



FATIGUE

Text Button B

LEARNING OBJECTIVES

After working through this program, you should be able to:

- Define fatigue and sleep inertia
- Describe how to recognize excessive sleepiness
- Discuss the physical, mental, and social consequences of fatigue (i.e. traffic violations, reduced motivation, increased cynicism, increased substance abuse)
- Understand the link between medical error and fatigue
- Identify strategies for managing fatigue, including optimal napping and prophylactic use of caffeine
- Predict times of peak and nadir performance
- Explain the night float system and explore strategies for addressing duty hour issues
- Understand the shared responsibility of residents, faculty, and programs in managing fatigue to optimize medical care for patients, minimize errors, and enhance resident learning
- Select an appropriate evaluation for a fatigued resident