

Clinical and Educational Work Hours

Graduate Medical Education Committee - Policies and Procedures

Purpose

In order to comply with ACGME Institutional and Common Program Requirements, the University of Arizona College of Medicine - Phoenix (UACOM-P) Graduate Medical Education Committee (GMEC) sets forth this policy to outline the procedures for clinical and educational work hours at the program and institutional level.

The term “Trainee” includes residents, fellows, and non-standard training (NST) trainees.

Clinical Experience and Education

1. Clinical experiences and education related to the Training Program include direct patient care (inpatient, outpatient, and telehealth), administrative duties related to patient care, the provision for transfer of patient care, time spent in-house during call activities, and scheduled academic activities, such as conferences.
2. 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.
3. **Mandatory Time Free of Clinical Work and Education.** 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. Residents should have eight hours off between scheduled clinical work and education periods. There may be circumstances when residents choose to stay to care for their patients or return to the hospital with fewer than eight 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. Residents must have at least 14 hours free of clinical work and education after 24 hours of in-house call. Residents 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.
4. **Maximum Clinical Work and Education Period Length.** Clinical and educational work periods for residents must not exceed 24 hours of continuous scheduled clinical assignments. Up to four hours of additional time may be used for activities related to patient safety, such as providing effective transitions of care, and/or resident education. Additional patient care responsibilities must not be assigned to a resident during this time.
5. **Clinical and Educational Work Hour Exceptions.** In rare circumstances, after handing off all other responsibilities, a resident, on their own initiative, may elect to remain or return to



the clinical site in the following circumstances: (1) to continue to provide care to a single severely ill or unstable patient; (2) humanistic attention to the needs of a patient or family; or (3) to attend unique educational events. These additional hours of care or education will be counted toward the 80-hour weekly limit. A Review Committee may grant rotation-specific exceptions for up to 10 percent or a maximum of 88 clinical and educational work hours to individual programs based on a sound educational rationale.

6. Moonlighting must not interfere with the ability of the resident to achieve the goals and objectives of the educational program and must not interfere with the resident's fitness for work nor compromise patient safety. Time spent by residents in internal and external moonlighting (as defined in the ACGME Glossary of Terms) must be counted toward the 80-hour maximum weekly limit. PGY-1 residents are not permitted to moonlight.

7. In-House Night Float must occur within the context of the 80-hour and one day-off-in-seven requirements.

8. Maximum In-House On-Call Frequency. Residents must be scheduled for in-house call no more frequently than every third night (when averaged over a four-week period).

9. At-Home Call. 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 for one day in seven free of clinical work and education, when averaged over four weeks. At-home call must not be so frequent or taxing as to preclude rest or reasonable personal time for each resident. 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.

10. Any Trainee who feels unsafe to drive home after work may arrange for alternate transportation and request reimbursement from the Training Program.

11. UA COMP will oversee resident/fellow clinical and educational work hours, consistent with the common and specialty-/subspecialty specific Program Requirements across all programs, addressing areas of non-compliance in a timely manner.

Updated October 2023

Approved by GMEC Enter Date