

The Impact of Resident-Led Formal Education During Orientation on Intern Self-Reported Preparedness

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Background

- Lack of readiness for the first day of residency can contribute to early burnout and ultimately may put patient safety at risk.¹
- Several studies have shown that intern boot camp programs prior to starting intern year can improve resident reported preparedness.^{2,3,4,5}
- However, these programs typically are ineffective in teaching practical skills such as the complexities involved in admitting and discharging patients from the hospital.⁶
- Senior residents can often be excluded from intern orientation due to clinical demands, but having them involved can help relay more relevant and practical information as well as begin to foster personal and professional relationships.⁶
- Project AIM: To improve intern self-reported preparedness by having a PGY-2 give a structured PowerPoint presentation during intern orientation prior to the first day of residency detailing specific steps to complete practical tasks on the postpartum rotation.

Methods

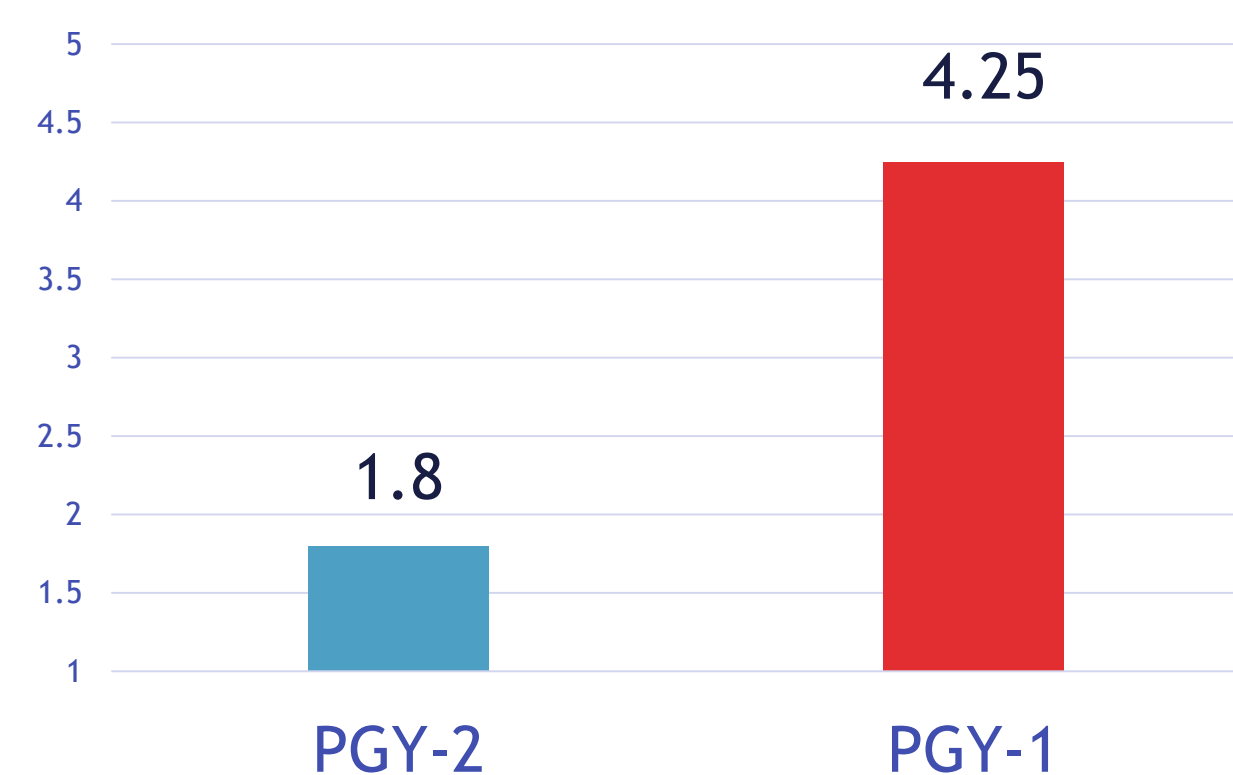
- An anonymous, voluntary survey electronically sent out to all current PGY-2 residents at the conclusion of their intern year, when each had completed at least one rotation on the Postpartum Service.
- The identical survey was sent to the PGY-1 class half way through the academic year, when each had completed at least one rotation on the Postpartum service.

Interventions and statistics

- A formal PowerPoint presentation was given to the incoming intern class on the Postpartum rotation, with the PowerPoint e-mailed out for future reference.
- An unpaired t-test was used to determine if a difference exists between self-reported preparedness for the postpartum rotation between the PGY-1 class that received formal instruction and the PGY-2 class that did not.

Results

- 57% of the PGY-1 class and 71% of the PGY-2 class completed the survey.
- In response to the questions: “On a Scale of 1-5, how prepared did you feel for your first day covering the postpartum service?”



P value = 0.0014

95% confidence interval: from -3.58 to -1.32

Challenges, Lessons Learned, and Future Directions

- Having a resident lead PowerPoint presentation detailing practical skills for the postpartum rotation during intern orientation significantly improved intern self-reported preparedness on the first day covering the postpartum service.
- It is likely that expanding this model to all intern rotations would similarly improve self reported preparedness.
- The feeling of preparedness and support by upper level residents is likely to improve overall intern wellness during transition into residency.
- Improved preparedness is likely to translate into improved efficiency and patient safety.
- This study is limited by the small subject pool due to resident class size and survey response rate.

Linkage to Healthcare Disparities

This work can be expanded to address disparities in healthcare by including formal education during orientation on how bias can impact patient care and giving specific examples of how residents can work to provide equitable care. This can be utilized to improve preparedness to address personal bias during clinical work.

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