

## Alertness Management/Fatigue Mitigation

The program must adhere to ACGME Common Program Requirements:

VI.B.1. Sponsoring institutions must educate residents and faculty members concerning the professional and ethical responsibilities of physicians to be appropriately rested and fit to provide the care required by their patients. It is the responsibility of residents, faculty members, and other members of the care team to be observant, to intervene, and/or to escalate their concern about resident and faculty member fitness for work, depending on the situation, and in accordance with institutional policies. This includes recognition of impairment, including from illness, fatigue, and substance use, in themselves, their peers, and other members of the health care team, and the recognition that under certain circumstances, the best interests of the patient may be served by transitioning that patient's care to another qualified and rested practitioner.

VI.D.1. Programs must educate all residents and faculty members in recognition of the signs of fatigue and sleep deprivation, alertness management, and fatigue mitigation processes. It is expected that programs adopt fatigue mitigation processes and ensure that there are no negative consequences and/or stigma for using fatigue mitigation strategies. Strategies that may be used include but are not limited to strategic napping; the judicious use of caffeine; learning to recognize the signs of fatigue, and self-monitoring performance and/or asking others to monitor performance; remaining active to promote alertness; maintaining a healthy diet; using relaxation techniques to fall asleep; maintaining a consistent sleep routine; exercising regularly; increasing sleep time before and after call; and ensuring sufficient sleep recovery periods.

VI.B.3. Sponsoring institutions must provide a culture of professionalism that supports patient safety and personal responsibility. The accurate reporting of clinical and educational work hours, patient outcomes, and clinical experience data are the responsibility of the program leadership residents, and faculty.

VI.C.2.a. The program must have policies and procedures in place to ensure coverage of patient care and ensure continuity of patient care.

VI.D.2 The sponsoring institution must ensure adequate sleep facilities and safe transportation options for residents who may be too fatigued to safely return home. When on duty at WVUH, 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 call the main WVUH Security line (304-598-4444), or ask the House Supervisor to call on their behalf, to request safe and reliable transport home from work in the rare case that extreme resident fatigue prevents safe transport home.

The WVU School of Medicine Office of Graduate Medical Education has the "Fundamentals of Fatigue Prevention, Identification, and Management in Graduate Medical Education" posted to SOLE for your reference.

GMEC Approved: 9/9/2011, 1/15/2016, 4/12/2024

GMEC Taskforce Approved: 3/6/2024