PURPOSE
In accordance with ACGME requirements programs must:

1. Educate all faculty members and residents to recognize the signs of fatigue and sleep deprivation.
2. Educate all faculty members and residents in alertness management and fatigue mitigation processes.
3. Adopt fatigue mitigation processes / procedures to manage the potential negative effects of fatigue on patient care and learning, such as naps or back-up call schedules.

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.

NYU Winthrop Hospital will provide adequate sleep facilities and / or safe transportation options for residents who may be too fatigued to safely return home.

DEFINITIONS
For the purposes of this policy “resident”= resident or fellow

POLICY
Annually, the Office of Academic Affairs, the program, or a designee will present a PowerPoint presentation from the American Academy of Sleep Medicine, or similar presentation, to all residents and hospital-based faculty (live or online). This lecture will include recognizing the signs of fatigue and sleep deprivation, strategies to manage fatigue when possible, and how to transfer clinical responsibilities.

The resident must monitor him/herself for the signs suggestive of fatigue that usually occur after prolonged periods of sleeplessness such as (but not limited to):

1. Sluggish thought patterns, inability to concentrate.
2. Inability to maintain wakeful state in the absence of external stimulation.
3. Irritability, sudden anger, intolerance.
4. Nausea or stomach cramps unassociated with physical illness.
5. Tremors, particularly intention tremors while performing delicate procedures.

PROCEDURE
The resident must stop and acquire rest if the resident is sufficiently fatigued to potentially impair his/her ability to perform. The resident must:

1. Transfer clinical responsibilities to another resident or to an attending.
2. Each program must have a predetermined protocol for the transfer of responsibilities.
3. The residency Program Director or his/her designee must be notified if there is any difficulty in transfer of responsibilities.

Supervising faculty must assist with the transfer of clinical responsibilities when a resident has been identified, either by staff, other residents, or the resident him/herself as unable to perform and attempts to transfer responsibilities to others have failed.

If a Resident or his/her supervising Resident or Attending feels that the Resident is too fatigued to drive home safely after duty hours are completed, the Resident has the following options: (N/A for residents living in NYU Winthrop housing who should walk home)

1. Sleep in an available call room until able to drive safely.
2. If there is an exigent reason why the Resident must return home immediately, they must contact the Office of Academic Affairs for approval for reimbursed train, bus and/or taxi transportation home. The Resident will be expected to arrange his / her own transportation back to the hospital.

Approved by GMEC 10/17/11
Reviewed and Approved 6/6/16