

Policy number: HSS-36

Effective Date: March 5, 2003

**NORTH CAROLINA BAPTIST HOSPITAL
POLICY AND PROCEDURE**

Approved by:

Director, Physician Services

Chair, Graduate Medical
Education Committee

SUBJECT: Procedure for Duty Hours Exception

POLICY: Residency training programs in this Medical Center will observe the ACGME rules on duty hours. Only programs that have been reviewed and granted exception by this policy may allow more than an 80-hour work week for any resident/fellow.

Eligibility Criteria:

The program must be accredited in good standing, i.e., without a warning or a proposed or confirmed adverse action.

PROCEDURE:

The following information must be provided to the Chair, Table of Organization Subcommittee to be considered for an exception:

- A summary of the requested duty hour's extension, including the number and level of training of the residents who would be included in the extended hours.
- A brief explanation of reasons why alternatives to a duty hours extension are not optimal for education.
- Educational justification for the proposed increase.
- Explanation of how the increase will improve the educational experience of all the residents.

- A block diagram of the proposed weekly duty hours schedule for the program's residents.
- A block diagram of any proposed reorganization of resident assignments.

The following information must be provided to the subcommittee and the respective RRC for any request for an exception.

- Comments on resources (teaching staff, funding, institutional support, volume and variety of the patient population), if they have bearing on the educational merit of the requested extension of duty hours.
- Comments on any issues raised in either a recent (within 2 years), Internal Review or ACGME accreditation site visit related to duty hours.
- Patient Safety: Information must be submitted that describes how the program and institution will monitor, evaluate, and ensure patient safety with extended resident work hours.
- 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 should be considered the exception, not the rule.
- Moonlighting Policy: Specific information regarding the program's moonlighting policies for the periods in question must be included.
- Call Schedules: Specific information regarding the resident call schedules during the times specified for the exception must be provided.
- Faculty Monitoring: Evidence of faculty development activities regarding the effects of resident fatigue and sleep deprivation must be appended.
- Institutional Endorsement: A documented written statement of institutional endorsement of the proposal signed by the Designated Institutional Official (DIO) or the Chair of the Institutional GMCEC must be appended. In addition, a copy of the sponsoring institution's written procedures and criteria for endorsing requests for an exception to the duty hours limits must be submitted.
- The current accreditation status of the program and of the sponsoring institution should be provided in the formal request.

Reference: Accreditation Council on Graduate Medical Education, 2003