


<b>Name of Policy: Alertness Management/Fatigue Mitigation</b>			
<b>Policy Number: 3364-86-043-00</b>			
<b>Approving Officer: Dean, College of Medicine and Life Sciences</b>			
<b>Responsible Agent: DIO (Designated Institutional Official)</b>			
<b>Scope: UT College of Medicine Residency Programs</b>		<b>Review/Revision date: 08/06/25</b>	
		<b>Original Effective date: 06/07/11</b>	
	New policy proposal		Minor/technical revision of existing policy
	Major revision of existing policy	X	Reaffirmation of existing policy

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, alertness management, and fatigue mitigation process.

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) encourage residents to use fatigue mitigation processes to manage the potential negative effects of fatigue on patient care and learning (i.e. 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 responsibilities due to excessive fatigue.
  
3. The program, in partnership with its Sponsoring Institution must ensure adequate sleep facilities and/or safe transportation options for residents who may be too fatigued to safely return home.

<b>Approved By:</b>  /s/ Shaza Aouthmany, M..D.  <hr/> Chair, Graduate Medical Education Committee /s/ Imran Ali, M.D.  <hr/> Dean, College of Medicine and Life Sciences  <i>Review/Revision Completed by:          Graduate Medical Education Committee</i>	<b>Policies Superseded by This Policy:</b>  • None  Initial effective date: 6/7/2011  Review/Revision Date: Reviewed 6/4/13, Reviewed 6/2/15, Revised 6/6/17, Revised 9/5/23, Reviewed 8/6/25  Next review date: 8/28
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