

80-hour work week compliance plan and on-call fatigue policy:

Duty hours are defined as all clinical and academic activities related to the residency program, i.e., anatomic and clinical pathology services, time spent **in-house** during call activities, and scheduled academic activities such as conferences. At home call does not count towards the duty hours. Duty hours do not include reading and preparation time spent away from the duty site.

An average of four weeks of all in-house duties is used to determine duty hour compliance, and this should not exceed a maximum of 80 hours per week.

Residents will be provided with 1 day in 7 free from all educational and clinical responsibilities, averaged over a 4-week period, inclusive of call. One day is defined as one continuous 24-hour period free from all clinical, educational, and administrative activities.

Adequate time for rest and personal activities must be provided. This should consist of a 10 hour time period provided between all daily duty periods and after in-house call.

The following plan was enacted by the Department of Pathology Residency Training Committee and Chair in November 2002 (updated 7-3-2003):

Record keeping:

1) Residents will log their *on-call* phone calls and *on-call* in-house time in 15 minute blocks on a timesheet. Such four-week time sheets will be distributed 13 times per year reflecting the 13 four-week rotations that residents take. All residents will fill out such timesheets throughout the year.

2) Upon collection of the timesheets every 4 weeks, the Residency Training Program Assistant, will total the resident's on-call hours when the residents are in-house plus their phone-call time. We will assume that every resident is in-house 7:30 AM to 7:30 PM 5 days per week totaling to 60 hours per week. To this "base" of 60 hours, the on-call hours (in-house time plus phone call time) will be added.

3) Residency Training Program Assistant will place the residents' data in tabular form for review by the program director and Residency Training Committee periodically.

4) The RTC committee will take all necessary actions to insure that the 80-hour work week is not exceeded on a regular basis.

To assure that there is no excessive resident fatigue post-call, the following policy went into place on 1-2-2003. This policy has been approved by the Chair. The policy will be modified as necessary based upon our experience with this policy.

RESIDENTS' ON-CALL FATIGUE POLICY (effective 1-2-2003):

a) After 11 PM if the on-call resident is *in-house* for a total of more than 2 hours and leaves the hospital *at or before* 2 AM, the resident will be released from service until 12 noon the next day (10 hours off) (revised 7-18-03).

b) After 11 PM if the on-call resident is *in-house* for a total of more than 2 hours and leaves the hospital *after* 2 AM, the resident will be released from service the entire next day.

c) The resident will contact the Chief Resident and his/her service attending by 8:30 AM the morning following call to notify them of their on-call hours and release from service.

d) In cases where such instances occur, the on-call resident will notify the program director by e-mail upon their return to work.