

IDENT	GME36
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Title of Owner	Dir GME
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TITLE: Fatigue Management

PURPOSE: To promote patient safety and resident/fellow learning and well-being by providing guidelines for fatigue management regarding graduate medical education training.

POLICY STATEMENT: The UVM Medical Center is committed to providing an environment that provides residents/fellows with a high-quality learning experience, while simultaneously promoting patient safety and resident/fellow well-being.

PROCEDURE:

1. Programs must educate faculty members and residents/fellows to recognize the signs of fatigue and sleep deprivation, as well as alertness management and fatigue mitigation processes.
2. The organization and its GME programs will ensure adequate sleep facilities for residents/fellows who may be too fatigued to safely return home.
3. The program will ensure safe transportation options for residents/fellows who may be too fatigued to safely return home and choose not to use the provided sleep rooms allocated for this purpose.
4. Residents/Fellows are encouraged to use fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning.
5. GME program level specific policies must include procedure(s) to ensure coverage of patient care in the event that a resident/fellow is unable to attend work due to fatigue, illness, or a family emergency.
6. Programs should ensure that there are no negative consequences and/or stigma for using fatigue mitigation strategies.

RELATED POLICIES: GME12 Resident/Fellow Work Hours

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