



## MEDICAL STUDENT DUTY HOURS AND FATIGUE MITIGATION

The accreditation standards for graduate medical education programs include restrictions on the duty hours of residents. Additionally, institutions are expected to promote a clinical learning environment in which duty hours are monitored and strategies exist to mitigate the effects of fatigue.

This policy is established to prepare MSUCOM students for the clinical schedules of clerkship and to address the impact of academic or clinical workload on medical student well-being.

1. The goals of this policy are to:
  - a. Promote medical student understanding of duty hour restrictions, the rationale behind them, and the importance of adherence.
  - b. Ensure that students receive education on fatigue, sleep deprivation, burnout, and other issues related to physical and psychological well-being.
  - c. Ensure that students receive education on fatigue management and mitigation strategies, as well as other ways to promote well-being.
  - d. Provide guidance as to duty hours on clerkship rotations
  
1. Education
  - a. MSUCOM students will receive mandatory education regarding the impact of sleep deprivation and fatigue, and strategies to better manage and mitigate these effects.
  - b. Information and resources will be made available on other mental health and well-being topics throughout the curriculum.
  - c. Prior to entering clerkship, MSUCOM students will receive information about duty hour restrictions that are associated with residency training programs and expectations for student work hours on clerkship rotations.
  
2. Medical student hours on clinical rotations
  - a. During clerkship, a student's work schedule will be dependent upon their rotation assignment. Students should seek clarification of their schedule as needed to ensure that they may optimize the clinical experience.
  - b. Students may be scheduled for night and/or weekend shifts based on the work flow of the assigned rotation. Such assignments should be balanced to promoted the student's education over service.
  - c. While assigned clinical duties, rounds, and on-site educational programs are considered part of the student's work hours, activities such as independent study, reading for assignments, and preparing for shelf examinations are not and should not be included in a tally of work hours.

- d. Students should be assigned to no more than 80 hours per week and should have at least one day off in every seven-day period or two consecutive days of in every fourteen-day period. Students who are scheduled for in-house overnight call should be permitted to go home after eighteen to twenty-four hours, and should not be scheduled more frequently than every third night.
- e. Students should have access to on-site call room facilities if scheduled for overnight call in a hospital setting.
- f. Students will be expected to self-monitor their assigned hours. If a student believes that he or she is being asked to exceed these duty hours during any clerkship rotation, he/she must immediately consult the MSUCOM Director of Clerkship.

3. Role of College Curriculum Committee (CCC)

- a. Any reports of excess duty hours made by a student to the MSUCOM Director of Clerkship will be investigated, with findings reported to the CCC.
- b. The CCC will be mindful of student academic and clinical work load during each of the four years during the course review process and when considering changes to the curriculum.
- c. The student representatives to the CCC may bring forward issues relative to work hours, fatigue, mental health issues, or COM services or resources.