



POLICY ON STRESS AND FATIGUE MANAGEMENT

I. PURPOSE

In medical education, and specifically in clinical care settings, patient safety, as well as the personal safety and well-being of the student, mandates implementation of an immediate and proper response sequence.

II. SCOPE/COVERAGE

Excess student fatigue and/or stress may occur in patient care settings or in non-patient care settings. The following is intended as guideline for recognizing and observing excessive student fatigue and/or stress in non-patient and patient care settings.

III. POLICY STATEMENT

All students will be trained on stress, fatigue, and burnout. Any release from duty assignments due to stress/fatigue that exceeds the requirements for completion of educational objectives must be made up in order to meet curriculum requirements.

IV. PROCEDURE

Responsibility of the Supervising Faculty: Classroom Setting

- In the classroom setting, if a faculty recognizes a student is demonstrating evidence for excess fatigue and/or stress, the faculty should notify the student's College Master, who, in turn, should discuss the possible reasons and opportunities for support.
- The College Master may recommend that the student meets with the Director of Student Affairs and Admissions for identifying available support.

Responsibility of the Supervising Faculty: Clinical Setting

- If a student in a clinical setting demonstrates evidence of excessive fatigue and/or stress, faculty supervising the student should immediately release the student from further clinical duties and responsibilities. If the student exhibits signs of excessive fatigue, the supervising faculty should advise the student to rest for at least a 30-minute period before operating a motorized vehicle. The student may also call someone to provide transportation back home.
- The faculty and/or supervising resident should privately discuss with the student the possible causes of stress/fatigue in order to identify ways to reduce fatigue/stress.
- The faculty and/or supervising resident must immediately notify the Clerkship Director of the decision to release the student from further clinical duties.
- A student who is released from further clinical duties due to stress or fatigue cannot resume clinical duties without permission by the Clerkship Director.

Student Responsibility

- Students who perceive they are manifesting excess fatigue and/or stress have the professional responsibility to immediately notify their attending/presenting faculty and Clerkship Director without fear of reprisal.
- Students who recognize a peer student exhibiting excess fatigue and/or stress must immediately report their observations and concerns to the attending/presenting faculty and the Clerkship Director.

Clerkship Director Responsibility

- Upon removal of a student from duties, the Clerkship Director must determine the need for immediate change in duty assignments for peer students in the clerkship and/or the clinical site.
- The Clerkship Director will notify the departmental chair to discuss methods to manage fatigue and stress.
- The Clerkship Director will meet with the student in person. If needed, the student will be referred to the Director of Student Affairs and Admissions for provision of appropriate services and/or counseling.
- The Clerkship Director will follow up with the faculty supervising the clinical setting as necessary.

APPROVED by the Curriculum Committee on July 30, 2013

OFFICE OF RESPONSIBILITY: Office of Medical Education and Accreditation

REVIEW: This policy will be reviewed every three years or more often as needed

REVIEW 1: October 2015