duties, and provide transportation to the fatigued resident when indicated. This policy addresses these requirements.

- II. The Transitional Year Residency Program Policy consists of the following:
 - a. TY Residents will receive formal training on fatigue, and sleep deprivation during residency training early in the academic year. This training will address recognition of excessive sleepiness and fatigue during residency training, the potential consequences, and the measures instituted to identify and mitigate the consequences of excessive fatigue.

 - b. TY residents who self-report that they are fatigued to a degree that may result in harm to patients or to themselves, will be excused from clinical duties. Residents who are excused from clinical duties for this reason may elect to go home or may remain in the hospital to sleep. The institution will provide facilities for residents to sleep when the resident requests the opportunity to sleep before going home.

 - c. If a TY resident reports excessive fatigue that may impair his/her ability to safely drive, the program will provide transportation home. The resident will check with the TY Program Coordinator to see if staff can provide transportation home for the resident. Department personnel may drive the resident home, and will then make arrangements to have the resident brought from home to the hospital the following day. If this is not possible, the TY residency program will reimburse expenses for taxi service to provide this needed transportation.

 - d. If a resident is unable to complete his or her clinical duties on a given rotation for any reason, including but not limited to excessive fatigue, illness, injury, pregnancy, military deployment, or administrative absence, and the presence of a resident on that service is essential to the care of patients on that service, coverage will be arranged by the Transitional Year Program Director and/or the Transitional Year Program Coordinator working with the appropriate inpatient service rotation director.

- e. Every inpatient service to which TY residents are assigned has a back-up coverage system in place to cover for unanticipated resident absences.
 - f. Resident peers, members of the teaching faculty, and staff are advised to report to the TY Program Director or the TY Program Coordinator when undue fatigue or stress is observed in transitional year residents. The TY Program Director and/or Program Coordinator will take appropriate action to help relieve the resident from his/her clinical duties and to arrange appropriate coverage of those duties.
- III. The Transitional Year Residency Program Director will monitor compliance with the policy and will advise and counsel residents who have any questions or concerns about undue fatigue or stress in themselves or other residents. Any concerns or questions about this policy should be directed to the Program Director.

Reviewed and Approved by Transitional Year Education Committee
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