

DEPARTMENT OF ANESTHESIOLOGY



Standard Operating Procedure Title: Policy on Fatigue and Sleep Deprivation

Policy Number: A

Date Established: 2/3/2009

Date Reviewed: 2/28/2013

Date Revised: 2/28/2013

Fatigue and sleep deprivation can impair vigilance and critical thinking, compromising performance and jeopardizing patient safety. Therefore, all clinical personnel – residents, nurse anesthetists, fellows and attending faculty – must monitor his/her level of alertness and performance as well as that of other team members. Supervising faculty shall arrange relief so that a drowsy team member obtains sufficient rest to re-establish alertness, enabling safe and effective performance of patient care duties. Since sleep deprivation may also lead to drowsiness and slow reaction time when driving, individuals who are drowsy following call or duty periods should rest/sleep prior to driving home or arrange for alternative transportation.

Residents, as well as faculty and other staff, who are too fatigued to safely return home, have several options available through the Office of Graduate Medical Education including:

1. Call Room space is available on an as needed basis for residents who are too fatigued to safely return home. If the call rooms assigned to your service are not available there is a napping call room in VUH with bunk beds. The room number and code will be available through Chief Residents, Program Coordinators or can be obtained from the GME Office at 322-4916. Please notify Environmental Services via the number posted in the room if the bed should be changed after your nap before the evening for the next resident/fellow.
2. Day-time/early evening transportation is available (at no cost to the resident/fellow) through Vanderbilt Patient Transport with return trip the next day. Distance for use of this service should be limited to approximately a 30 minute round trip. Hours for this service are 6:00 A.M. to 9:00 P.M. Monday through Friday. Please contact the dispatcher at 936-1215, select option “2” and identify yourself as a Vanderbilt Resident for post call transportation home (too tired to safely drive) with a return needed the following day. Please provide a specific pick-up location at the hospital and expect a wait time of 15-20 minutes. This service is only available for those rotating at Vanderbilt Medical Center or the Nashville VA. If the dispatcher indicates that the service is overloaded, please consider a call room for napping or option 3 below.
3. Evening/weekend transportation home with a return trip the next day is available through **Checker Cab** Company from Vanderbilt or any affiliated site at which you are rotating. **Call 256-7000** for a pick-up and be specific about your location and that you are a Resident/Fellow at Vanderbilt and the GME account should be charged. The Office of Graduate Medical Education will cover the cost of the transportation but you must **indicate to the dispatcher and driver to charge the GME Account**. In order to control costs, we do ask that you utilize these options in the order listed whenever feasible; however, of prime importance is your personal safety during travel between work and home.