

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 80 hours per week when averaged 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.
 - a. Days off are assigned by the chief residents and listed in AMION.
 - b. 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 on both Saturday and Sunday.
 3. Hours off between duty shifts:
 - a. When on a rotation where the on-call team signed out to a Night Team, the long call team must have 8 hours off between duty shifts.
 - b. On a regular work day without call, the resident must have 10 hours off between duty shifts.
 - c. When changing rotations, e.g., going from Night Float to an inpatient team, the 8-10 hour rule does not apply. The Chief Residents avoid this scenario as much as possible. In this situation, the 30 hour rule is applicable, i.e., the resident may not be on duty more than 30 hours when on an over-night shift.
 4. When on overnight call, a resident cannot work more than 30 hours.
 5. During emergency medicine assignments, continuous duty must not exceed 12 hours. The 12-hours includes times for signing in and out from the shift.
 6. Procedure for documenting resident duty hours
 - a. The chief residents post a sign-in log during the 3rd 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, 5/2008, 7/2009