

Developing Evidence Based Fatigue Risk Management Guidelines



for Emergency Medical Services

In 2013 the National EMS Advisory Council (NEMSAC), a congressionally authorized Federal Advisory Committee, issued an [Advisory on Fatigue in EMS](#) encouraging the National Highway Traffic Safety Administration (NHTSA) to disseminate evidence-based information to the EMS community and to aid the development of fatigue management programs / interventions to fit local needs.

Developing Evidence Based Fatigue Risk Management Guidelines for Emergency Medical Services is a two-year project funded by NHTSA's Office of Behavioral Safety Research, coordinated and managed by the National Association of State EMS Officials (NASEMSO.) NASEMSO has contracted with P. Daniel Patterson, PhD, NRP to serve as the project's Principal Investigator.

The fatigue risk management guidelines for the EMS community will be developed by an interdisciplinary team of sleep and fatigue scientists, Evidence Based Guideline (EBG) development specialists, and experts in emergency medicine and EMS. The evidence based fatigue risk management guidelines will be widely disseminated across the EMS community through publications, presentations, and at national stakeholder meetings.

For more information:
www.emsfatigue.org

National Association of State EMS Officials

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What the current data says about fatigue among EMS personnel:

- **Greater than half report fatigue at work**
- **Half get less than 6-hours sleep per day**
- **Greater than half report poor sleep quality**
- **Greater than one-third report excessive daytime sleepiness**
- **Half report poor to moderate recovery between scheduled shifts**
- **Fatigue levels change (intensify) over course of shiftwork**
- **Fatigue linked to safety outcomes**