RESIDENT WELL BEING / STRESS & MONITORING POLICY

Resident well-being and stress levels are monitored on a regular basis through a number of ways.

Work hours and moonlighting activities are closely monitored by the Pikeville Medical Center (“PMC”) Family Medicine Residency program to ensure compliance with the ACGME and AOA institutional standards for resident duty hours. These are monitored monthly and quarterly and reported to the GMEC. Please refer to GMEC Institutional policy on duty hours, which contains additional information on resident well-being during times when patient care responsibilities are unusually difficult or prolonged.

The program will make information available on management of well-being and stress levels at the following times (this is not all inclusive):

- Orientation
- Chief resident meeting—monthly
- Residents’ forum—quarterly
- Core Faculty meeting—quarterly
- Sleep/fatigue didactic (SAFER curriculum)—annually
- Physician substance use/impairment didactic—annually
- Annual Banquet

Well-being and stress levels are monitored in the following ways (this list is not all inclusive):

- Open Door Policy—The Program Director welcomes residents to meet with him/her to discuss their concerns about their residency experiences and personal well-being
- Rotational Evaluations completed by residents.
- Faculty/preceptor evaluation
- ACGME Annual Resident Survey

Program faculty and chief residents have been empowered to alter work schedules and call in back up help for a resident with sleep deprivation or excessive fatigue or when patient care responsibilities are unusually difficult or prolonged.