

**CONEMAUGH MEMORIAL MEDICAL CENTER
GRADUATE MEDICAL EDUCATION POLICY**

FATIGUE MITIGATION POLICY

Purpose

To develop a process to ensure the welfare of any resident/fellow who may suffer from sleep deprivation.

Applies to

All residency/fellowship programs at Conemaugh Memorial Medical Center (CMMC).

Policy

Since CMMC is a teaching hospital that hosts interns, residents and fellows and is concerned about their well-being, a process has been established to ensure their safety if sleep deprivation occurs.

No resident/fellow should feel that he or she is in a situation that endangers patient care or in which work-related fatigue endangers the resident's/fellow's well-being. CMMC recognizes that stress and lengthy hours can cause extreme fatigue and there may be times when House staff may require added consideration. The following procedure may be followed if patient care responsibilities are very difficult and prolonged or if unexpected needs create fatigue sufficient to jeopardize safety of the resident/fellow or patient care during or following on-call periods.

The Resident/fellow should discuss the problem with the supervising attending or with his/her Chief Resident/fellow.

Procedure

- A. The Chief Resident/fellow should be notified either by the Resident/fellow or Attending Physician.
- B. In the event that the work-related fatigue or stress is due to patient volumes, patients may be reassigned to other teams
- C. If a resident/fellow is unable to complete a shift due to fatigue, each program should follow their policy and procedure that ensures coverage of patient care in the event that a resident/fellow may be unable to perform their patient care responsibilities. The hospital provides sleeping accommodations in the event that a Resident/fellow believes that he/she is not safe to drive home at the end of an assigned shift.
- D. Graduate Medical Education (GME) has transportation cab vouchers from DC Cab Company and Johnstown Yellow Cab. These vouchers can be found on the MMC Graduate Medical Education SharePoint site. Any time a Resident or his/her supervisor believes he/she is too fatigued to drive home, the resident can then use the cab voucher to provide transportation to their home. This voucher is good for a round-trip to their home and back to the hospital allowing the Resident to return for their next shift or to pick up their personal vehicle.
- E. A resident/fellow may also call a ride-sharing company, such as Uber, for a ride to their home and then for a ride back to the hospital for their next shift or to pick up their personal vehicle. The receipt for this trip(s) must be submitted to the GME office within 7 days for reimbursement.

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Attachment
Cab Voucher

References
CR: VI. c. (Alertness Management/Fatigue Mitigation)

GMEC Revised: 5/2012, 1/2016, 11/2017, 3/2018

Taxi Cab Voucher

Date _____

Name _____ Program _____

Address _____

This cab ride is authorized by:

Nancy Marano Nancy Marano, GME Manager

Graduate Medical Education Department

Conemaugh Memorial Medical Center

1086 Franklin Street

Johnstown, PA 15905

DC Cab – 814 535-4584

Yellow Cab – 814 539-1584

*****Resident - please request a receipt from the driver and submit receipt to your program coordinator or the GME Office.**

