

Effective implementation of work-hour limits and systemic improvements.

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<https://psnet.ahrq.gov/issue/effective-implementation-work-hour-limits-and-systemic-improvements>

Efforts to comply with resident work-hour restrictions have placed a significant burden on [hospitals](#) and [training programs](#), particularly in addressing the impact of these restrictions on [patient safety](#). This AHRQ-supported study provides a framework to address the scheduling practices that aim to minimize sleep deprivation, optimize [teamwork](#), and promote patient safety. The authors share a number of case examples and discuss policy implications around developing evidence-based scheduling and systematic culture change. This study's lead author, Dr. Christopher Landrigan, was featured in a past AHRQ WebM&M [conversation](#) that discussed the role of [sleep deprivation](#) in residency training and its effect on medical errors.