



## **Student Duty Hours Policy**

### **Purpose**

In order to ensure adequate time to mitigate fatigue, consolidate learning, and ensure well-being, time spent by Pritzker School of Medicine M3 and M4 students engaged in clinical activities must not exceed specified weekly duty hour regulations.

### **Overview**

The Pritzker School of Medicine has a duty hour policy in place that protects medical students from overwork and fatigue, and allows the student time for rest, study, and recreation.

### **Related LCME Standards:**

- 8.8 Monitoring Student Time

### **Principles**

1. Medical students' duty hours during clerkships or senior clinical electives must not violate the student duty hour policy; this allows students adequate time for study and rest in addition to their clinical duties.
2. Required clerkships, sub-internships, and clinical electives should provide medical students with an engaging and compassionate educational experience, while also ensuring patient safety and student well-being.
3. Completion of required clerkship, sub-internship, and clinical elective course objectives and learning outcomes must be attainable within the regularly allocated schedule of the course.
4. Duty hour guidelines are flexible due to the variation of learning environments, but must adhere to the policy, which states medical students should have adequate time for studying and rest in addition to their clinical duties.

### **Policy**

Medical student learning during the third and fourth years comes from many sources, which include, but are not limited to: clinical interactions with patients and the health care team, didactic sessions from lecturers and preceptors, and individual reading. In addition to clinical activities and duties that medical students may perform, students have the responsibility of taking exams, creating presentations, and engaging in self-

directed learning. Thus, students must have adequate time to integrate clinical knowledge through self-directed learning.

1. During the clinical clerkship year and post-clerkship clinical experiences, clinical and educational student duty hours **must be limited to no more than 80 hours per week, averaged over a four-week period, inclusive of all in-house clinical and educational activities including those completed virtually or in-person.** Clerkship-based didactics, preceptor groups and ambulatory experiences all count toward the students' duty hours. Time spent studying (e.g., shelf exams, OSCEs, preparing for daily clinical activity) does not count toward a student's duty hours.
2. Third- and fourth-year medical students on clinical rotations must have eight (8) hours off between scheduled clinical work and educational periods.
3. Third- and fourth-year medical students must have at least 14 hours free of clinical and educational work after 24 hours of continuous on-site duty (in-house call).
4. Third- and fourth-year medical students must be scheduled for a minimum of one day in seven that is free of clinical work and required education, when averaged over four weeks. Clerkship and sub-internship directors should stipulate the rules for their individual experiences in their orientation material.
  - a. These days off may include any weekend days that are free of clinical activity, (e.g., students on ambulatory rotations with weekends off will not receive additional week days free of clinical duties).
5. Clinical and educational work periods for clinical medical students must not exceed 24 hours of continuous scheduled clinical work. Up to four (4) hours of additional time may be used for activities related to patient safety, such as providing effective transitions of care and/or education.
  - a. In some circumstances where third-year medical students are engaged in clinical work that involves continuous on-site clinical duty (i.e., call), students should be dismissed no later than midnight. In order for students to meet this 12 a.m. deadline, residents should not assign new patients to students after 10 p.m. These deadlines are intended to provide students enough time to finish write ups, discuss patients with their resident, read about their patients, and leave remaining time for an adequate amount of sleep for the next day's learning activities.
6. Specific daily work schedules will vary by clerkship and are most appropriately determined by the clerkship director.

## Procedures

1. Medical student duty hour policies will be communicated in writing and verbally to all students, clerkship, sub-internship, and clinical elective directors by the Pritzker School of Medicine's Dean for Medical Education, Director of Medical Education, and/or responsible staff.

2. The Dean for Medical Education is responsible for communicating pertinent and critical policies to the faculty, graduate medical education trainees, and interprofessional providers on a bi-annual basis to establish expectations for duty hours of medical students.
3. Students in violation of duty hour guidelines should immediately contact the clerkship or clinical elective director and are encouraged to report the violation on the end of clerkship evaluation form via MedHub.

Language adopted from the ACGME Common Program Requirements for Residency 2020 pages 49-55 (Section VI.F.2.)

Accountable Dean(s) or Director(s): Dean for Medical Education, Dean of Students

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