

Virginia Commonwealth University Health System  
Graduate Medical Education Administration

GRADUATE MEDICAL EDUCATION COMMITTEE (GMEC)  
CRITERIA FOR EXCEPTIONS TO DUTY HOUR REQUIREMENTS

The GMEC must review and endorse requests from programs prior to submission to an RRC for exceptions in the weekly limit on duty hours up to 10 percent or up to a maximum of 88 hours. All exceptions requested must be based on a sound educational rationale.

Criteria for GMEC approval of requests for exceptions to duty hour requirements:

- What is the educational value of increasing the duty hours?
- Is the request for exception to duty hours based on evidence that all hours, not just the added amount, contribute to resident learning?
- What is the rationale and what will the increased hours permit the residents to do?
- Does didactic and clinical education have priority in the allotment of residents' time and energies?
- How will the faculty support, monitor and supervise residents if duty hours are increased?
  - Do duty hour assignments recognize that faculty and residents collectively have responsibility for the safety and welfare of patients?
  - Are faculty schedules structured to provide residents with continuous supervision and consultation?
- How will the faculty monitor if the resident is sleep deprived?
  - Is faculty educated to recognize the signs of fatigue and apply policies to prevent and counteract the potential negative effects?
- Does the program provide supportive documentation that the request is for educational value and not clinical service needs?
- Does the program provide information on how safe patient care and education will be promoted?
- Does the program prove that the 80-hour limit would have a significant detrimental effect on clinical training and education?

Approved GMEC 4-8-03

Reviewed, updated and approved GMEC September 12, 2006