

RESIDENT WORK HOUR LIMITATIONS

Institutional policy requires that residents **work no more** than:

- **80 hours per week** (averaged over a 4-week period with a per week limit of 84 hours)
- **In-house overnight call no more frequently than every 3rd night** (averaged over 4 weeks)
- **24 consecutive hours** (plus a maximum of 3 additional hours of transition time without NEW patient responsibilities)

In addition, residents **must have:**

- At least **8 hrs of non-working time and should have 10 hours** between scheduled on duty assignments
- At least **one 24 hr period of nonworking time** per 7 days (this means no scheduled activities including beeper call)

Moonlighting: Residents must notify the Program Director of outside employment specifying the hours involved.

Thresholds: All programs must have clear policies regarding alternative coverage if trainees surpass duty hour thresholds and need to be relieved.

Pager (Home) Call: If trainee is called into the hospital, all in-house hours are counted toward the weekly 80-hour total.

Emergency Medicine (all of the above), plus:

Assignments of trainees and Attending Physicians shall be limited to no more than 12 consecutive hours in the Emergency Service.

NYS/ACGME RESIDENT WORK HOUR LIMITATIONS

The University of Rochester, Medical Center, Strong Memorial Hospital, and Highland Hospital are committed to compliance with these regulations.

As a trainee, if you have any questions about them, please contact Jeanne Cole, Project Manager in the GME Office, phone 585-273-1915, email jeanne_cole@urmc.rochester.edu. If you are concerned about a possible duty hour violation, you are encouraged to first speak with your program director. Should you feel that you have exhausted that route or don't feel comfortable in approaching your program director, then contact the GME Office via Jeanne Cole or use the Medical Director's Safety/Quality Hotline as described below.

The Medical Director's Safety/Quality Hotline is available to all staff to report quality issues. It has a routing method to ensure that the call gets to a person, not phone mail, during normal business hours. After hours, it does go to phone mail. The system is confidential as the people who staff the hotline handle highly confidential safety and quality issues. The system can and will also handle anonymous calls but the institution's ability to respond to that type of call may be difficult because of the possible non-specific nature of the comment. All issues get screened and then go to the Medical Director's office for follow up. The Associate Dean for Graduate Medical Education will be notified regarding all work hour issues. The number to call is 273-2273.