

RESIDENT FATIGUE/STRESS POLICY

Updated: June 2011

The Department of Surgery supports high quality education and safe and effective patient care. The program is committed to meeting the requirements of patient safety and resident wellbeing. Excessive sleep loss, fatigue and resident stress are serious matters. Appropriate backup support will be provided when patient care responsibilities are especially difficult and prolonged, and if unexpected needs create resident fatigue sufficient to jeopardize patient care during or following on-call periods.

Residents must be able to:

1. To recognize the signs of fatigue and sleep deprivation
2. Implement alertness management and fatigue mitigation process
3. Adopt fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning

Definitions:

Faculty: Any individuals who have received a formal assignment to teach resident/fellow physicians.

Fatigue management: Recognition by either a resident or supervisor of a level of resident fatigue that may adversely affect patient safety and enactment of a solution to mitigate the fatigue

Fitness for duty: Mentally and physically able to effectively perform required duties and promote patient safety.

Resident: Any physician in an accredited graduate medical education program, including interns, residents, and fellows.

Scheduled duty periods: Assigned duty within the institution encompassing hours, and may be within the normal work day, beyond the normal work day, or a combination of both

Procedure:

The program will provide all faculty and residents' information and instruction on recognizing the signs of fatigue, sleep deprivation, alertness management, fatigue mitigation process and how to adopt this process to avoid potential negative effects on patient care and learning.

All attendings and residents are instructed to closely observe other residents for any signs of undue stress and/or fatigue. Faculty and other residents are to report such concerns of sleepiness, tardiness, resident absences, inattentiveness, or other indicators of possible fatigue and/or excessive stress to the supervising attending and/or Program Director. The resident will be relieved of his/her duties until the effects of fatigue and/or stress are no longer present.

Sleeping and Taxi Service

Sleeping quarters are provided by the Graduate Medical Education Office for overnight call assignments as well as napping. In addition, the surgery program provides private senior and chief call rooms available on the 7th floor, North Tower. These rooms can also be used for strategic napping and post-call naps.

When a house officer is post-call or at the end of the work day and does not feel safe to drive home, they can request a taxi voucher to get a round trip ride home. Call the Nursing Office at x35180 or go to the Nursing Office, North Tower Plaza Level, Room 2005. Both contacts are available 24 hours a day.

Stress Management

Stress is a normal part of the work-life of a physician. At times, however, house officers may find a need to reach out for help in managing stressful situations or events. The following support services are available for all employees:

Wellness Solutions

<http://web.csmc.edu/csmc-resources/employee-tools/wellness-solutions/>

Wellness Solutions Program

Cedars-Sinai Medical Center

8631 West 3rd Street Suite 740E

Los Angeles, CA 90048

Phone: (310) 423-9660

Fax: (310) 423-9668

Email: wellness.solutions@cshs.org

Work n' Life Matters

<http://web.csmc.edu/csmc-resources/employee-tools/work-n-life-matters/>

East Medical Tower

8631 W. 3rd St, Suite 535E

Los Angeles, CA 90048

T: 310-423-6447 or 1-800-319-8111

F: 310-423-0190