

# From Dr. Mirza

## What to do when you are too tired to work

### Process to Transition Care of Patients When You are Fatigued = Fatigue Mitigation

If you are post call or just fatigued in general and feeling too tired to continue safe patient care, please follow the steps below.

#### Process -Simplified

1. Reach out to the chief(s) and/or program admin. immediately
2. Rest in the call rooms, if you still feel **unsafe to drive in your personal vehicle.** After that, use one of the approved driving services
3. Take Uber if needed at WCH or Z-Taxi at UF Health
4. Send the receipt to Tara
5. Reimbursement of one-way trip with Uber!

## Process-Detailed

1. Reach out to the chief(s) and/or program admin immediately – you should have all of our cell phones but if not just let us know and we will get them to you.
2. In a situation where a resident feels he/she cannot safely drive home in their personal vehicle, we would ask you to rest in the call rooms and see if you are able to drive after that. If the resident still feels that it is unsafe, then he/she should contact the chief resident/program admin and explain the situation.
3. You can call an Uber/Lyft if at WCH and the program will reimburse the cost one-way. We will not cover the ride back to work to pick up your vehicle. UF Health see the information listed below.
  - The Uber/Lyft reimbursement is to be used in situations where it is not **safe for you to drive home in your personal vehicle** due to excessive fatigue. Normally, this should not be the case after a 12 hour shift since that is your assigned work shift and you should have had adequate rest at home in between shifts.
  - At UF Health if you are feeling too tired or fatigued then you can use Z-taxi. The vouchers can be found in the resident call quarters. Please leave the other copy in the call room with your name and date etc. on it for OEA staff to collect for payment.
  - We ask residents to please only use this benefit if necessary and the steps above are taken.
4. Send Tara the receipt from Uber/Left with the appropriate reimbursement documents.