

March 31, 2014

ACGME DUTY HOUR REQUIREMENTS FOR FIRST TRIAL INTERVENTION ARM PROGRAMS

VI.G. Resident Duty Hours

VI.G.1. Maximum Hours of Work per Week

Duty hours must be limited to 80 hours per week, averaged over a four- week period, inclusive of all in-house call activities and all moonlighting.

VI.G.1.a) Duty Hour Exceptions

A Review Committee may grant exceptions for up to 10% or a maximum of 88 hours to individual programs based on a sound educational rationale.

VI.G.1.a).(1) In preparing a request for an exception the program director must follow the duty hour exception policy from the ACGME Manual on Policies and Procedures.

VI.G.1.a).(2) Prior to submitting the request to the Review Committee, the program director must obtain approval of the institution's GMEC and DIO.

VI.G.2. Moonlighting

VI.G.2.a) Moonlighting must not interfere with the ability of the resident to achieve the goals and objectives of the educational program.

VI.G.2.b) Time spent by residents in Internal and External Moonlighting (as defined in the ACGME Glossary of Terms) must be counted towards the 80-hour Maximum Weekly Hour Limit.

VI.G.2.c) PGY-1 residents are not permitted to

moonlight. VI.G.3. Mandatory Time Free of Duty

Residents must be scheduled for a minimum of one day free of duty every week (when averaged over four weeks). At-home call cannot be assigned on these free days.

VI.G.4. Maximum Duty Period Length

VI.G.4.a) ~~Duty periods of PGY-1 residents must not exceed 16 hours in duration.~~

VI.G.4.b) ~~Duty periods of PGY-2 residents and above may be scheduled to a maximum of 24 hours of continuous duty in the hospital.~~

Programs must encourage residents to use alertness management strategies in the context of patient care responsibilities. Strategic napping, especially after 16 hours of continuous duty and between the hours of 10:00 p.m. and 8:00 a.m., is strongly suggested.

VI.G.4.b).(1) It is essential for patient safety and resident education that effective transitions in care occur. Residents may be allowed to remain on-site in order to accomplish these tasks; ~~however, this period of time must be no longer than an additional four hours.~~

VI.G.4.b).(2) ~~Residents must not be assigned additional clinical responsibilities after 24 hours of continuous in-house duty.~~

VI.G.4.b).(3) ~~In unusual circumstances, residents, on their own initiative, may remain beyond their scheduled period of duty to continue to provide care to a single patient. Justifications for such extensions of duty are limited to reasons of required continuity for a severely ill or unstable patient, academic importance of the events transpiring, or humanistic attention to the needs of a patient or family.~~

VI.G.4.b).(3).(a) ~~Under those circumstances, the resident must:~~

VI.G.4.b).(3).(a).(i) ~~appropriately hand over the care of all other patients to the team responsible for their continuing care; and,~~

VI.G.4.b).(3).(a).(ii) ~~document the reasons for remaining to care for the patient in question and submit that documentation in every circumstance to the program director.~~

VI.G.4.b).(3).(b) ~~The program director must review each submission of additional service, and track both individual resident and program-wide episodes of additional duty.~~

VI.G.5. ~~Minimum Time Off between Scheduled Duty Periods~~

VI.G.5.a) ~~PGY-1 residents should have 10 hours, and must have~~

- ~~eight hours, free of duty between scheduled duty periods.~~
- VI.G.5.b) ~~Intermediate-level residents [as defined by the Review Committee] should have 10 hours free of duty, and must have eight hours between scheduled duty periods. They must have at least 14 hours free of duty after 24 hours of in-house duty.~~
- VI.G.5.c) Residents in the final years of education [as defined by the Review Committee] must be prepared to enter the unsupervised practice of medicine and care for patients over irregular or extended periods.
- VI.G.5.c).(1) This preparation must occur within the context of the 80-hour, ~~maximum duty period length~~, and one-day-off-in-seven standards. ~~While it is desirable that residents in their final years of education have eight hours free of duty between scheduled duty periods,~~ there may be circumstances [as defined by the Review Committee] when these residents must stay on duty to care for their patients or return to the hospital ~~with fewer than eight hours free of duty.~~
- VI.G.5.c).(1).(a) ~~Circumstances of return to hospital activities with fewer than eight hours away from the hospital by residents in their final years of education must be monitored by the program director.~~
- VI.G.6. Maximum Frequency of In-House Night Float
- Residents must not be scheduled for more than six consecutive nights of night float.
- [The maximum number of consecutive weeks of night float, and maximum number of months of night float per year may be further specified by the Review Committee.]
- VI.G.7. Maximum In-House On-Call Frequency
- ~~PGY-2~~ residents ~~and above~~ must be scheduled for in-house call no more frequently than every-third-night (when averaged over a four-week period).
- VI.G.8. At-Home Call
- VI.G.8.a) Time spent in the hospital by residents on at-home call must count towards the 80-hour maximum weekly hour limit. The frequency of at-home call is not subject to the every-third-night limitation, but must satisfy the requirement for one-day-in-seven free of duty, when averaged over four weeks.

VI.G.8.a).(1)

At-home call must not be so frequent or taxing as to preclude rest or reasonable personal time for each resident.

VI.G.8.b)

Residents are permitted to return to the hospital while on at-home call to care for new or established patients. Each episode of this type of care, while it must be included in the 80-hour weekly maximum, will not initiate a new "off-duty period".