

All residents need to have enough time without clinical responsibilities to stay well-rested and avoid fatigue while on duty. Residents receive instruction annually on issue of fatigue, sleep, and napping.

Residents that have fatigue symptoms at any point could jeopardize patient care. These symptoms include falling asleep, irritability, apathy, and careless medical errors. Residents are required to consult immediately with other members of the team including service faculty, and inform the program director so that the resident may be immediately be relieved of duty. Patient care should then be delivered by other members of the team or by a faculty member. Call rooms at each site are available 24 hours a day for strategic napping. It is the responsibility of the fatigued resident to take advantage of time away for rest.