Overview

Many residents and fellows struggle to manage the challenging demands of surgical training while remaining compliant with duty hours regulations. Although work hours have diminished by ACGME regulation, the intensity of the work creates opportunities for sleep deprivation, fatigue, and stress. Although residents learn to be resilient in the face of these stressors, they can become overwhelmed and may need professional help to learn coping skills.

Principles

● All general surgery residents will be observed for signs of fatigue, depression and other signs of stress on a continual basis by all attending staff and fellow residents who come in contact with them.

● Dialogue between attendings and residents is encouraged and attending surgeons are empowered to seek means to relieve resident stress, such as sending residents out of the operating room or home as needed.

● General surgery residents are provided education in fatigue and fatigue management strategies and taught to assess their degree of sleep deprivation.

● Chief residents are instructed to assure that residents are provided appropriate time out of the hospital and that they comply fully with duty hour mandates.

● All residents are educated to nap, stay over after duty shifts in a call room until adequately rested, or call a taxi if they are overly fatigued following a duty shift. Taxi costs will be reimbursed by GME under these circumstances.

● Residents are educated to identify risks of burnout and depression or dysfunction among fellow residents and refer to the Program Director and/or the Wellness Program for intervention.

Advice for Residents

Pre call

Make sleep a priority.
Get 7-8 hours of sleep per night so you don’t start out with a sleep deficit.
Avoid large meals and brisk exercise 3 hours before bedtime.
Avoid drinking alcohol the night before call.
Take a nap in the afternoon if you can.
Note: it takes 2 nights of sleep to recover from call.
On call

Take 15-20 minute naps when possible.
Take advantage of the circadian rhythm (2-5 am or 2-5 pm) for naps.
Enlist help of co-workers to organize rest periods.
Caffeine can be helpful but does not replace extra sleep.
Any amount of sleep is better than none.
Bright light can help you stay alert.

Post call

Take a 15-20 minute nap before driving home.
Consider caffeine 30 minutes before driving home.
If you get sleepy while driving home, pull off road and take 15-20 minute nap.
If you feel too tired to drive, get a taxi or use public transportation if possible.

RESIDENT WELLNESS PROGRAM (OHSU)
IF URGENT, PLEASE CALL (503) 330-7880

SERVICES
Brief evaluation and consultation
Individual coaching and counseling
Couples counseling (Limit of 3 meetings)
Psychiatric medical consultation and medication management
Referrals to community resources for counseling, psychiatric services or primary care
Educational workshops

ELIGIBILITY/CONFIDENTIALITY
All residents and fellows are eligible for free wellness coaching and counseling services.
Everyone who participates in the Resident Wellness Program is seen in a private location at OHSU.
No EPIC medical record is created and no insurance is billed.
No information is shared with the residency program without the resident’s consent unless there is a risk
of danger to self or others.
Meeting with a wellness coach or counselor does not require reporting when a resident applies for or
renews their medical license.

Mary Moffit, Ph.D., Psychologist
Email: moffitm@ohsu.edu
Pager: 12047
Voicemail: 503-494-1208

Sydney Ey, Ph.D., Psychologist
Email: eys@ohsu.edu
Pager: 12191

Mark Kinzie, M.D., Ph.D., Psychiatrist
Email: kinziem@ohsu.edu
Pager: 14559
Voicemail: 503-418-1608

Daniel Helfet-Hilliker, M.D., Psychiatrist
Email: helfethi@ohsu.edu
Cell: 971-404-5817

The Chair and Program Director are constantly available (including at home) for advice and counseling.