

Duty Hours Rules

BCRP DUTY HOURS POLICIES

Duty Hour Rules

No more than 80 hours/week averaged over the rotation, including scheduled shifts and ATOs

8 hours off after shifts scheduled for < 24 hours

14 hours off after a 24-hour call

1 day off for every 7 days worked, averaged over the rotation

Max shift length is 28 hours (24 hours patient care + 4 additional hours for transition of care or education)

24-hour call cannot be more frequent than every 3rd night averaged over 4 weeks

What to Do If You Think You Have a Duty Hours Violation

Immediate need for additional support?

Contact the chief on call to discuss Flex utilization.

Concern for overall volume or hours of the rotation?

Reach out to the chief liaison for the rotation.

Duty hour violation flagged in New Innovations that seems inappropriate?

Check your work! Common errors include logging a midday break or using the wrong logging designation.

Duty hour violation flagged in New Innovations that seems appropriate?

The Duty Hours chief will reach out to you within 1-2 weeks.

You can also reach out to them proactively by emailing them directly or the Chief Residents listserv.

Hours worked per week:

- Maximum of 80 hours per week, averaged over length of rotation (2 weeks or 4 weeks)
- Inclusive of all in-house clinical and educational activities, clinical work done from home, and all moonlighting.

Shift length:

Maximum of 24 hours + 4 hours for transition of care/education

Call frequency:

Maximum of Q3, averaged over the length of a rotation (2 weeks or 4 weeks)

Time off:

- After a shift <24 hours in length: minimum of 10 hours. Note: ACGME policy - minimum of 8 hours. We will allow 8 hours (since it's ACGME compliant) if part of a swap.
- After a shift 24+ hours in length: minimum of 16 hours. Note: ACGME policy - minimum of 14 hours. We will allow 14 hours (since it's ACGME compliant) if part of a swap.
- Days off during a rotation: minimum of one 24 hour period per week, averaged over length of the rotation (2 weeks, 3 weeks, or 4 weeks).

Note: the rule regarding maximum consecutive night shifts worked has been removed by the ACGME. Rotations involving night float must still follow all above rules.

HOW TO LOG DUTY HOURS

All residents must log their hours to help us ensure that schedules meet residency and ACGME standards. Logging your hours honestly and accurately is one of your professional responsibilities and helps the BCRP identify needs for adjustments or changes to schedules, rotations, or other factors.

When logging your duty hours, please log the “big picture” - the log should start at the time you came in or started work, and end at the time you went home/ended work. You should not log “breaks” during the day - e.g. if you have AM clinic, an off afternoon, and then an overnight call, you should log consecutively from the beginning of clinic until when you leave post-call the following day.

Department: No matter your working site location, select BMC-Pediatrics/BMC/CHB/PED-Pediatrics.

Logging options in New Innovations and when to use them:

Patient Care/Education	General activities in the hospital or clinics - rounds, primary care clinic, didactics/conferences, etc.
Call, In House	20-28 hour overnight shift in the hospital
Night Float	8-12 overnight shifts for multiple nights in a row
Work From Home	Any required residency activities done from home - including remote patient care, completion of documentation, and work done to prepare for the next day.
Education/Research - No Patient Care	Residency required/scheduled research or scholarly activity NOT involving patient care - e.g. academy, research elective, housestaff retreat
Call from Home - Not Called In	Use if you are assigned for Flex on a given day and do not participate in any residency-related activities (i.e. you are not called in for a shift, do not have clinic, etc). • If you are assigned to “Flex - 24hr,” please log the hours of 6a-10p. • If you are assigned to “Flex - 6a-6p” or “Flex - 6p-6a” on a given day, please log the hours for which you were eligible for flex EXCEPTIONS • Do NOT use this option for any day that says “OFF” on LB. • If you were called in for a portion or the entirety of your flex shift - please do NOT use this option, and log the shift you were called in for as below • If you were not called in, but participated in other residency-related activities (e.g. elective activities, RAP, clinic) - please log those hours as you normally would (see above), NOT as call from home
Call from Home - Called In	Use for any hours during which you were called in for a flex shift.

	• If you were on a Flex shift, and only were called in for a portion of that period, please log the hours worked in the hospital as “call from home - called in”
Vacation	Use for any time that you are not working/in the hospital for 72+ hours consecutively. In New Innovations, “vacation” is used as a catch-all term to mean “not here” and is <u>not</u> a method used to track vacation or leave time.