

UNIVERSITY OF FLORIDA COLLEGE OF MEDICINE JACKSONVILLE
Office of Educational Affairs

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POLICY

It is known that sleep deprivation and fatigue can result in numerous adverse consequences. Impairments may occur in several domains, including attention, cognition, motor skills, and mood. Resident performance, professionalism, safety, and well-being are affected by sleep deprivation, causing potentially adverse implications for patient care.¹ Recognizing this, the ACGME requires that faculty and residents be educated to recognize the signs of fatigue. In response to this requirement, the Institution has a Fatigue Training Module presented by Dr. Daniel J. Buysse, MD, of UPMC in Pittsburgh, that is available for all faculty and residents through HealthStream.

The ACGME Institutional Requirements state:

III.B.5. Clinical Experience and Education

III.B.5.a).(2) systems of care and learning and working environments that facilitate fatigue mitigation for residents/fellows; and, ^(Core)

III.B.5.a).(3) an educational program for residents/fellows and core faculty members in fatigue mitigation. ^(Core)

The ACGME Common Program Requirements state:

VI.B.4. Residents and faculty members must demonstrate an understanding of their personal role in the:

VI.B.4.c) assurance of their fitness for work including:

VI.B.4.c).(2) recognition of impairment, including from illness, fatigue, and substance use, in themselves, their peers, and other members of the health care team.

VI.D. Fatigue Mitigation

VI.D.1.a) educate all faculty members and residents to recognize the signs of fatigue and sleep deprivation;

VI.D.1.b) educate all faculty members and residents in alertness management and fatigue mitigation processes; and,

VI.D.1.c) encourage residents to use fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning.

All Programs are required to educate their faculty and residents. Faculty and residents will be required to complete Fatigue Training during the onboarding process or shortly thereafter during orientation.

Trainees that are too fatigued to drive home may utilize one of the open sleep rooms in the resident call quarters or use the taxi voucher located in the call quarters to request a ride home from the hospital.

¹ Mansukhani MP, Kolla BP, Surani S, Varon J, Ramar K. Sleep deprivation in resident physicians, work hour limitations, and related outcomes: a systematic review of the literature. Postgrad Med. 2012 Jul;124(4):241-9. doi: 10.3810/pgm.2012.07.2583. PMID: 22913912.