

This policy applies to: The General Surgery Training Program	Last Approval Date: February 2013
Name of Policies: Policies and procedures for resident duty hours and work environment	Reference Number to ACGME Common Program Requirements: environment [CPR II.A.4.j; CPR VI.G; IR II.D.4.i; IR III.B.3]; [CPR VI.G.5] #2 on required docs for site visit

Duty hours are defined as all clinical and academic activities related to the program; i.e., patient care (both inpatient and outpatient), administrative duties relative to patient care, the provision for transfer of patient care, time spent in-house during call activities, and scheduled activities, such as conferences. Duty hours do *not* include reading and preparation time spent away from the duty site.

1. Duty hours must be limited to 80 hours per week, averaged over a four-week period, inclusive of all in-house call activities.
2. There is no moonlighting allowed during the clinical years of the residency program. Moonlighting is only allowed during the professional development years.
3. Residents must be provided with one day in seven free from all educational and clinical responsibilities, averaged over a four-week period, inclusive of call.
4. Adequate time for rest and personal activities must be provided. This should consist of a 10-hour time period provided between all daily duty periods and after in-house call.
5. Duty periods of PGY-1 residents must not exceed 16 hours in duration.
6. Duty periods of PGY-2 residents and above may be scheduled to a maximum of 24 hours of continuous duty in the hospital. Residents will not be assigned additional clinical responsibilities after 24 hours of continuous in-house duty.
7. PGY2-5 residents are allowed to remain on-site in order to accomplish effective patient and service sign-out tasks; however, this period of time must be no longer than an additional four hours.
8. Residents are to use alertness management strategies in the context of patient care responsibilities. Strategic napping, especially after 16 hours of continuous duty and between the hours of 10:00 p.m. and 8:00 a.m., is encouraged.

On-call Activities:

1. Duty periods of PGY-1 residents must not exceed 16 hours in duration.
2. For PGY-2 and above, in-house call must occur no more frequently than every third night, averaged over a four-week period.
3. Duty periods of PGY-2 residents and above may be scheduled for on-site duty, including in-house call, but must not exceed 24 consecutive hours. Residents may remain on duty for up to four additional hours to participate in transfer of care of patients and service to maintain continuity of medical and surgical care.
4. For PGY-2 and PGY-3 residents, there must be at least 14 hours free of duty after 24 hours of in-house duty.
5. No new patients may be accepted after 24 hours of continuous duty.
6. For PGY-4 and PGY-5 residents (Senior Residents), there must be 8 hours between duty periods. Circumstances of return to hospital activities with fewer than eight hours away from the hospital must be monitored by the program director.
7. At-home call (or pager call)
 - a) The frequency of at-home call is not subject to the every-third-night, or 24+6 limitation. However at-home call must not be so frequent as to preclude rest and reasonable personal time for each resident.
 - b) Residents taking at-home call must be provided with one day in seven completely free from all educational and clinical responsibilities, averaged over a four-week period.
 - c) When residents are called into the hospital from home, the hours residents spend in-house are counted toward the 80-hour limit.
8. All residents must not be scheduled for more than six consecutive nights of night float.
9. Twenty total months of night float are allowed in a 5 year surgery residency. Night float rotations must be separated by two months.

All residents are expected to enter their work hours on MedHub on a weekly basis. Work hours will be checked by the Program Director and if residents are in violation, a discussion will be held with their Senior Residents and their Service Attendings to ensure compliance.

Working Environment:

The major aspects of the teaching and learning environment at Stanford are two-fold is, 1.) as indicated in addendums to this document, protected time for education on Tuesday mornings has been monitored continuously so that 1.) Residents are able to report to surgical grand rounds on time at 7:00 a.m., 2.) That there will be no conflicting OR cases to conflict with protected time and 3.) A system has been put in place to protect the residents from unnecessary pages during the five hour period from 6:45 to 11:45 a.m. We recognize that a tired resident who feels that he/she is a second class citizen will not be likely to learn. Therefore, we have made certain that residents on-call in the hospital have clean, on-call rooms, a lounge for recreation, and clean work/sleep room near the main surgical floors. Computer access is provided throughout the facilities so the residents can review assigned readings and access medical information during downtime. Lane Medical Library is open seven days a week.