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