



FATIGUE

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ACGME STANDARDS

Duty Hours Restrictions

- 80 hours maximum per week (in some cases per week, on others averaged over a 4 week period)
- 24 hours maximum per shift; an added 6 hours are allowed for transfer of care
- 1 day in 7 free of patient care
- In-house call only every 3 nights
- 10 hour minimum rest period should be provided between daily duty periods and after in-house call
- Some specialties have even more restrictive duty hours policies, such as Emergency Medicine

Education and Oversight

- Program commitment to high-quality education and effective patient care
 - Recognize and monitor residents for signs of fatigue
 - Apply preventive and operational countermeasures
 - Create duty hour assignments that recognize collective responsibility to patient care
- Institutional oversight
 - Sponsoring institution should establish policies and procedures
 - Justification for increases above 80-hour limit is required
 - Patient care support services should be increased to reduce resident time spent on routine activities