
Sleep Deprivation & Fatigue

Healthy Sleeping Habits

- Go to bed and get up at the 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
- Promote a good sleeping environment:
 - Cooler temperature
 - Dark (shades)
 - Quiet (ear plugs)

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

Driving Safely

- NO driving if drowsy
 - Find alternatives (e.g. take a cab, 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.
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WSU Resources

Total Compensation & Wellness: Benefits Information

Phone: (313) 577-3717

Website: <http://hr.wayne.edu/tcw/benefits/>

CONTACT INFORMATION FOR:

Benefits Enrollment:

Ursula Hart

(313) 577-6349 ao1514@wayne.edu

Benefits Questions:

Albert Bowman

(313) 577-6353 ab3895@wayne.edu

Resident Payroll Office:

Phone: (313) 577-2138

Resident Well-Being Employee Assistance Plan (EAP)

Phone: 1-800-448-8326

Website:

<http://www.lifeadvisoreap.com/MemberLogin.aspx>

WSU COE Counseling & Testing Center

Phone: 313-577-1681

Website:

<http://coe.wayne.edu/tbf/counseling/center-index.php>

Shiffman Medical Libra

Phone: 313-577-1094

Website: <http://www.lib.wayne.edu/shiffman/>

Email: askmed@wayne.edu

Hours of Operation:

Shiffman Medical Library:

M – TH: 7:30 AM - 12:00 AM

F: 7:30 AM – 8:00 PM

SAT: 12:00 PM – 8:00 PM

SUN: 12:00 PM – 8:00 PM



RESIDENT RESOURCES

GRADUATE MEDICAL EDUCATION Office:

Tsveti Markova, MD, FAAFP - Associate Dean
for Graduate Medical Education and DIO
tmarkova@med.wayne.edu

R. Brent Stansfield, PhD – Director of
Education, GME
rstansfield@med.wayne.edu

Brian Benson, MPP – GME Research
Coordinator
Brian.benson@wayne.edu

Martha Jordan - GME Administrative Director
mjorda@med.wayne.edu

Nora Kramer - GME Coordinator
nkramer@med.wayne.edu

GME Office Phone Number: (248) 581- 5900
GME Office Fax Number: (248) 581- 5647

How to Raise & Resolve Issues

WSU GME is committed to providing residents a SAFE learning environment.

What to do when you have a problem or concern:

Stop and think about the problem

and all parties roles

Ask others for feedback

Follow protocol

Examine alternative mechanisms as

needed (see list & flowchart)

Process for Residents to Raise Issues

Resident Concern reporting options:

- ↓ Peers
 - ↓ Chief Resident
 - ↓ Program Director or Associate Program Director
 - ↓ Program Resident Council Representative
 - ↓ GMEC/DIO
 - ↓ Other avenues to report anonymously:
 - Suggestion Box in Resident space
 - Resident Hotline (248-457-5120)
 - GME office staff
 - GME website complaint form
 - ↓ Other mechanisms may include:
 - Special Reviews
 - Annual GME Resident Survey
 - Employee Assistance Program
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Mechanisms Available to Residents:

Resident Council: The Resident Council meets at least 6 times a year. Administrative support is provided by the Office of Graduate Medical Education. This provides the residents an opportunity to express views in a confidential manner. Subsequent information is then brought to the GMEC for its review.

Office of Graduate Medical Education Open Door Policy: There is an open door policy for residents/ fellows to speak on confidential matters either with the Directors or the DIO. For anonymous confidential online reporting, the GME website has the Resident Physician Confidential Complaint Reporting Form. Resident Hotline: (248) 457-5120

Anonymous Suggestion/Comment Boxes: The GME office provides Residents an anonymous venue for reporting concerns via Anonymous Suggestion/Comment Boxes. These locked comment boxes are available on site to facilitate resident reporting ease and protect resident confidentiality. Comments are collected as needed by a GME representative and reported issues and concerns will be reviewed and addressed by the DIO.

WSU Office of the Ombudsman: Through Wayne State University, residents have options to address issues completely outside of medicine and the hospital system through the WSU Office of the Ombudsperson.
