

**CENTRAL IOWA HEALTH SYSTEM
GRADUATE MEDICAL EDUCATION COMMITTEE**

POLICY ON RESIDENT CLINICAL AND EDUCATIONAL WORK HOURS

I. Purpose

This policy is established to ensure that the residency programs provide an appropriate work environment for all residents and a duty hour schedule that is consistent with proper patient safety and resident well-being in a supportive educational environment.

II. Fatigue Education and Mitigation.

- A. The residency programs will provide residents and faculty members with education concerning the professional responsibilities of physicians to appear for duty appropriately rested and fit to provide the services required by their patients.
- B. The residency programs will educate all faculty members and residents to recognize the signs of fatigue and sleep deprivation.
- C. The residency programs will educate all faculty members and residents in alertness management and fatigue mitigation processes.
- D. The residency programs will adopt fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning, such as naps or back-up call schedules.

III. Duty Hours: Clinical and Educational Work Periods

- A. Maximum hours of clinical and educational work per week.
 - 1. Clinical and educational work hours must be limited to no more than 80 hours per week, averaged over a four-week period.
 - 2. This 80 hours is inclusive of all in-house clinical and educational activities, clinical work done from home, and all moonlighting.
- B. Residents must be scheduled for a minimum of one day in seven free of clinical work and required education, when averaged over four weeks. At-home call cannot be assigned on these free days.
- C. Mandatory time free of clinical work and education.
 - 1. Residents should have eight hours off between scheduled clinical work and education periods. There may be circumstances when residents choose to stay to care for their patients or return to the hospital with fewer than eight hours free of clinical experience and education. This must occur within the context of the 80-hour and the one-day-off-in-seven requirements.
 - 2. Residents must have at least 14 hours free of clinical work and education after 24 hours of in-house call.
- D. Maximum clinical work and education period length.
 - 1. Clinical and educational work periods for residents must not exceed 24 hours of continuous scheduled clinical assignments.
 - 2. Up to four hours of additional time may be used for activities related to patient safety, such as providing effective transitions of care, and/or resident education. Additional patient care responsibilities must not be assigned to a resident during this time.
- E. Maximum Frequency of In-House Night Float
Residents will not be scheduled for more than six consecutive nights of night float.

- F. **Maximum In-House Call Frequency**
Residents will not be scheduled for in-house call more frequently than every-third-night when averaged over a four-week period.
- G. **At-Home Call**
Time spent in the hospital by residents on at-home call will count towards the 80-hour maximum weekly hour limit and will meet the requirement of one-day-in-seven free of duty, when averaged over four weeks.