

Pediatric Residency Program Monthly Newsletter



JANUARY/FEBRUARY 2022



FATIGUE RISK MANAGEMENT

Winter brings with it increased pediatric health care needs, particularly with RSV and Influenza. We are also experiencing the extra challenges of the Omicron COVID variant. We are all more likely to be fatigued.

As individuals and teachers, it is our responsibility to recognize and discuss fatigue and model behaviours that mitigate risk. A “Fatigue Risk Management Toolkit” for residents and educators can be found at www.residentfatigue.ca.

Below are a few pointers from this resource.

SIGNS OF FATIGUE

While we are all aware of physical signs of fatigue (yawning, decreased alertness, reduced motor skills) other signs may be less classic such as:

Mental: Reduced attention span, decreased alertness, poor judgement, poor communication, near misses

Emotional/Social: Irritability, quiet/withdrawn, unmotivated, sluggish/lethargic, giddiness

When you recognize these signs in yourself or team members, openly acknowledging fatigue helps to foster proactive discussion and for others to be alert to risks.

POTENTIAL FATIGUE RISK MITIGATION STRATEGIES FOR SUPERVISORS

- Check in with team about fatigue levels
- Encourage appropriate hydration, nutrition (lunch breaks), and brief work breaks
- Increase teamwork, supervision, cross-checking, second opinions for critical decisions
- Consider task allocation – avoid complex and safety critical tasks at times of highest fatigue if possible; also avoid repetitive, monotonous tasks during times of highest fatigue
- Encourage identification and reporting of unsafe conditions without fear of reprisal
- Discuss and model maintaining optimal personal health and well-being outside of work, including maintaining physical fitness, nutrition, and sleep

Summarized from: www.residentfatigue.ca/mssites/frm/PDF/FRM-Act-Section-WEB.pdf, particularly pages 38 and 44.

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