

## **Policy: Fatigue Mitigation**

**Responsible Party:** Associate Dean, Clinical Education

**COCA Element:** 5.3

**Review Frequency:** Annually and as needed.

Each clinical site and/or preceptor will schedule the student hours of duty. Hours may include nights, weekends, and holidays. A clinical work week should be considered as a 7-day week. Clinical rotation time for medical students cannot exceed 80 hours per week, averaging over 4 weeks. In-house calls will not occur more than once every 3 days and are limited to 24 hours per call shift. Students should have a minimum of 24 hours off following a 24-hour call before returning to a rotation.

It is recognized that fatigue can occur from factors other than working hours, such as personal and family pressures, and difficult patient scenarios.

Some signs of fatigue may include but are not limited to, abnormal sleepiness, focus problems, lethargy, irritability, inattentiveness, impaired awareness.

Faculty, preceptors and students should all be aware of factors contributing to fatigue and work together to reduce the impact. Approaches may include strategic napping, judicious use of caffeine, regular exercise, maximization of off duty sleep time and maintenance of consistent sleep time whenever possible.

Students preparing for clinical rotations at the beginning of the OMS III year will be provided training in recognizing symptoms of fatigue, and mitigation strategies during the Clinical Rotation Preparatory Course. Additionally, OMS IV students preparing for their PGY-1 year will also review symptoms of fatigue and related mitigation during the fourth-year residency preparation course.

An overview of student fatigue will also be included to preceptors during their orientation.