**POLICY**

All Residency and Fellowship programs sponsored by The University of Toledo must develop education for all program faculty, residents and fellows to recognize the signs of fatigue and sleep deprivation.

**PURPOSE**

To assure residents and fellows maintain alertness to provide safe patient care.

**PROCEDURE**

1. The program must:

   a) educate all faculty members and residents to recognize the signs of fatigue and sleep deprivation;

   b) educate all faculty members and residents in alertness management and fatigue mitigation processes; and,

   c) adopt fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning, such as naps, exercise, caffeine, or back-up call schedules.

2. Each program must have a process to ensure continuity of patient care in the event that a resident may be unable to perform his/her patient care duties.

3. The sponsoring institution must provide adequate sleep facilities and/or safe transportation options for residents who may be too fatigued to safely return home.

**Note:** The printed copy of this policy may not be the most current version; therefore, please refer to the policy website (http://utoledo.edu/policies) for the most current copy.