Policy Governing Resident Duty Hours

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

All concerns, including those related to the adherence and violations of Duty Hours, brought to the attention of officials within the UCSD Department of Anesthesiology, UC San Diego Medical Center, UCSD School of Medicine, and other UC entities, are duly protected from recrimination and retaliation. Resident should never hesitate to address his or her concern in confidence (if possible, but not necessarily, following the established chain of command) to the Program Director, Physician Well-being Officer, the Chair of Department of Anesthesiology, the Office of Graduate Medical Education and the Associate Dean for Graduate Medical Education, or the office of Chief Medical Officer. At any time the resident is able to consult the UCSD Office of the Ombuds (www.ombuds.ucsd.edu).

It is the responsibility of UCSD Department of Anesthesiology faculty to be familiar with, adhere to, monitor and enforce resident Duty Hours. It is also the responsibility of the faculty to notify the Program Director of all Duty Hour violations within 24 hours of their occurrence. The Duty Hours are distributed with the Policy Governing Resident Duty Hours to all the residents and faculty at least once a year and are available on the department website at http://anes-som.ucsd.edu/Intranet/policies.htm.

It is the responsibility of UCSD Department of Anesthesiology residents to be familiar with, self-monitor and adhere to the Duty Hours. It is also the responsibility of the residents to notify the Program Director of all Duty Hour violations within 24 hours of their occurrence. The residents must log and tally their daily Duty Hours using the New Innovations web-based software, and submit monthly a signed Report of Verification and Compliance with Duty Hour Rules.

The residents must adhere to the duty hours as set forth below:

1. Duty hours must be limited to 80 hours per week, averaged over a four-week period, inclusive of all in-house call activities.
2. Residents must be provided with one day in seven free from all educational and clinical responsibilities, averaged over a four-week period, inclusive of call.
3. Adequate time for rest and personal activities must be provided. This should consist of a 10-hour time period provided between all daily duty periods and after in-house call.
On-call Activities

1. In-house call must occur no more frequently than every third night, averaged over a four-week period.

2. Continuous on-site duty, including in-house call, must not exceed 24 consecutive hours. Residents may remain on duty for up to six additional hours to participate in didactic activities, transfer care of patients, conduct outpatient clinics, and maintain continuity of medical and surgical care. During the six additional hours, residents may not administer anesthesia for a new operative case or manage new admissions to the intensive care unit. No new patients may be accepted after 24 hours of continuous duty.

At-home call (or pager call)

1. The frequency of at-home call is not subject to the every-third-night, or 24+6 limitation. However at-home call must not be so frequent as to preclude rest and reasonable personal time for each resident.

2. Residents taking at-home call must be provided with one day in seven completely free from all educational and clinical responsibilities, averaged over a four-week period.

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

4. On-call activities present the resident with the challenges of providing care outside regular duty hours. Therefore, on-call activities, including those that occur throughout the night, and on weekends and holidays, are necessary components of the education of all residents.