West Virginia University School of Medicine
Department of Medical Education
Section of Graduate Medical Education

Institutional Guidelines on Required Days Off for Residents and Fellows in Training
Under West Virginia University School of Medicine

The West Virginia University School of Medicine (WVUSOM) is dedicated to ensuring that our residents and fellows in training are provided with at least the ACGME required 1 day off in 7, averaged over 4 weeks, *(ACGME CPR VI.F.2.d))*. Because of this, the Graduate Medical Education (GME) Office decrees that all training programs under WVUSOM which use calendar month rotations will provide their trainees with a minimum of (5) days off for each calendar month rotation where no vacation* week is taken.

The reasoning behind this decision stems from the wording of the ACGME's requirement, *(ACGME CPR VI.F.2.d)):*

"Residents must be scheduled for a minimum of one day in seven free of clinical work and required education (when averaged over four weeks)."

Eleven out of the twelve calendar months, (in a non-leap year), and twelve out of twelve calendar months, (in a leap year), are longer than four weeks, (28 days). Therefore, in order to always be certain that our residents and fellows are receiving, at minimum, the required days off per rotation, it has been decided that all calendar month rotations where no vacation* week is taken, must have (5) days off for each trainee.

A special note regarding vacation time:
Vacation time is classified differently than days off. Vacation days are simply removed from the total days for the month or 4-week block.

Example:
A month has 31 potential working days in it, and a trainee schedules 7 days of vacation in that month. (31-7=24)

With *24* days left in the month, how many days off are still required for the trainee in order to be in compliance with the ACGME's rule of 1 day off in 7, averaged over 4 weeks? (3)

Why should the trainee get (3) more days off in a month where they have already taken (7) days of vacation time? Because there are still 24 potential working days left in the month. 24 divided by 7 equals 3.43 weeks. Therefore, (3) days off are required to satisfy the *1 day off in 7, averaged over 4 weeks* rule.