



Regional Academic Affairs

TITLE: Alertness Management and Fatigue Mitigation	POLICY NUMBER: S/P-44
DEPARTMENT: Graduate Medical Education	Effective Date: 10/11
	Revised: 10/23
	Reviewed: 10/23
	Date of next Review: 10/25

**POLICY:**

Mercy St. Vincent Medical Center and its sponsored GME programs will ensure residents/fellows (“residents”) and faculty are appropriately rested and able to provide safe and appropriate care and actively participate in educational experiences.

**PURPOSE:**

Mercy St. Vincent Medical Center is committed to providing and maintaining a safe, healthy and productive environment for residents, faculty, patients and visitors. To that end, each GME program must develop and utilize a curriculum to educate residents and faculty on the signs of resident fatigue and sleep deprivation, alertness management and fatigue mitigation processes. Each program in partnership with the Sponsoring Institution, must ensure adequate sleep facilities and safe transportation options for residents who may be too fatigued to safely return home. Each program must develop a policy and procedure to mitigate fatigue and address situations where excess fatigue or impairment exists.

**PROCEDURE:**

Programs must:

1. Educate faculty members and residents to recognize the signs of fatigue and sleep impairment. Such education should address the common and more subtle signs of fatigue and sleep deprivation.
  2. Develop training schedules to minimize risk of fatigue and sleep deprivation.
  3. Educate all faculty members and residents in alertness management and fatigue mitigation processes. Such will occur via assignment of GCEP AMA Modules related to this topic.
  4. Adopt fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning and ensure resident and patient safety. Such processes may include, among others:
    - a. Back up call schedules
    - b. Use of fitness center, call room or common resident spaces.
    - c. Short naps while on duty, especially prolonged duty, and use of open resident call rooms if one is excessively fatigued or sleep impaired.
    - d. Considering family obligations, Residents will be reimbursed for cost of transportation (i.e. taxi, uber, etc.) in the event resident is too tired to drive home safely after working and unable to stay at hospital to nap. Reimbursement submission process outlined in policy S-39 will be followed.
    - e. Others as desired by program.
- Residents, as professionals, are also reminded of their duty to manage their personal lives so that professional duties are not negatively impacted by excessive fatigue or sleep deprivation.
5. Develop a process to ensure continuity of care in the event that a resident may be unable to perform his/her patient care duties due to fatigue/sleep deprivation or other forms of impairment.

Approved by:

A handwritten signature in black ink, appearing to read "Randall Schlievert".

Randall Schlievert, MD

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