CENTRAL IOWA HEALTH SYSTEM
GRADUATE MEDICAL EDUCATION COMMITTEE

POLICY ON RESIDENT FATIGUE EDUCATION AND MITIGATION

I. Purpose

The Accreditation Council for Graduate Medical Education requires sponsoring institutions and residency programs to provide fatigue education 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. Policy

A. Central Iowa Hospital System residency programs will provide residents with formal training on fatigue and sleep deprivation during their residency training early in the academic year. This training will address recognition of excessive sleepiness and fatigue, the potential consequences of excessive sleepiness and fatigue, and the measures instituted to identify and mitigate the consequences of excessive fatigue.

B. Residents who report that they are fatigued to a degree that may result in harm to patients or to themselves should 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. CIHS will provide facilities for residents to sleep when residents request the opportunity to sleep before going home.

C. If residents report excessive fatigue that may impair their ability to safely drive, the program will provide transportation home. Residents must notify their Program Director, and supervising attending when needing to arrange transportation home and back to rotation locations. Residents may arrange necessary transportation with a ride/share service. With the program director's approval, the program will reimburse the resident for these expenses.

D. Resident peers, teaching faculty, and staff should report to the appropriate Program Director or Program Coordinator when undue fatigue or stress is observed in residents. The Program Director and/or Program Coordinator will take appropriate action and may relieve the resident from his/her clinical duties and arrange appropriate coverage of those duties.

E. Each residency program inpatient service will establish a patient care coverage system for unanticipated resident absences.

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