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)

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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, uber, 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 other transportation and provide the original receipt within 60 days for reimbursement.

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RESIDENT COUNCIL:
The Resident Council provides DMC residents an opportunity to express views in a confidential manner via a monthly meeting (2nd Thursday of the month) and Resident Executive Council run website.

2017-2018 Executive Council:
Shahram Maroof, MD
(President)
smaroo@med.wayne.edu

Shivana Agrawal, MD
(Vice President)
sagrawal@dmc.org

Kartik Kumar, MD (Secretary)
kkumar@med.wayne.edu

Christopher Kennedy, MD
(Communications Officer)
ckennedy@dmc.org

Resident Council Website:
http://www.dmcresidents.com

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Resident Resources
Health & Education

Contact information for essential DMC GME Resident Resources:

DMC Health Care Plan:
www.aetna.com
Customer Service:
1-800-824-2705

DMC Employee Assistance Program:
GuidanceResources®: 1-844-416-1158

Employee website:
healthyattenet.com

Household family members website:
guidanceresources.com

Web ID: TENET
Behavioral Health & Substance Abuse:
1-877-362-2472

DMC Library Resources:
Email: dmclibrary@dmc.org
Phone: (313) 745-5360

DMC-WSU Residents:
Email askmed@wayne.edu
Phone: (313) 577-1094
Website:
http://guides.lib.wayne.edu/dmcwsu

DMC-MSU Residents: 1-800-500-1554

New Innovations Website:
https://www.new-innov.com
Institution Login: dmc

Process for Residents to Raise Concerns
The DMC is dedicated to providing a safe and productive learning environment. Resident concerns should be addressed using the following resources:

GME Program Resources
(Utilize these resources first)

Resident/Fellow Peers and/or Council Representative

Chief Resident
Program Director, Assoc. Program Director, Faculty

DMC GME Institutional Resources
(If unable to resolve at Program Level, utilize these resources)

GME Administration DIO, ADIO

DMC GME Resident Council

Graduate Medical Education Committee

Resident Council Website
(anonymous feedback)

Tenet Ethics Action Line 1-800-838-4427

Resources for Residents 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:

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

DMC Resident Council:
Meets on the 2nd Thursday of each month

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