

**Genesys Regional Medical Center
Trainee Orientation 2011/2012
Fatigue, Physician Impairment and Substance Abuse**

After completing the Fatigue, Physician Impairment and Substance Abuse PowerPoint presentation, please answer the following questions, sign this form and return to Genesys Regional Medical Center Medical Education. Thank you.

1. T F The maximum duty hours are 88 hours averaged over a 4 week period.
2. T F A high risk time for fatigue is from midnight to 6:00 a.m.
3. T F I will adapt to less sleep.
4. T F Naps, good sleep habits, relaxation techniques and caffeine are ways to combat fatigue.

5. Name 3 signs of fatigue:

1. _____

2. _____

3. _____

6. Name 3 signs of physician impairment:

1. _____

2. _____

3. _____

7. What two programs does GRMC offer residents to combat substance abuse and physician impairment _____ & _____.

8. If you suspect a fellow resident is impaired who should you contact immediately _____.

9. Are you allowed to moonlight during your internship or PGY I year?

Yes No

10. On average the United States loses how many physicians a year to suicide? _____

Print Name _____ **Date** _____