

**West Virginia University School of Public Health
Graduate Medical Education Policy on Clinical Experience and Education:
Alertness Management/Fatigue Mitigation (CPR VI.D.) (IR III.B.5)**

The program will:

- a) Via discussion and videos, educate all key clinical faculty members and residents to recognize the signs of fatigue and sleep deprivation;
- b) Educate all key clinical faculty members and residents on the processes to manage the potential negative effects of fatigue on patient care and learning

Residents are encouraged to evaluate their schedule, create healthy sleep habits and get regular exercise. The Program Director and Program Manager will monitor fatigue as it relates to duty hours as reported in eValue submitted by the residents

If a resident perceives that they are too fatigued or stressed to work, they should immediately notify their supervising attending and the program director/program manager.

Residents who are too fatigued to drive themselves safely home have two options:

- 1) Report to the registration desk in the Emergency Department for a taxi voucher.
- 2) Ask a colleague for a ride home.

Approved by GMEC: July 17, 2018