

Cumulative effect of flexible duty-hour policies on resident outcomes: long-term follow-up results from the FIRST trial.

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<https://psnet.ahrq.gov/issue/cumulative-effect-flexible-duty-hour-policies-resident-outcomes-long-term-follow-results>

This article presents longitudinal follow-up of the [Flexibility in Duty Hour Requirements for Surgical Trainees](#) (FIRST) Trial, which examined the effects of flexible duty-hour policies on resident outcomes. After four years, there was no evidence of increased duty-hour violations, decreased satisfaction or decreased well-being among residents randomized to flexible duty-hour policies. The researchers also observed that the beneficial impacts of flexible duty-hours persisted over the four-year period, whereas most of the [negative effects](#) diminished over time.