

## DUTY HOURS

This policy is designed to:

- a. Limit the number of hours a resident may work each week.
  - b. Give the resident adequate time for reading, teaching, rest and rejuvenation.
1. A resident may not work more than an average of 80 hours per week over four weeks.
  2. All residents will have four 24-hour periods off per 28 day block (one day/week on average). This includes residents on every fourth night call. This is accomplished as follows:
    - a. All R-1 and upper level residents on University MICU, CCS, PCS, Cancer Center, MED-ID Gold/Silver or Pink/Blue teams at the VA who are on call on:
      - i. Friday will be off on Sunday.
      - ii. Sunday will be off on Saturday.
      - iii. Thursday will be off both Saturday and Sunday.
    - b. All R-1 and upper level residents on team call teams at the VA will ensure 4 full-days off for each intern and resident.
  3. Residents on University teams (Med 1, 2, 3 and 4) will admit patients until 7:00 p.m. when on call Sunday through Thursday nights. The University Day Float may work up 1 or 2 admissions until 8:30 PM. At 9 PM and/or when admission work-ups are completed, the on-call team may sign-out to the Night Team and may leave the hospital. The on-call team must sign out in time to provide at least 8-10 hours off between daily ward responsibilities.
  4. When on overnight call, a resident cannot work more than 30 hours.
  5. Procedure for documenting resident duty hours
    - a. The chief residents post a sign-in log during the 3<sup>rd</sup> week of each block rotation. All residents enter their arrival and departure times in the log. The chief residents analyze the data and enter it on a spreadsheet, noting the total hours worked per week, number of continuous duty hours and number of hours off between duty shifts.
    - b. The duty hour data is regularly reviewed by the Program Director and the members of the Postgraduate Education Committee. Any areas of noncompliance are addressed immediately to determine if it is related to resident, hospital or system factors.
    - c. The Program Director submits an Attestation Statement to the Graduate Medical Education Committee of UMMC on a semi-annual basis documenting compliance with RRC Duty Hour Requirements.

**Updated 9/2005, 7/2006, 7/2007**