

IV.A.4.a).(3)**Alertness Management/Fatigue Mitigation**

The program must:

- a) Educate all faculty members and residents to recognize the signs of fatigue and sleep deprivation;
- b) Educate all faculty members and residents in alertness management and fatigue mitigation processes; and,
- c) 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.

Each program must have a process to ensure continuity of patient care in the event that a resident may be unable to perform his/her patient care duties.

The sponsoring institution must provide adequate sleep facilities and/or safe transportation options for residents who may be too fatigued to safely return home. When on duty at WVUH, residents who are too fatigued to drive themselves safely home have two options: 1) Call rooms are available for napping, and/or 2) Residents may report to the registration desk in the Emergency Department for a taxi voucher.

The WVU School of Medicine Office of Graduate Medical Education has the “Fundamentals of Fatigue Prevention, Identification, and Management in Graduate Medical Education” posted to SOLE for your reference.

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