

**University of Utah**  
**Division of Plastic Surgery**  
**Clinical Experience and Education**

Clinical and Educational work hours are defined as time spent on all clinical and educational activities related to the residency or fellowship program. This includes patient care, administrative duties related to patient care, provision for transfer of patient care, time spent in-house during call activities, time spent on patient care activities while on at-home call, moonlighting activities, and scheduled educational activities such as conferences. Work hours do not include reading and preparation time spent away from the duty site.

**A. Maximum Hours of Clinical and Educational Work per Week**

1. Clinical and educational work hours must be limited to no more than 80 hours per week, averaged over a four-week period, inclusive of all in-house clinical and educational activities, clinical work done from home, and all moonlighting.

**B. Mandatory Time Free of Clinical Work and Education**

1. Programs must design an effective program structure that is configured to provide residents with educational opportunities, as well as reasonable opportunities for rest and personal well-being.
  - a. Residents should have eight hours off between scheduled clinical work and educational periods. In certain circumstances, residents may choose to stay to care for their patients or return to the hospital with fewer than eight hours free of clinical experience and education. This must occur within the context of the 80-hour and the one-day-off-in-seven requirements.
2. Residents must have at least 14 hours free of clinical work and education after 24 hours of in-house call.
3. Residents must be scheduled for a minimum of one day in seven free of clinical work and required education, when averaged over four weeks. At-home call cannot be assigned on these free days.

**C. Maximum Clinical Work and Education Period Length**

1. Clinical and education work periods for residents must not exceed 24 hours of continuous scheduled clinical assignments.
  - a. Up to four hours of additional time may be used for activities related to patient safety, such as providing effective transitions of care, and/or resident education. Additional patient care responsibilities must not be assigned to a resident during this time.

**D. Clinical and Educational Work Hour Exceptions**

1. After handing off all other responsibilities, a resident, on their own initiative, may elect to remain or return to the clinical site in the following circumstances:
  - a. To continue to provide care to a single severely ill or unstable patient.
  - b. Humanistic attention to the needs of a patient or family, or

c. To attend unique educational events.

2. These additional hours of care or education will be counted toward the 80-hour weekly limit.

E. Moonlighting

The Division of Plastic Surgery prohibits moonlighting.

F. In-House Night Float

The Division of Plastic Surgery does not have in-house night float.

G. Maximum In-House On-Call Frequency

The Division of Plastic Surgery does not have in-house on-call

H. At-Home Call

1. Time spent on patient care activities by residents on at-home call must count toward the 80-hour maximum weekly limit. The frequency of at-home call is not subject to the every-third-night limitation, but must satisfy the requirement for one day in seven free of clinical work and education, when averaged over four weeks.
  - a. At-home call must not be so frequent or taxing as to preclude rest or reasonable personal time for each resident.
2. Residents are permitted to return to the hospital while on at-home call to provide direct care for new or established patients. These hours of inpatient care must be included in the 80-hour maximum weekly limit.