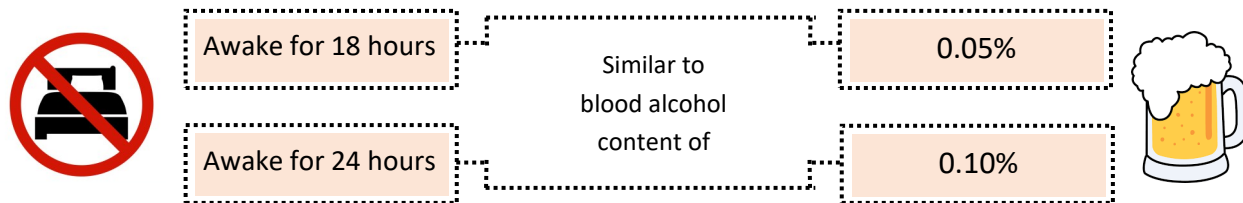


## Fatigue is more than just feeling sleepy

It also refers to physical and mental symptoms such as: slower reaction times, poor mood, inattention and trouble focusing.



## Did You Know?



**42%**

of physicians experience fatigue or burnout



**76%**

of healthcare workers felt exhausted from June-September 2020



**93%**

of nurses, who have the highest rate of fatigue, end the day feeling mentally and/or physically tired

## Am I fatigued? What should I do?

### How to identify fatigue

1. Difficulty concentrating
2. Emotional Instability
3. Impaired judgement/decision making
4. Reduced motivation
5. Slow or faulty information processing and judgement

### How to mitigate fatigue

1. Maximize your sleep efforts
2. Utilize relaxation techniques to fall asleep
3. Take short naps to relax muscles
4. Give yourself time to recover from long shifts
5. Spot signs and symptoms of fatigue (e.g. difficulty keeping eyes open, yawning)

## Resources

1. Informational Podcasts
2. Journal Articles on Fatigue and Patient Safety
3. Ways to Manage Fatigue
4. CME Learning Modules

