

## **Duty-hour limits and patient care and resident outcomes: can high-quality studies offer insight into complex relationships?**

May 22, 2013

Philibert I, Nasca TJ, Brigham T, et al. Duty-hour limits and patient care and resident outcomes: can high-quality studies offer insight into complex relationships? *Annu Rev Med.* 2013;64:467-83.

doi:10.1146/annurev-med-120711-135717.

<https://psnet.ahrq.gov/issue/duty-hour-limits-and-patient-care-and-resident-outcomes-can-high-quality-studies-offer>

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This review of high-quality studies found evidence for improved resident sleep hygiene and decreased burnout after restriction of [duty hours](#), but no improvement in educational or patient safety outcomes.