

UCLA/SAN FERNANDO VALLEY FORENSIC PSYCHIATRY FELLOW DUTY HOURS POLICY

1. **POLICY:** The Forensic Psychiatry Residency Training Program will provide residents with a sound academic and clinical education that is carefully planned and balanced with concerns for patient safety and resident well-being. The Forensic Psychiatry Program will ensure that the learning objectives of the programs are not compromised by excessive reliance on residents to fulfill service obligations. Didactic and clinical education has priority in the allotment of residents' time and energies. Duty hour assignments are made in recognition that faculty and residents collectively have responsibility for the safety and welfare of patients.

2. **RESPONSIBILITIES:** It is the responsibility of the Forensic Psychiatry Program Director to monitor the demands of all schedules in the Psychiatry Program and make scheduling adjustments as necessary to mitigate excessive service demands and/or fatigue. Regular monitoring of resident duty hours for compliance with this policy and the Institutional and Program Requirements will be conducted on an on going basis. The Program Director will ensure that this policy is distributed to all program participants.

3. **PROCEDURES:** The Forensic Psychiatry Residency Training Program Director will establish formal rotation schedules governing resident duty hours that are consistent with the GMEC policy and Program Requirements. They will be submitted to the GMEC for review when requested, as part of the internal review process, and if ACGME guidelines change.
 - A. The rotation schedules will include all participating institutions used by the residents and will take in to consideration:
 - (1) Appropriate backup support when patient care responsibilities are especially difficult or prolonged.
 - (2) Structuring of duty hours focusing on the needs of the patient, continuity of care, and the educational needs of the resident.
 - (3) The learning objectives of the resident must not be compromised by excessive reliance on residents to fulfill institutional service obligations.
 - (4) The duty hours must maintain a high degree of sensitivity to the Physical and mental well being of residents, and make every attempt to avoid scheduling excessive work that could lead to sleep deprivation or fatigue.

 - B. The Forensic Psychiatry rotation schedules will be in compliance with the following guidelines:
 - (1) Duty hours will be limited to 80 hours per week, averaged over a four-week period, inclusive of all in-house call activities.
 - (2) Residents will be provided with one continuous 24-hour period in 7 free from all educational, clinical, and administrative responsibilities, averaged over a 4-week period, inclusive of call.
 - (3) Adequate time for rest and personal activities will be provided. This should consist of a 10-hour time period provided between all daily duty periods and after in-house call.
 - (4) In-house call will occur no more frequently than every third night, averaged over a 4-week period.
 - (5) Continuous on-site duty, including in-house call, will not exceed 24 consecutive hours. Residents may remain on duty for up to 6 additional hours to participate in didactic activities, transfer care of patients, conduct outpatient clinics, and maintain continuity of medical and surgical care as defined in Specialty and Subspecialty Program Requirements.
 - (6) No new patients, as defined in Specialty and Subspecialty Program Requirements, may be accepted by a resident after 24 hours of continuous duty.

(7) At-home call will not be so frequent as to preclude rest and reasonable personal time for each resident.

(8) When residents are called into the hospital from home, the hours residents spend in-house are counted toward the 80-hour limit.

C. The Forensic Psychiatry Program Director will forward any request for an exception in the weekly limit on duty hours up to 10 percent or up to a maximum of 88 hours to the GMEC, in writing, at least three days prior to the regularly scheduled meeting. The request will include the following:

- (1) the educational value of the rotation,
 - (2) how the specific variances to duty hours being requested will stay within the 10 percent, 88 hour absolute limitation,
 - (3) continuity of patient care issues as they relate to enhanced educational experiences, and
 - (4) how such requests are limited to non-consecutive, two-month block rotations.
- (5) The program director will present the request at the subsequent GMEC meeting. A majority vote of the quorum of members present will carry the endorsement.

D. If the request is endorsed by the GMEC, the chair will prepare correspondence to the RRC to accompany the formal request of the Psychiatry Program addressed to the RRC for approval of the exception.

By signing below I acknowledge that I have read and I am in compliance with the *Resident Duty Hour Policy* outlined above.

Fellow (Signature)

Printed Name

Date