



## Graduate Medical Education Policy

### SAFE TRANSPORTATION HOME

Applies to: ESFCOM Graduate Medical Education (GME) and all accredited post-graduate medical training programs (i.e. residency or fellowship) and non-accredited clinical fellowship programs sponsored by the College of Medicine

GMEC Approval: March 16, 2021

#### 1.0 Policy Statement:

It is the Elson S. Floyd College of Medicine (ESFCOM) policy to provide alternative transportation for trainees when they are too fatigued to otherwise return home safely.

#### 2.0 Definitions

**Designated institutional official (DIO):** The individual in a Sponsoring Institution who has the authority and responsibility for all that institution's ACGME-accredited program

**Fatigue mitigation:** Methods and strategies for learning to recognize and manage fatigue to support physician/caregiver well-being and safe patient care (e.g. strategic napping; judicious use of caffeine; availability of other caregivers; time management to maximize sleep off-duty; learning to recognize the signs of fatigue, and self-monitoring performance and/or asking others to monitor performance; remaining active to promote alertness; maintaining a healthy diet; using relaxation techniques to fall asleep; maintaining a consistent sleep routine; exercising regularly; increasing sleep time before and after call; and ensuring sufficient sleep recovery periods).

**Participating site:** An organization providing educational experiences or educational assignments/rotations for residents/fellows. Examples of participating sites include: a university; a medical school; a teaching hospital, including its ambulatory clinics and related facilities; a private medical practice or group practice; a nursing home; a school of public health; a health department; a federally qualified health center; a public health agency; an organized health care delivery system; a health maintenance organization (HMO); a medical examiner's office; a consortium; or an educational foundation.

#### 3.0 Responsibilities

GMEC and DIO

#### 4.0 Procedures

Each residency program must provide safe, alternative transportation to trainees who are too fatigued to safely drive themselves home. Examples of appropriate alternative transportation include:

1. Money for taxi or app-based transportation service
2. Money for public transportation
3. One-way transportation service (such as a dedicated facility bus service)

# Safe Transportation Home

4. Transportation service which includes option to return to the hospital or facility the next day

Programs must have alternative transportation available at all training sites. Trainees must be permitted to utilize the service any time they consider themselves unfit to drive, regardless of the time of day or the type of shift just completed.

Trainees may utilize program-supplied alternative transportation only to return to their home address and, if needed, back to the training site after appropriate rest to retrieve their personal vehicle.

Program-provided alternative transportation may not be used pre-emptively, for example before an overnight shift. Trainees should take reasonable measures to ensure they are appropriately rested in advance of clinical and educational work.

## 5.0 Related Policies

## 6.0 Key Search Words

Fatigue, Transportation
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## 7.0 Revision History

Original GMEC Approval:	Revision Date(s)
March 16, 2021	

**Responsible Office:** ESFCOM GME Office

**Policy Contact:** Designated Institutional Official

**Supersedes:** N/A