GME Fatigue Mitigation Policy

I. **Purpose.** The purpose of this *Fatigue Mitigation* policy is prompt patient safety and Resident welfare.

II. **Scope.** This Policy applies to all ACGME Programs Sponsored by Butler Hospital.

III. **Policy.** It is the policy of Butler Hospital that the safety of trainees and patients be preserved by mitigating fatigue that residents and fellows may experience.

IV. **Definitions.** Fatigue, or “excessive daytime sleepiness”, may be due to a variety of factors. These may exist singly or in combination and include:

   (a) too little sleep

   (b) fragmented sleep

   (c) circadian rhythm disruption (such as occurs with night float work)

   (d) other conditions that may masquerade as fatigue

   (e) Primary sleep disorders

V. **Procedure.**

   a) Each Program will:

      i. Educate all faculty members and residents to recognize the signs of fatigue and sleep deprivation;

      ii. Educate all faculty members and residents in alertness management and fatigue mitigation processes; and,

      iii. Adopt fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning, such as naps or back-up call schedules.
b) Each program must have a process to ensure continuity of patient care in the event that a resident may be unable to perform his/her patient care duties.

c) The sponsoring institution must provide adequate sleep facilities and/or safe transportation options for residents who may be too fatigued to safely return home. When on duty residents who are too fatigued to drive themselves safely home have two options: 1) Call rooms are available for napping, and/or 2) Residents may report to the registration desk in the Emergency Department for a taxi voucher.

REFERENCES:
ACGME Institutional Requirements, Sec. III.B.5. Clinical Experience and Education

APPROVAL/REVISION:
9/9/2019: Policy approved by BH GMEC