The Department of Psychiatry and Behavioral Sciences utilizes The LIFE curriculum and SAFER presentation to educate residents and fellows on managing fatigue. The referenced educational resources are made available to program directors by Emory Graduate Medical Education. License fee for the SAFER training material is paid by Emory Graduate Medical Education and there is no charge but a simple registration for full access to the LIFE curriculum. The LIFE Curriculum is designed to help residency program directors prevent, identify, and manage fatigue and impairment in their residents and fellows. The SAFER material focuses on the competing demands, work-related stresses and unique challenges that face medical residents and fellows.

**LIFE Curriculum:** a collaborative effort of Duke University Hospital, the UNC Hospitals, the NC AHEC, and the NC Physician's Health Program to help residency program directors to prevent, identify, and manage fatigue and impairment in residents and fellows. This case-based curriculum, derived from a literature review and needs assessments by North Carolina program directors, includes seven vignettes of typical situations to demonstrate impaired performance and inappropriate behavior. There is no charge but a simple registration is needed for the full modules. **Access through weblink:** [http://www.lifecurriculum.info/programtour/](http://www.lifecurriculum.info/programtour/)

**FER-Video Training on Fatigue**

**SAFER:** a 25 minute narrated video presentation produced by the American Academy of Sleep Medicine. It provides an introduction to the science of sleep and information on the effects of sleep deprivation. SAFER focuses on the competing demands, work-related stresses and unique challenges that face medical residents. SAFER provides concrete, implementable suggestions for management of fatigue and sleepiness during residency. License fee is paid by GME. **Access through GME Blackboard:** Click on the “SAFER” tab.

Faculty can earn CME credits by viewing the SAFER presentation and completing the SAFER post test Questions. The following number must be added to the post test: **INV095603.** The post test must be completed and returned to the American Academy of Sleep of Medicine.

**Transportation for the Fatigued Resident:**

The GME office has arranged for residents/fellows transportation home with a return trip next day through Lyft.

- At the beginning of the academic year, residents will receive an email invite from Lyft to join our account. **Don't forget to check your spam or junk email for the invitation.**
- Invites will only be sent to emory.edu emails.
Setup your profile – add name, phone number and Emory email address (do not enter your credit card).

- Please note that you MUST use your netID@emory.edu when setting up your Lyft account.
- Download Lyft App
- Assign Emory-GME as default account for Business profile. Use your business profile to direct bill the Emory-GME account for your ride from hospital to your home.

As a reminder, please use this service ONLY when you need to be picked up and taken home due to fatigue. All rides will be audited.

The Program Director or Supervising Attending should be notified if a resident/fellow is too fatigued to drive his/her vehicle and needs transportation.

The GME Office will receive monthly invoices which will be used to reconcile with programs that used the service. Residents/Fellows are asked to email Taiwana Mearidy (tmeard@emory.edu) or Jianli Zhao (jzhao@emory.edu) if they experience problems using Lyft.