

<b>Policy 2.310</b> Graduate Medical Education Committee
<b>Section</b> Resident Support/Conditions for Appointment
<b>Subject</b> Fatigue Management and Mitigation
<b>Policy Requirements</b> ACGME Institutional: III.B.5.a). (2), (3); III.B.5.b ACGME Common: I.D.2.b); VI.B.4.c.(2); VI.C.2.; VI.D.; VI.E.3. e
<b>Version History</b> Date developed: 2/2019, separated from policy 2.300 Date Approved: 11/2019, 9/2020, 10/2021 Legal Review: 9/2020

### **Purpose**

To outline the responsibilities of the Sponsoring Institution (SI) and Accreditation Council for Graduate Medical Education (ACGME) accredited programs regarding fatigue management and mitigation.

### **Policy**

Each program will educate all residents/fellows and faculty members to recognize the signs of fatigue and sleep deprivation. Each program will educate all residents/fellows and faculty members in alertness management and fatigue mitigation processes. Programs must encourage residents/fellows and faculty to use fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning. Programs in partnership with the SI will provide systems of care and learning and work environments that facilitate fatigue management for residents/fellows and educational programming for residents/fellows and faculty members in fatigue mitigation.

Each program must ensure continuity of patient care, consistent with the program's policies and procedures referenced in ACGME Common Program Requirements VI.C.2. Each program must allow an appropriate length of absence for residents/fellows unable to perform their patient care responsibilities due to excessive fatigue. Programs must create a documented process to ensure continuity of patient care.

### **Oversight**

Programs will be monitored for compliance with the ACGME Common Program Requirements on Fatigue Management and Mitigation by the University of Arkansas for Medical Sciences College of Medicine Graduate Medical Education Office (UAMS COM GME) review of the program results on the ACGME Annual Resident Survey. UAMS COM GME monitors duty hour compliance annually.

GME Educational Resources on Fatigue can be found at <https://medicine.uams.edu/gme/gme-resources/fatigue-recognition-and-mitigation/>.