

WORK HOURS

Programs, in partnership with the Sponsoring Institution, must design an effective program structure that is configured to provide Residents and Fellows (Residents) with educational and clinical experience opportunities, and reasonable opportunities for rest and personal activities.

Work hours are defined as all clinical and academic activities related to the program; i.e., patient care (both inpatient and outpatient), administrative duties relative to patient care, the provision for transfer of patient care; time spent in-house during call activities, and scheduled activities, such as conferences. Work hours do not include reading and preparation time spent away from the work site.

- a) Maximum hours of clinical and educational work per week
Clinical and educational work hours must be limited to no more than 80 hours per week, averaged over a four-week period, inclusive of all in house clinical and required educational activities, clinical work done from home, and all moonlighting. Residents are to report their work hours in MedHub. The Graduate Medical and Dental Education Committee will review these reported work hours for resident compliance for exceptions by program, rotation and moonlighting
- b) Mandatory time free of clinical work and education
The program must design an effective program structure that is configured to provide Residents with educational opportunities, as well as reasonable opportunities for rest and personal well-being.
 - Residents should have eight hours off between scheduled work hours. There may be circumstances when Residents choose to stay to care for their patients or return to the hospital with fewer than eight hours free of clinical experience and education. This must occur within the context of the 80- hour and the one-day-off-in- seven requirements
 - Residents must have at least 14 hours free of clinical work and/or required educational activities after 24 hours of in house call.
 - Residents must be scheduled for a minimum of one day in seven free of clinical work and required education (when averaged over four weeks). At-home call cannot be assigned on these free days.
- c) Maximum clinical work and education period length
Clinical and educational work periods for Residents must not exceed 24 hours of continuous scheduled clinical assignments.
 - Up to four hours of additional time may be used for activities related to patient safety, such as providing effective transitions of care, and/or Resident education.
 - Additional patient care responsibilities must not be assigned to a Resident during this time.

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d) Clinical and educational work hour exceptions

- In rare circumstances, after handing off all other responsibilities, a Resident may elect to remain or return to the clinical site, on their own initiative, in the following circumstances: 1) to continue to provide care to a single severely ill or unstable patient; 2) humanistic attention to the needs of a patient or family; or 3) to attend unique educational events.
- These additional hours of care or education will be counted toward the 80-hour weekly limit.
- There are to be no work hour exceptions beyond 80 hours per week, averaged over a four-week period, inclusive of all in-house clinical and required educational activities, clinical work done from home, and all moonlighting.

e) Moonlighting

- Moonlighting must not interfere with the ability of the Resident or other trainees in the program to achieve the goals and objectives of the educational program, and must not interfere with the fitness for duty nor compromise patient safety.
- Time spent by Residents in internal and external moonlighting must be counted toward the 80-hour maximum weekly limit.
- All ACGME-accredited Residents in PGY-1 year are not permitted to moonlight.
- A Resident who wishes to moonlight must follow the Moonlighting policy.

f) In house night float

- Night float must occur within the context of the 80-hour and one-day-off in-seven requirements.

g) Maximum in house on-call frequency

- Residents must be scheduled for in-house call no more frequently than every third night (when averaged over a four-week period).

h) At-home call

- Time spent on patient care activities by Residents on at-home call must count toward the 80-hour maximum weekly 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 clinical work and education, when averaged over four weeks.
- Residents are permitted to return to the hospital while on at-home call to provide direct care for new or established patients. These hours of inpatient patient care must be included in the 80-hour maximum weekly limit.

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