

Fatigue risk management: the impact of anesthesiology residents' work schedules on job performance and a review of potential countermeasures.

March 20, 2018

Wong LR, Flynn-Evans E, Ruskin KJ. Fatigue Risk Management: The Impact of Anesthesiology Residents' Work Schedules on Job Performance and a Review of Potential Countermeasures. *Anesth Analg*. 2018;126(4):1340-1348. doi:10.1213/ANE.0000000000002548.

<https://psnet.ahrq.gov/issue/fatigue-risk-management-impact-anesthesiology-residents-work-schedules-job-performance-and>

[Duty hour reductions](#) have been a controversial strategy to address resident [fatigue](#). This commentary discusses [guidelines](#) for managing anesthesiology resident work hours and how the limits might affect training. The authors recommend other approaches to address [fatigue](#) such as [naps](#), microbreaks, and scheduling and environmental adjustments.