Purpose
To outline the responsibilities of the Sponsoring Institution and Accreditation Council for Graduate Medical Education (ACGME) accredited programs regarding fatigue management and mitigation.

Policy
Each program will educate all faculty members and residents to recognize the signs of fatigue and sleep deprivation. Each program will educate all faculty members and residents in alertness management and fatigue mitigation processes. Programs must encourage residents to use fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning.

Each program must ensure continuity of patient care, consistent with the program’s policies and procedures referenced in ACGME Common Program Requirements VI.C.2. Each program must allow an appropriate length of absence for residents unable to perform their patient care responsibilities due to excessive fatigue. Programs must create a documented process to ensure continuity of patient care.

Programs will provide adequate sleep facilities and safe transportation options for residents who are too fatigued to safely return home.

Oversight
Programs will be monitored for compliance with the ACGME Common Program Requirements on Fatigue Management and Mitigation by the UAMS Graduate Medical Education Office (GME) review of their Annual Program Evaluation, ACGME WebADS, and program results of the ACGME Annual Resident Survey. UAMS GME monitors duty hour compliance annually.

Educational Resources
Programs may reference the UAMS GME fatigue brochure, which can be found on the UAMS GME website.

Programs may reference the UAMS GME video on fatigue management, which can be found on the UAMS GME website.