

Sleep Deprivation & Fatigue

Healthy Sleep Habits

- Go to bed and get up at same time
- Develop a pre-sleep routine
- Use relaxation to help you fall asleep
- Protect your sleep time!
- Avoid going to bed hungry
- Get regular exercise
- Sleeping environment:
 - Cooler temperature
 - Dark (shades)
 - Quiet (ear plugs)



Do Not Disturb



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Signs of Driving while Drowsy

- Trouble focusing on the road
- Difficulty keeping your eyes open
- Nodding
- Yawning repeatedly
- Drifting lanes, missing exits
- Not remembering driving the last few miles
- Closing your eyes at stoplights



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Driving Safely

- NO driving if drowsy
- Find alternatives (e.g. take a cab, call a friend)
- Take a 20 minute nap and/or drink a cup of coffee before going home post call
- Stop driving if you notice signs of sleepiness
- Pull off the road at a safe place, take a short nap
- A 4-second lapse in attention can cause a drowsy-driving crash
- In the course of duty hours, if a Resident feels too fatigued to drive to/from home, they may take a cab and provide the original receipt later for reimbursement.



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GME ADMINISTRATION:

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Resident Resources

Medical Care Contact Information:

DMC Care Basic and Plus Plans:
www.dmc-care.org

Customer Service & ID Card Requests:
1-800-543-0161

DMC Library System:

(313) 745-5360
Email: dmclibrary@dmc.org



Life Stress Center:

Phone: (313) 745-4811

Employee Assistance Program: Cigna Behavioral Health

Phone: (800) 442-2353



New Innovations Website:

<https://www.new-innov.com>
Institution Login: *dmc*



Graduate Medical Education

RESIDENT RESOURCES

Main Telephone Number: (313) 745-5146

Main Fax Number: (313) 966-0880

GME website: <http://www.dmc.org/gme>
4201 St. Antoine, UHC 9C
Detroit, MI 48201

Office Hours: 8:30 a.m.—5:00 p.m.

GME STAFF:

GME Associates: (General Questions/Annual Enrollment/Benefits)

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Site Managers:

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Raising Concerns in the Workplace



DMC GME is committed to providing residents a SAFE learning environment.

What to do when you have a problem/concern:

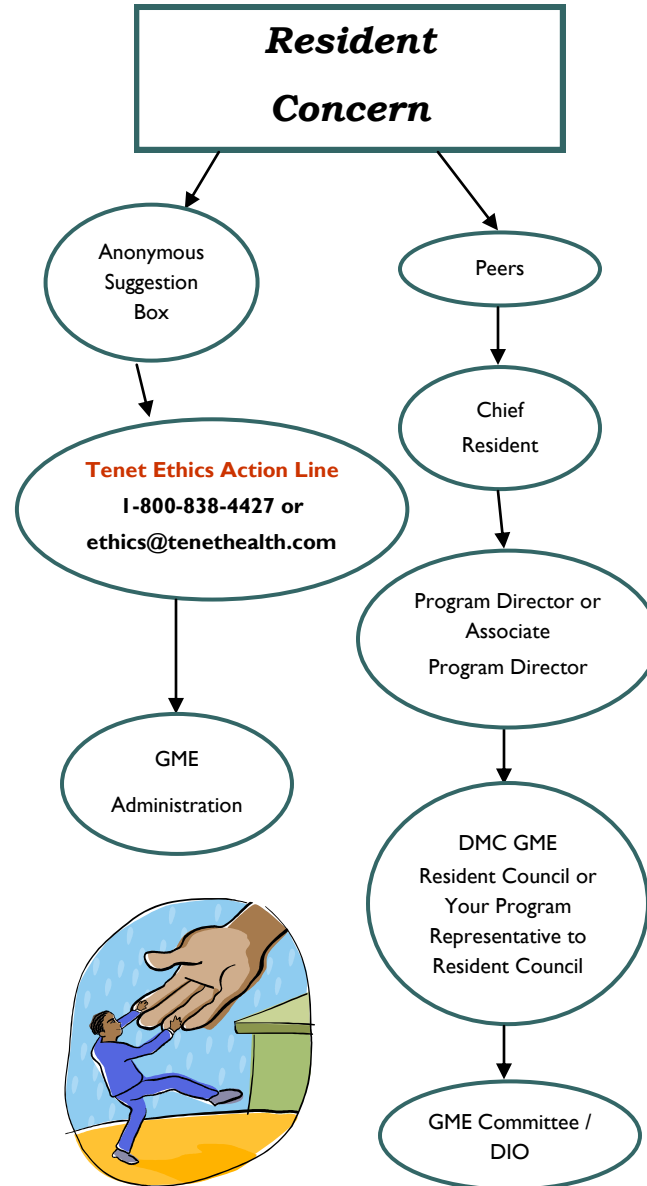
Stop and think about the problem and all parties roles

Ask others for feedback

Follow protocol

Examine alternative mechanisms as needed (see list & flow chart)

Protocol for Residents to Raise Concerns



Mechanisms Available to Raise Concerns



DMC GME / Resident Ability to Raise Concerns:

The DMC provides an environment where residents may raise and resolve concerns without fear of intimidation or retaliation as follows:

Resident Council: The Resident Council meets at least 10 times a year on the 2nd Thursday of the month. Administrative support is provided by the Office of GME. The agenda is set by the Resident Council Officers. The council provides the residents an opportunity to express views in a confidential manner. Subsequent information is then brought to the GMEC for its review. <http://intraweb/default.aspx?ifsrc=content.aspx?id=5021>

2014-2015 Executive Council:

Abubaker Ali, MD (President) aaali@med.wayne.edu
Prashanth Senthil, MD (Vice President) psenthil@dmc.org
Maria Diab, MD (Secretary) mdiab@med.wayne.edu
Rick Bloomingdale, MD (Comm Ofcr) rbloomin@med.wayne.edu

Office of Graduate Medical Education Open Door Policy:

The Office of GME has an open door policy for residents/fellows to speak on confidential matters.

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Tenet Ethics Action Line: 1-800-838-4427

Anonymous Suggestion/Comment Box: The GME office provides enrolled Residents an anonymous venue for reporting concerns in an Anonymous Suggestion/Comment Box in the GME office (UHC 9C). This locked comment box is available on site to facilitate resident reporting ease and protect resident confidentiality.

Town Hall Meetings with Institutional Leadership: DMC and WSU SOM present additional opportunities for resident dialogue with institutional administration through resident forums with the President/CEO of DMC and the Dean of WSU School of Medicine.

Other mechanisms include Annual GME Resident Survey, Life Stress Center, and EAP