

POLICY ENSURING RESIDENTS HAVE ADEQUATE REST

Updated: June 2011

In order to ensure residents have adequate rest between duty periods and after in-house call, the following policies have been adopted:

PGY I:

PGY I residents should be supervised either directly or indirectly with direct supervision immediately available.

Duty periods of PGY I resident **must** not exceed 16 hours in duration.

Minimum Time Off between Scheduled duty periods for PGY I:

Should have 10-hr rest period between duty periods

Must have 8 hours free of duty between schedule duty periods.

PGY II-V:

24 + 4 Rule: Residents cannot stay beyond 28 consecutive hrs.; the 4 additional hrs. are for education or to complete work initiated. If one stays > 28 hrs., the resident **must** report it to the PD who **must** investigate and log the occurrence.

PGY II-III (Intermediate Level Residents): Minimum Time Off Between Scheduled Duty Periods:

Should have 10-hr rest period between duty periods

Must have 8-hr rest period between scheduled duty periods

Must have at least 14-hrs free of duty after 24 hours of in-house duty.

PGY IV-V (Final Years of Education): Minimum Time Off Between Scheduled Duty Periods:

Must be prepared to enter the unsupervised practice of medicine and care for patients over irregular or extended periods.

Desirable: 8 hours free of duty between scheduled duty periods

There **may** be circumstances where these senior resident **must** stay on duty to care for their patients or return to the hospital with fewer than eight hours free of duty. The resident **must** report this to the PD who **must** investigate and log the occurrence.

Residents are responsible for informing their superiors when further hours and call will cause them to be out of compliance. Proactive attention should be paid to work hours and days off. The PGY1 rotations are 28 days. PGY 2-5s should check schedules regularly with the 28-day blocks in mind.

Residents must take personal responsibility for and faculty must model behaviors that promote:

1. Assurance for fitness of duty.
2. Assurance of the safety and welfare of patients entrusted in their care.
3. Management of their time before, during and after clinical assignments.
4. Recognition of impairment (i.e. illness or fatigue) in self and peers.
5. Honest and accurate reporting of duty hours, patient outcomes, and clinical experience data.

Adequate sleep facilities are in place and our resident fatigue and stress policy encourages good sleep hygiene as well as recommending strategic napping and post-call naps.