


Title: Graduate Medical Education - Request for Work Hour Exemption

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I. Policy Statement

- A. The purpose of this policy is to set forth the circumstances and conditions under which a program may request an exemption of up to 10% over the maximum 80 hour per week limit.
- B. This policy is important because Work Hours are mandated by the ACGME and to request an exemption requires the approval of the ACGME and RRC for each residency program.

II. Definitions

- A. **Resident** – Resident means an intern, resident, or fellow who is formally accepted, enrolled, and participating in an approved MUHC medical training program. (based on CMS Guidelines for Teaching Physicians, Interns, and Residents and ACGME Glossary of Terms)

III. Process/Content

- A. A program may request an exemption of up to 10% over the maximum 80-hour per week work limit. The RRC for each program evaluates and approves the requests. Prior to initiation of a request, it must be endorsed by the Graduate Medical Education Committee (GMEC). The following is the process for endorsement by the GMEC.
- B. The program must be accredited and in good standing, without a warning or proposed or confirmed adverse action. The following documentation should be included for endorsement by the GMEC:
 - 1. Description of how the program and institution will monitor, evaluate, and ensure patient safety with extended resident work hours.
 - 2. Description of the educational rationale in relation to the program’s stated goals and objectives for the particular assignments, rotations, and

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levels of training for which the increase is requested. Blanket exceptions for the entire educational program should be considered the exception, not the rule.

3. Specific information regarding the program's moonlighting policies for the periods in question.
4. Specific information regarding the resident call schedules during the times specified for the exemption.
5. Evidence of faculty development activities regarding the effects of resident fatigue and sleep deprivation.
6. Current accreditation status of the program and of the institution.

IV. Attachments

None

V. References, Regulatory References, Related Documents, or Links

None