

**Policy for Clinical and Educational Work Hours**

**Pediatric Endocrinology Fellowship Program**

**National Institutes of Health (NIH)**

**National Institute of Child Health & Human Development (NICHD)**

Policy:

The Pediatric Endocrinology Fellowship Program shall require fellows to participate in the documentation of duty hours in New Innovations, to ensure graduate medical trainees are not being placed at risk for fatigue, and to document compliance with the Accreditation Council for Graduate Medical Education (ACGME) regulations.

Definition:

Clinical and Educational work hours are defined by the ACGME as: “in-house clinical and educational activities, clinical work done from home, and all moonlighting.”

Procedure:

- 1) Faculty and fellows must be educated to recognize the signs of fatigue and sleep deprivation and must adopt and apply policies to prevent and counteract its potential negative effects on patient care and learning.
- 2) The Program mandates that all fellows and faculty comply with the ACGME Clinical and Educational work hour rules found in the Common Program Requirements:
  - a. Clinical and Educational work hours must be limited to no more than 80 hours per week, averaged over a four-week period, inclusive of all in-house clinical and educational activities, clinical work done from home, and all moonlighting.
  - b. Fellows should have eight hours off between scheduled clinical work and education periods.
  - c. Fellows must have at least 14 hours free of clinical work and education after 24 hours of in-house call.
  - d. Fellows must be scheduled for a minimum of one day in seven free of clinical work and required education (when averaged over four weeks). At-home call cannot be assigned on these free days.
  - e. Clinical and educational work periods for fellows must not exceed 24 hours of continuous scheduled clinical assignments.
- 3) The Program does not allow exceptions to the 80-hour weekly limit on clinical and educational work hours.
- 4) All fellows must log clinical and educational work hours into New Innovations on a bi-weekly basis. These hours will be monitored by both the Program Coordinator, Program Director and Clinical Competency Committee.
  - a. Because of the intricacies of New Innovations, it will be the responsibility of the Program Director and his/her staff to determine which exceptions reported in New Innovations represent true violations and to follow up on those accordingly. It is the expectation that

programs will monitor clinical and educational work hours and collect data on trends and systems-based causes to ensure compliance.

- 5) Any fellow who rotates to another service must follow the NIH Pediatric Endocrinology Fellowship program-specific clinical and educational work hour requirements. Both the home program and the host program must monitor that trainee's clinical and educational work hours for compliance.
  - a. Fellows are responsible for logging all hours in New Innovations while on another service.
- 6) Fellows engaged in any moonlighting activities must log ALL clinical and educational work hours for their primary rotation and the hours they spend moonlighting. Time spent by trainees in any form of moonlighting must be counted towards the 80-hour maximum weekly work hour limit. There is a 24-hour limit to moonlighting per pay period. First year fellows are not permitted to moonlight. Second- and third-year fellows are only allowed to moonlight after discussion and permission from their research mentor and the Program Director.
- 7) Any fellow wishing to discuss a work hour concern may do so confidentially with their program director, other faculty members, GME office, and/or the DIO.
- 8) If the fellow reports or the program director identifies excessive service demands during a work/call period, the program director will adjust the schedule to mitigate fatigue and ensure safe patient care, by rescheduling or reassigning clinical duties to other fellows or faculty members.