

Harlem Hospital Center
Department of Pediatrics
Policies & Procedures

Fatigue and Sleep Deprivation Policy

Faculty and residents must be able to recognize the signs of fatigue and sleep deprivation. Any resident exhibiting the following signs and symptoms should be considered at risk for fatigue/sleep deprivation:

- Falling asleep in conferences or on rounds
- Feeling restless and irritable with staff, colleagues, family, and friends
- Individuals having to check their work repeatedly
- Individuals having difficulty focusing on the care of their patients
- Individuals feeling like they really just don't care

The Department of Pediatrics has adopted specific duty hour policies to prevent resident fatigue and sleep deprivation (see the Department of Pediatrics Resident Duty Hours policy for specifics; the institution and the department abides by the regulation of the NYS Bell commission and the ACGME duty hour's standards).

If a faculty member or resident identifies a resident as potentially suffering from signs of fatigue and sleep deprivation, then they should immediately notify the Director of the Residency Program. The Director of the Residency Program will meet immediately with the identified resident and arrange for a period of rest before resuming clinical duties. A thorough analysis of the resident's schedule will be conducted to ensure compliance with the resident duty hours policy, and there will be ongoing efforts to monitor and support the resident in an effort to prevent future fatigue and sleep deprivation.