



Internal Medicine Fatigue Management Policy
Addendum to the MHG Fatigue Management Policy 500.34
Effective July 2023

Providing medical care to patients is physically and mentally demanding. Night shifts, even for those who have had enough rest, cause fatigue. Experiencing fatigue in a supervised environment during training prepares residents for managing fatigue in practice.

- The IM program will provide all appointed faculty members and residents information and instruction on recognizing the signs of fatigue and sleep deprivation, and information on alertness management, fatigue mitigation processes, and how to adopt these processes to avoid potential negative effects on patient care and learning.
- Faculty members and residents will be educated to intervene when necessary to maintain the health and well-being of their colleagues and the safety of patients.
- If a resident is unable to perform their patient care responsibilities due to excessive fatigue, they are to immediately inform their supervising attending and the IM Program Director or Associate Program Director. The patients under the care of the resident will be transitioned to another resident or attending for on-going care.
- In the event of fatigue, illness, or other impairment, residents are required to utilize the sleep facilities/on-call rooms available for the GME department or utilize safe transportation home. Upon request, MHG sponsored residents can call a taxi for a ride home. The resident requiring the safe transportation home should submit receipt to the GME office for reimbursement.