

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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GME ADMINISTRATION:

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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)
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Kartik Kumar, MD (Secretary)

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Christopher Kennedy, MD

(Communications Officer)
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Resident Council Website:

<http://www.dmcredidents.com>

DMC

Leading. *Health.* Care.
Detroit Medical Center

Graduate Medical

RESIDENT RESOURCES

Main Telephone Number:

(313) 745-5146

Main Fax Number: (313) 966-0880

4201 St. Antoine, UHC 9C
Detroit, MI 48201

GME website: <http://www.dmc.org/gme>

Office Hours: 7:30 a.m.-5:00 p.m.

GME SUPPORT:

General Questions:

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Payroll/HR Records/Online

Learning Compliance:

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Rotators:

Incoming: Sonya Williams

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Outgoing: Eklund Fisher

(313) 993-8736 • efisher@dmc.org

New Innovations:

Carol Bartley (313) 993-0937

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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

2016-2017 Executive Council:

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