

**Aga Khan University Hospital**

**Resident Work Hour Policy**

<b>Policy Name</b>	Resident Work Hour Policy
<b>Policy Number</b>	MCEA 010422
<b>Approved by</b>	Medical College Faculty Council
<b>Date of Original Approval</b>	April 14, 2022
<b>Date of Revisions</b>	
<b>Contact</b>	PGME – Academic Office

**1.0 Preface**

This PGME Policy establishes formal guidance governing resident duty hours and working environment to optimize both resident education and the care of patients.

**2.0 Purpose**

The purpose of this policy is to provide oversight on resident work hours.

**3.0 Scope**

This Policy is applicable to all AKU students enrolled in an undergraduate or graduate, certificate, diploma or degree programme, including interns, residents and fellows enrolled in the Medical College.

**4.0 Definitions**

**Work hours.** Duty hours are defined as all clinical and academic activities related to the residency program, i.e., patient care (both inpatient and outpatient), administrative duties related to patient care, the provision for transfer of patient care responsibility, time spent in-house during call activities, and scheduled academic activities such as tutorials and conferences. Duty hours do not include reading and preparation time spent away from the duty site.

**5.0 Procedures**

5.1 Duty hours are limited to 80 hours per week averaged over a 4-week period, and this includes all in-house activities.

- 5.2 These duties hours are documented by residents weekly on One45 and monitored by the Programme Director (PD).
- 5.3 Each resident has a minimum of one day free of duty (without any call responsibilities) every week (when averaged over 4 weeks).
- 5.4 PGY-1 residents are limited to a maximum 24 + 6 hours duty period. PGY-1 residents will have 8 hours free of duty between scheduled duty periods.
- 5.5 PGY-2 residents and above have a maximum of 24 + 6 hours of continuous duty, and are not assigned any additional responsibilities after 24 hours.
- 5.6 Alertness management strategies are encouraged in the context of patient care, for example strategic napping at night or after 16 hours of duty. Residents are encouraged to use the call rooms provided to rest and recuperate. Call rooms are also available for residents who feel fatigued to travel back home post call.
- 5.7 Care of all other patients must be handed over to other team members. These exceptions including reasons are documented by the resident and reviewed and tracked by each program director.
- 5.8 Students at PGY-2 level or above will have 14 hours free of duty after 24 hours of in-house duty.
- 5.9 Students at PGY-2 level will have 10 hours free of duty between scheduled duty periods.
- 5.10 Residents in final years of training must take on additional responsibility as a part of their training in preparation to enter unsupervised practice.
- 5.11 Under exceptional circumstances, such as emergencies, residents may be required to return to duty in fewer than 8 hours or stay longer.
- 5.12 Students at PGY-2 level residents are not scheduled for in-house call more often than every 3rd night (when averaged over 4-week period).
- 5.13 Time spent in the hospital counts toward the 80-hour per week maximum.
- 5.14 The PD and the PGME Director shall be responsible for monitoring compliance with the recommended duty hours.

5.15 The daily roster for the entire year will be available for all residents and faculty to refer to. The roster will be managed and implemented by the PD, PC and chief residents. The roster has automatic flags for when residents are doing more calls than the recommended average and have not taken appropriate breaks as above. Average work hours can be surmised from the roster based on shifts allocated.

**6.0 Compliance and Access to the Policy.**

6.1 The associate Vice-Provost (Student Experience), in collaboration with the University's academic entity heads shall be responsible for wide dissemination of this policy.

6.2 The Resident Work Hours Policy will be available on the University Website.