

Post Test for Stress and Fatigue Module

Please print this document, complete the test, and then return it to your program coordinator.

1. The Accreditation Council on Graduate Medical Education requires all training programs to “...educate *faculty and residents ...to recognize the signs of fatigue...and adopt and apply policies to prevent and counteract the potential negative effects.*”

True or False

2. Restricting duty hours alone precludes fatigue.

True or False

3. Sleep deprivation may result in which of the following:

- a. increased sympathetic activity
- b. hypoxemia
- c. diminished motor coordination
- d. all of the above

4. Fatigue may be caused by all of the following EXCEPT:

- a. too little sleep
- b. normal work day
- c. fragmented sleep,
- d. disruption of the circadian rhythm

5. The problem of disruption in natural circadian rhythm may be exacerbated as programs implement solutions, such as “night floats” to adhere to duty hour requirements.

True or False

6. Symptoms of sleep deprivation include all of the following EXCEPT:

- a. attention to detail
- b. increased tolerance for risk
- c. irritability
- d. increased errors

7. Ways to minimize sleep deprivation include: get out of bed, stand up, turn on lights, try to nap every 12 hours, consider the use of prophylactic caffeine.

True or False

8. The prevention, treatment and management of resident fatigue are a shared responsibility of which of the following:

- a. Accrediting bodies
- b. Program/Institution
- c. Residents
- d. All of the Above

9. Practical strategies for sleep and fatigue include the following: develop a healthy sleep routine, take naps, drive safely, and caffeine.

True or False

10. Caffeine is a substitute for sleep.

True or False