DEPARTMENT OF PSYCHIATRY  
AND BEHAVIORAL SCIENCES  
PSYCHIATRY RESIDENCY FATIGUE EDUCATION  
JULY 1, 2016 - JUNE 30, 2017

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 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/

**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:**

ACGME requires residency/fellowship programs or the sponsoring institution to provide transportation options for residents/fellows who may be too fatigued to drive home. The Emory Graduate Medical Education Office has arranged for residents/fellows’ transportation home with a return trip next day through the Checker Cab Company.

*The Checker Cab Company has a list of all residents/fellows in the GME system which will be updated regularly.

**Directions for Pick up:**

1. **Call Checker Cab - 404-351-1111**  
   Be specific about your pick up location

**PLEASE NOTE** -

(a) Driver will pick up from any affiliated training site at which residents/fellows are rotating.  
(b) Checker Cab is authorized to only drop off at a residential address.

(c) Indicate that you are on the Authorized Caller List and with the GME Account (Account #675). The GME Office will cover the cost of the transportation (including the tip).

**PLEASE NOTE:** it is important that you **tell the dispatcher and the driver to charge the GME Account** (Account #675).
2. **Print Name and Program Name Clearly On Voucher Provided by the Cab Driver**
   - The voucher will be used to bill the GME Office

3. **Checker Cab is authorized to provide a return trip the next day to the pickup location.**
   The Program Director or Supervising Attending should be aware if a resident/fellow is too fatigue 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. Program Directors will be asked to acknowledge Residents/Fellows use of the transportation service each month.

   Residents/Fellows are asked to email Taiwana Mearidy (tmeard@emory.edu) or Jianli Zhao (jzhao@emory.edu) if they experience problems using the Checker Cab Company.