 <p>Mercy MEDICAL CENTER DES MOINES <i>A member of Mercy Health Network</i></p>	GME Department Policy		Page 1 of 2	
	Fatigue Management Policy		Effective Date:	January 2017
			Reviewed:	

POLICY:

On an annual basis, the Program Directors or designee will present a program to all residents and faculty on fatigue and fatigue mitigation processes.

I. Annual Education

- a. Program Directors or designee will present a program to all residents and faculty on an annual basis. This presentation will include fatigue management policy, recognizing the signs of fatigue, strategies to manage fatigue and process to transfer clinical responsibilities.

II. Signs Suggestive of Fatigue

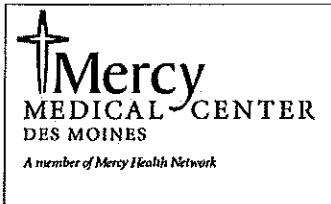
- a. Sluggish thought patterns and inability to concentrate
- b. Inability to maintain wakeful state in the absence of external stimulation-
- c. Irritability, sudden anger, intolerance-
- d. Nausea or stomach cramps unassociated with physical illness-
- e. Tremors, particularly intention tremors, while performing delicate procedures-
- f. Increased errors-

III. Transfer of Clinical Responsibilities

- a. If fatigue is identified by a resident or faculty member and has the potential to impair the resident's ability to perform, the resident must transfer clinical responsibilities to another resident or to an attending.
- b. The resident will work with the chief residents and faculty to find another qualified resident to assume these responsibilities for the remainder of the shift. (GS Residency will utilize the back-up call person). If unable to find a qualified resident, the supervising faculty must assume the patient care responsibilities until another resident becomes available.
- c. The residency Program Director or his/her designee must be notified of this transfer of responsibilities.

IV. Fatigue Mitigation

- a. The resident has the following options available to mitigate fatigue:
 - i. Sleep in an available call room until able to drive safely home or return to duty.
 - ii. Strategic napping, especially after 16 hours of continuous duty and between the hours of 10:00 p.m. and 8:00 a.m.
 - iii. Report duty hours honestly. If there is an issue on a service, we will need to address and correct.
 - iv. Consider prophylactic caffeine.
- v. Consider transportation alternatives, such as, a ride with a friend or public transportation.



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V. Healthy Sleep Habits

- a. Aim for 7-8 hours of sleep per night.
- b. Make sure you are getting sufficient catch up sleep; at least enough to feel “rested”.
- c. Keep to a routine as much as possible. Go to bed and rise at the same time each day.
- d. Get adequate exercise but avoid it directly before sleep.
- e. Eat right. Try not to go to bed hungry; however, eating a large meal within 3 hours of sleep may keep you awake.
- f. Make your bedroom comfortable – mattress, pillow, cooler temperature, sound and lighting level.
- g. Develop and practice relaxation techniques before sleep such as reading, meditation, or listening to music.
- h. Protect sleep time. Turn off the phone.
- i. Get light exposure when you’re awake.

Signature

1/25/17 CMO/DIO

Title

