

	Graduate Medical Education	
	GMEC Approval Date:	01/10/2025
	Effective Date:	02/01/2025
	Review/Revision Date:	
Policy Title: Fatigue Mitigation		
ACGME Institutional Requirement: VI.D, III.B.5.a).(2-3)		Page 1 of 1

I. Purpose

To develop a process to ensure the welfare of any resident/fellow who may suffer from sleep deprivation.

II. Policy

- A. Since LECOM is a teaching institution that hosts interns, residents and fellows and is concerned about their well-being, a process has been established to ensure their safety if sleep deprivation occurs. Programs may outline more detailed information and requirements in their residency manual. This policy serves as the basis/foundation for fatigue mitigation.
- B. No resident/fellow should feel that he or she is in a situation that endangers patient care or in which work-related fatigue endangers the resident's/fellow's well-being. LECOM recognizes that stress and lengthy hours can cause extreme fatigue and there may be times when House staff may require added consideration. The following procedure may be followed if patient care responsibilities are very difficult and prolonged or if unexpected needs create fatigue sufficient to jeopardize safety of the resident/fellow or patient care during or following on-call periods. Residents and faculty are provided education regarding fatigue and fatigue mitigation. The Resident/fellow should discuss the problem with the supervising attending or with his/her Chief Resident/fellow.

III. Procedure

- A. The Program Director/Chief Resident should be notified either by the Resident/fellow or Attending Physician.
- B. In the event that the work-related fatigue or stress is due to patient volumes, patients may be reassigned to other teams.
- C. If a resident/fellow is unable to complete a shift due to fatigue, each program should follow their policy and procedure that ensures coverage of patient care in the event that a resident/fellow may be unable to perform their patient care responsibilities. Millcreek Community Hospital provides sleeping accommodations in the event that a resident/fellow believes that he/she is not safe to drive home at the end of an assigned shift.
- D. A resident/fellow may call a ride-sharing company, such as Uber, for a ride to their home and then for a ride back to the hospital for their next shift or to pick up their personal vehicle. The receipt for this trip(s) may be submitted to the GME office for reimbursement.