

YALE-NEW HAVEN MEDICAL CENTER
(YNHMC)

POLICIES AND PROCEDURES

Subject: Duty Hours Exceptions

Policy #: III.005

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Distribution: Accredited and GMEC Approved Programs

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Introduction:

Duty hours are all clinical and academic activities related to the residency program. These activities include patient care, administrative duties related to patient care, in-house call activities, moonlighting and scheduled academic activities such as conferences. Duty hours do not include reading and preparation time spent away from the duty site.

Duty hours must be limited to 80 hours per week, averaged over a four-week period, inclusive of all in-house call activities. Residents must be provided with 1 day in 7 free from all educational and clinical responsibilities, averaged over a 4-week period. One day is defined as one continuous 24-hour period free from all clinical, educational, and administrative activities. Moonlighting within the program or institution (if permitted by the program director) counts towards the 80 hours per week limitation.

An RRC may grant exceptions for up to 10 % of the 80-hour limit, to individual programs based on a sound educational rationale. However, prior permission of the institution's GMEC is required

Policy:

A. Approval Process

1. Programs wishing to submit an application for the exemption to the 80-hour work week must first check the appropriate RRC page <<http://www.acgme.org/>> to ensure that the RRC will grant exceptions.
2. Only programs that have continued full accreditation can make application for exceptions.
3. It is the program's responsibility to demonstrate that the exception is necessary for increasing the educational experience of the residents. Applications must include the following information:
 - a. Patient Safety: Information must be submitted that describes how the program will monitor, evaluate, and ensure patient safety with extended resident work hours.
 - b. Educational Rationale: The request must be based on a sound educational rationale, which should be described in relation to the program's stated goals and objectives for the particular assignments, rotations, and level(s) of training for which the increase is

requested. Blanket exceptions for the entire educational program will be considered the exception, not the rule.

- c. Specify the assignments and level(s) of training to which the proposal applies.
- d. Moonlighting Policy: Specific information regarding the program's moonlighting policies for the periods in question must be included.
- e. Call Schedules: Specific information regarding the resident call schedules during the times specified for the exception must be provided.
- f. Faculty Monitoring: Evidence of faculty development activities regarding the effects of resident fatigue and sleep deprivation must be appended.
- g. Evidence that resident activities have been examined in order to remove "non-value-added tasks".

4. After submission of the request, the Program Director will be asked to present the application before the GMEC. After discussion, the GMEC will enter closed session with only voting members present. Vote will be by closed ballot on the approval of the request.

5. Approvals will be granted only for one year. Reapplication will be made by the program including all of the above information and results of the effect of the exception on the training program and patient safety, including a review with the residents.

B. Monitoring

1. A mini-Internal Review will be conducted by the OGME after 6 months, for review of the impact with faculty, nursing staff and residents.
2. Program Director will submit a six-month statement of the effect of the exception on the educational aspects of the program.

C. Institutional Endorsement

1. After approval by the GMEC, a documented written statement of institutional endorsement of the proposal signed by the Designated Institutional Official (DIO) or the Chair of the Institutional GMEC will be forwarded with the attached documentation in the application process. A copy of the sponsoring institution's written procedures and criteria for endorsing requests for an exception to the duty hours limits will also be submitted.