

**General Surgery Residency Program**  
**Duty Hours & Working Environment Policy**

**Duty hours** are defined as clinical and educational work. All clinical and education activities related to the program; i.e., patient care (both inpatient and outpatient), administrative duties relative to patient care (completing medical records, ordering/reviewing labs and signing verbal orders), 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, studying and academic preparation time.

1. Duty hours must be limited to no more than 80 hours per week, averaged over a four-week period, inclusive of all in-house clinical and education activities, clinical work done from home and all moonlighting.
2. Residents should have eight hours off between scheduled clinical work and education periods.
3. Residents must be scheduled for a minimum of one day in seven free from of clinical work and required education (when averaged over four weeks).
3. Residents must have at least 14 hours free of clinical work and education after 24 hours of in-house call.

**On-call Activities:**

1. In-house call must occur within the context of the 80-hour and one-day-off-in-seven requirements. Residents must be scheduled for in-house call no more than every third night (when averaged over four weeks).
2. Continuous on-site duty, including in-house call, must not exceed 24 hours of continuous scheduled clinical assignments. Residents may remain on duty for up to four additional hours to participate in providing effective transitions of care and/or resident education.
3. No new patients may be accepted after 24 hours of continuous duty.
4. At-home call (or pager call)
  - a) The frequency of at-home call is not subject to the every-third-night and must count toward 80-hour maximum weekly limit. 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 of clinical work and education, when averaged over four-weeks.
  - c) When residents are called into the hospital from home, the hours residents spend in-house are counted toward the 80-hour limit.

All residents are expected to enter their work hours in 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 as indicated in addendums to this document, residents have protected time for education on Tuesday mornings so that residents are able to report to surgical grand rounds on time at 7:00 a.m., That there should be no conflicting scheduled resident OR cases that conflict with protected time. A system has been put in place to protect the residents from unnecessary pages during the five hour period from 7:00 to 11:00 a.m. Therefore, we have made certain that residents on-call in the hospital have clean, pleasant on-call rooms, a lounge for recreation, and clean work/sleep room on each of the main surgical floors. Computer access is provided throughout the facilities so the residents can entertain themselves and learn, and access medical information during downtime. Lane Medical Library is open seven days a week, Monday- Friday 8am to 10pm, and weekends are 12pm to 6pm. During the summer the hours are adjusted Monday – Thursday 8am to 8pm, Fridays 8am to 6pm and weekend hours remain the same.