



OKLAHOMA STATE UNIVERSITY
CENTER FOR HEALTH SCIENCES

Graduate Medical Education Policy

Approved by the GMEC Committee on August 28, 2019

Effective Date: July 1, 2020

Review Date: May 2021

Next Review Date: May 2023

Policy Title: Clinical and Educational Work Hours (unless specifically stated the term resident, also includes fellows)

Purpose: To describe the for residents and fellows the Clinical and Education Work Hours (unless specifically stated the term resident, also includes fellows)

Clinical and Educational Work Hours (unless specifically stated the term resident, also includes fellows)

Each program under OSU-CHS sponsorship must have a policy on clinical and educational work hours. Each program must adhere and be in substantial compliance to the following but may include additional work hour limitations:

1. Maximum Hours of Clinical and Educational Work Per Week

- a. Clinical and educational work hours of residents are limited to no more than eighty (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.

2. Mandatory Time Free of Clinical Work and Education

- a. The Program must design an effective Program structure that is configured to provide residents with educational opportunities, as well as reasonable opportunities for rest and personal well-being.
- b. Residents should have a minimum of eight (8) hours of time off between scheduled clinical work and education periods. There may be circumstances when Residents/Fellows choose to stay to care for their patients or return to the hospital with fewer than eight (8) hours free of clinical experience and education. This must occur within the context of the 80-hour and the one-day-off-in-seven requirements.
- c. Residents must have at least fourteen (14) hours free of clinical work and education after every twenty-four (24) hours in-house call assignment.
- d. Residents must be scheduled for a minimum of one (1) day free of clinical work and required education out of every seven (7) calendar days (when averaged over four weeks). At-home call cannot be assigned on these free days.

3. Maximum Clinical Work and Education Period Length

- a. Clinical and educational work periods for residents shall not exceed twenty-four (24) hours of continuous scheduled clinical assignments.
 - i. Up to four (4) hours of additional time may be used for scheduled activities

related to patient safety, such as providing effective transitions of care, and/or resident education.

- ii. Additional patient care responsibilities must not be assigned to a resident during this time.

4. Clinical and Educational Work Hour Exceptions

- a. Only in rare circumstances, after handing off all other responsibilities, a resident, on his/her own initiative, may elect to remain or return to the clinical site in the following circumstances:
 - i. to continue to provide care to a single severely ill or unstable patient;
 - ii. humanistic attention to the needs of a patient or family; or
 - iii. to attend unique educational events.
- b. These additional hours of care or education made by the resident on his/her own initiative will be counted toward the 80-hour weekly limit.

5. In-House Night Float

- a. Night float refers to residents assigned to consecutive nights of call. Night float must occur within the context of the 80-hour and one-day-off-in-seven requirements. Night float must not exceed twelve (12) consecutive nights.

6. Maximum In-House On-Call Frequency

- a. Residents must be scheduled for in-house call no more frequently than every third night (when averaged over a four (4) week period).

7. At-Home Call

- a. Time spent on patient care activities by residents on at-home call must count toward the 80-hour maximum weekly limit. The frequency of at-home call is not subject to the every-third-night limitation but must satisfy the requirement of one day in seven-free of clinical work and education, when averaged over four (4) weeks.
- b. At-home call must not be as frequent or taxing as to preclude rest or reasonable personal time for each resident.
- c. Residents are permitted to return to the Hospital while on at-home call to provide direct care for new or established patients. These hours of inpatient patient care must be included in the 80-hour maximum weekly limit.

8. Moonlighting

- a. Time spent by residents in moonlighting must be counted toward the 80-hours maximum weekly limit.