RESIDENT HANDBOOK SECTION IV: WORK HOURS

FATIGUE MITIGATION

INTRODUCTION

The Accreditation Council for Graduate Medical Education (ACGME) Common Program Requirements (CPR) initially introduced the concepts of fatigue and fatigue mitigation in 2011 and modified the requirements in 2017. Providing medical care to patients is physically and mentally demanding. Night shifts, even for those who have had enough rest, cause fatigue. Experiencing fatigue in a supervised environment during training prepares residents for managing fatigue in practice. It is expected that programs adopt fatigue mitigation processes and ensure that there are no negative consequences and/or stigma for using fatigue mitigation strategies.

PROCEDURE

- I. It is important for residents/fellows to have adequate rest before and after clinical responsibilities.
- II. Strategies to be used for fatigue mitigation include:
 - a. Strategic napping
 - b. Judicious use of caffeine
 - c. Availability of other caregivers
 - d.