

CLER Pathway 5: Work Hours/Fatigue Management and Mitigation



Reporting and Monitoring work Hours

How do you report your hours?

- Know your program's method for tracking work hours. Some examples:
 - New Innovations Log
 - Weekly survey
 - Randomized reporting
- Remember, all programs are required to review work hours at least quarterly
- To consider and discuss:
 - Are you honest when reporting your work hours?
 - Do you feel your program/department has a culture that supports fatigue management?

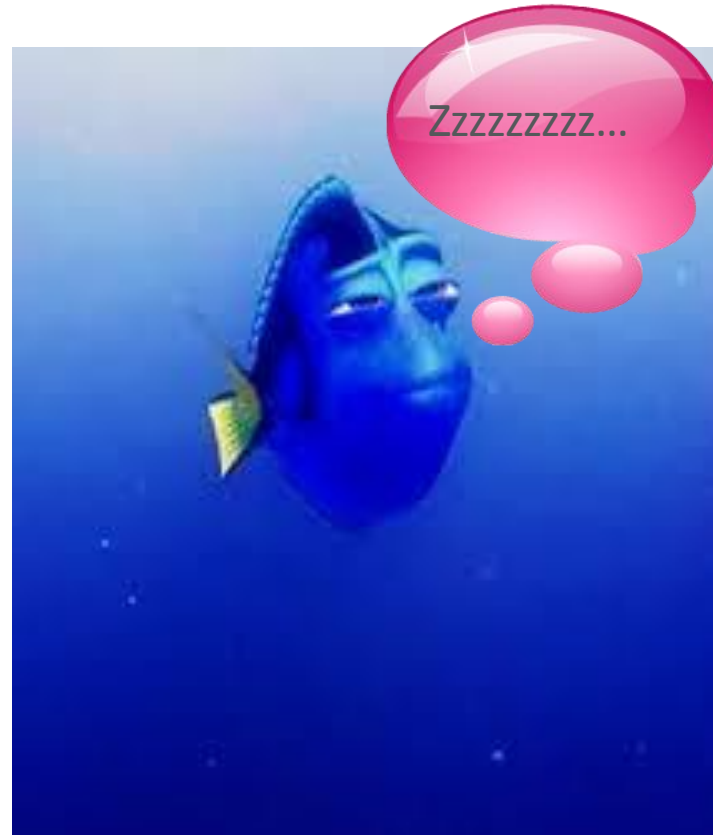
What would you do if you or a fellow colleague felt too fatigued to work?

- “Just keep swimming...!” –Dory, *Finding Nemo*

– **X WRONG ANSWER X**

Even Dory looks tired....

- Immediately talk to your supervising attending or program director
 - This is a *patient safety* issue!
- Faculty is required to exercise ***non-judgmental fatigue management*** and mitigation for residents and fellows



SAFER Training: Highlights

Sleep, Alertness, and Fatigue Education in Residency

- MYTH: “I’ve learned not to need as much sleep during my residency”
 - FACT: Human beings (fun fact: doctors *are* human beings!) do not “adapt” to getting less sleep than they need
- MYTH: “If I can just get through the night on call, I’m fine in the morning.”
 - FACT: A decline in performance starts *after* about 15-16 hours of continued wakefulness.



SAFER Training: Highlights continued

Sleep, Alertness, and Fatigue Education in Residency

- Naps DO help!
 - You must allow enough “recovery” time (15-20 mins)
- **Fatigue is an impairment** like alcohol or drugs.
 - Learn to recognize when you are becoming tired
 - Develop healthy sleep habits
 - 8 hours of sleep a night



What should you do if you witness an event adversely affecting patient care related to fatigue or burnout?

When in doubt, report the event-NETS!



- How do I report?
 - NMH Incident reporting or call Risk Management at 6-RISK
 - Where to find on NMI:

A screenshot of the NM Interactive website interface. The page header includes "NM INTERACTIVE" and the date "Wednesday, August 6, 2014". The main content area features two promotional boxes: "Health, Wellness and Art" and "Racing Reverend". On the right side, there are two columns of links: "CLINICAL LINKS" and "QUICK LINKS". A red arrow points to the "NETS" link in the "QUICK LINKS" column. Below the main content, there is a footer with legal disclaimers and contact information.

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Racing Reverend

A resident reverend talks about motor sports ministry and car racing.

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CLINICAL LINKS

- PowerChart
- Anesthesia EMR
- EPIC
- FirstNet
- My Applications
- Medical References
- UpToDate
- Clinical Pharmacology
- Health Learning Centers
- NMH Patient Education
- MD On-Call Schedule
- NMH PACS
- NLFH AV PACS
- NMH ED Resources
- Pathology Handbook
- Surgery
- Clinical Connect
- Nursing Procedures and Skills

QUICK LINKS

- NM Web Paging
- Directory Search
- NMHC Web E-Mail
- Sendtext Support Services
- System Access Management
- NMH PRIMES
- Scheduling and Registration
- NMH Bed Board Patient Escort
- NMHC/NMG Kronos
- NETS** Patient/Visitor Incident Report
- Enterprise Data Warehouse
- CultureVision
- NMH Clean Hands
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