

TO: Department of Surgery  
FROM: Marc Adajar, M.D.  
Director, Surgical Medical Student Education  
DATE: June 25, 2011  
RE: Medical Student Work Hours Policy

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Student work hours are as follows:

Monday: 5:30 a.m. – 5:30 p.m. = 12 Hours  
Tuesday: 5:30 a.m. – 5:30 p.m. = 12 Hours  
Wednesday: 5:30 a.m. – 5:30 p.m. = 12 Hours  
Thursday: 5:30 a.m. – 5:30 p.m. = 12 Hours  
Friday: 5:30 a.m. – 5:30 p.m. = 12 Hours  
**Total = 60 Hours**

Saturday (if on call): 5:30 a.m. – 9:30 p.m. = 16 Hours  
Sunday (if on call): 5:30 a.m. – 9:30 p.m. = 16 Hours  
**Total = 16 Hours**

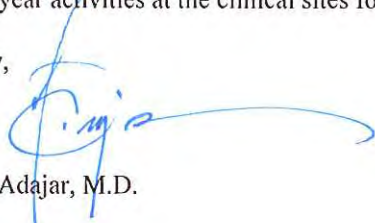
**Total Hours by week worked by a Medical Student = 76 Hours**

Due to the number of students rotating at AIMMC, Third year medical students are estimated to take 2 calls during his/her eight week rotation. Fourth year medical students will take 1-2 calls during his/her four week rotation.

In an effort to address the effects of fatigue and sleep deprivation on learning and patient care: clinical course and/or site directors will monitor and document student duty hours:

- Duty must be limited to 80 hours per week, inclusive of all in-house call activities.
- Continuous on-site duty, including in-house call, must not exceed 16 consecutive hours.
- Students must be provided with 1 day in 7 free from all educational, clinical, and administrative responsibilities, averaged over a 4 week period, inclusive of call.
- Adequate time for rest and personal activities must be provided. This should optimally be a 10-hour time period provided between all daily duty periods and after in-house call.
- No call duties should be assigned to students 48 hours prior to an exam.
- To ensure appropriate rest after each clerkship and to allow for preparation for the next clerkship, all third year activities at the clinical sites for that clerkship cease the day of the final examination.

Sincerely,



Marc A. Adajar, M.D.

MA:clpw