

Preparing final year medical students for FY1 on call

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Introduction

Victoria Hospital Kirkcaldy is a teaching hospital which supports final year medical students on their assistantship block. Evidence suggests there is a lack of preparedness in the practical aspects of on call shift for newly qualified doctors^{1,2}. There was scope to improve confidence for on call shifts with teaching from junior doctors who have recent experience of this.

Aims

1. To identify areas current FY1s felt under-confident in when starting on call shifts
2. To create and deliver a teaching programme to final year students to address the areas identified above
3. To assess the effectiveness of the teaching program and make changes based on feedback
4. To assess whether the changes we made to the program from the feedback given improved student outcomes

Methods

Current FY1 doctors were surveyed to identify areas they felt they would have benefitted from teaching on before starting on call shifts. A teaching programme was developed to address the identified areas. Teaching was delivered to the first cohort of final year students who were surveyed before and after the teaching to assess for improvement. Feedback from the first cohort was used to amend the teaching programme for the second cohort. The second cohort were also surveyed before and after teaching.

Results

There was a significant improvement across all areas surveyed in both cohorts before compared to after teaching. There was no significant difference between the first (n=18) and second (n=17) cohort before or after.

Discussion

The teaching program was effective in improving the confidence of final year students for on call shifts in both the first and second cohort. The changes made to the teaching program based on the feedback given from the first cohort did not change the effectiveness of the teaching. There may be some limitation to these findings due to the small sample sizes and limited responses. Equally, the improvement in the confidence of the assistantship students cannot be assumed to be entirely from the teaching program as some of the improvement seen may be from the ward experiences throughout the assistantship block.

Conclusions

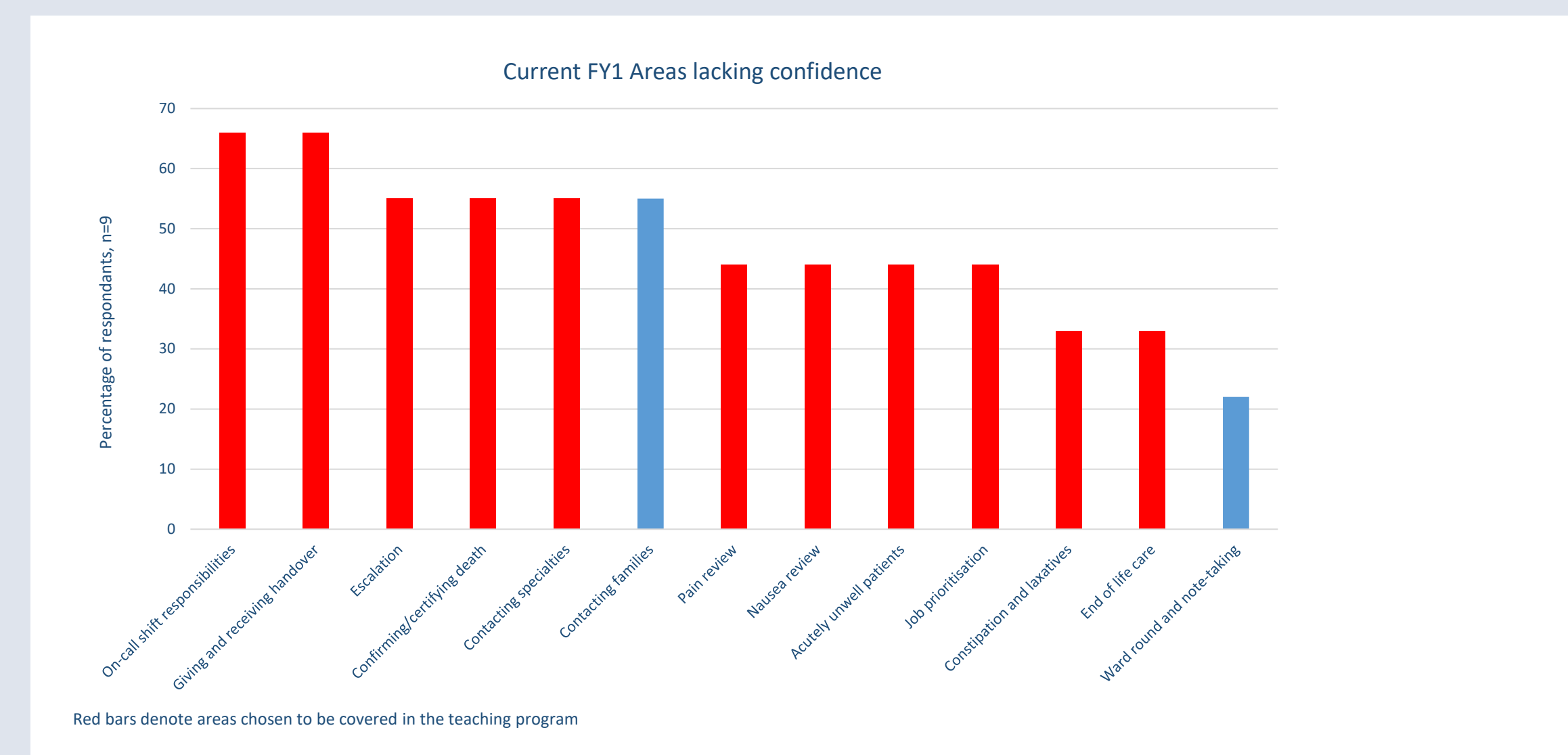
Although limited by the small sample size and experiences within the apprenticeship block beyond the teaching program delivered, the teaching was effective in improving the confidence of final year students for on call shifts. The assistantship provides the ideal opportunity to increase preparedness of almost-doctors.

References:

1. Prince K, Van de Wiel M, Van der Vleuten C, Boshuizen H, Scherpbier A. Junior doctors' opinions about the transition from medical school to clinical practice: a change of environment. *Educ Health (Abingdon)*. 2004 Nov;17(3):323-31. doi: 10.1080/13576280400002510. PMID: 15848819.
2. Berridge EJ, Freeth D, Sharpe J, Roberts CM. Bridging the gap: supporting the transition from medical student to practising doctor--a two-week preparation programme after graduation. *Med Teach*. 2007 Mar;29(2-3):119-27. doi: 10.1080/01421590701310897. PMID: 17701621.

Results

Current FY1 survey



Group 1 before vs after

Question	Before (average), n=18	After (average), n=7	p value
Overall, I feel entirely prepared to start FY1	2.7	4.0	<0.001
I feel entirely prepared to do an "On-call" shift as a new FY1	2.1	3.6	0.001
I am comfortable performing a pain review and prescribing appropriate analgesia	2.5	3.9	<0.001
I am comfortable performing a nausea review and prescribing appropriate anti-emetics	2.5	3.7	0.003
I am comfortable prescribing laxatives for constipated patients	2.6	4.0	0.003
I am confident assessing and performing initial management for acutely unwell patients	3.5	4.4	0.001
I know exactly when I should escalate	2.8	4.4	<0.001
I am familiar with my responsibilities on an "On-call" shift as an FY1	2.4	3.4	<0.001
I am confident confirming and certifying the death of a patient	1.9	4.3	<0.001
I am confident performing a comfort review of a dying patient	1.8	4.0	<0.001
I feel confident giving/receiving handover to colleagues and seniors	3.1	4.3	0.002
I feel confident prioritising jobs on an "On-call" shift	3.0	4.6	<0.001

Group 2 before vs after

Question	Before 2, n=17	After 2, n=5	P value
Overall, I feel entirely prepared to start FY1	2.7	3.8	0.002
I feel entirely prepared to do an "On-call" shift as a new FY1	2.1	4.0	<0.001
I am comfortable performing a pain review and prescribing appropriate analgesia	2.5	3.6	0.012
I am comfortable performing a nausea review and prescribing appropriate anti-emetics	2.1	4.0	<0.001
I am comfortable prescribing laxatives for constipated patients	2.5	3.8	0.007
I am confident assessing and performing initial management for acutely unwell patients	3.2	4.2	0.017
I know exactly when I should escalate	3.0	4.0	0.010
I am familiar with my responsibilities on an "On-call" shift as an FY1	2.2	4.2	0.001
I am confident confirming and certifying the death of a patient	2.2	3.4	0.048
I am confident performing a comfort review of a dying patient	1.7	3.0	0.005
I feel confident giving/receiving handover to colleagues and seniors	3.0	4.2	0.007
I feel confident prioritising jobs on an "On-call" shift	3.1	4.0	0.040

Group 1 after vs group 2 after

Question	After 1, n=7	After 2, n=5	P value
Overall, I feel entirely prepared to start FY1	4.0	3.8	0.593
I feel entirely prepared to do an "On-call" shift as a new FY1	3.6	4.0	0.484
I am comfortable performing a pain review and prescribing appropriate analgesia	3.9	3.6	0.579
I am comfortable performing a nausea review and prescribing appropriate anti-emetics	3.7	4.0	0.535
I am comfortable prescribing laxatives for constipated patients	4.0	3.8	0.795
I am confident assessing and performing initial management for acutely unwell patients	4.4	4.2	0.488
I know exactly when I should escalate	4.4	4.0	0.335
I am familiar with my responsibilities on an "On-call" shift as an FY1	3.4	4.2	0.658
I am confident confirming and certifying the death of a patient	4.3	3.4	0.084
I am confident performing a comfort review of a dying patient	4.0	3.0	0.071
I feel confident giving/receiving handover to colleagues and seniors	4.3	4.2	0.088
I feel confident prioritising jobs on an "On-call" shift	4.6	4.0	0.175

Averaged scores are from a 1-5 rating of 1 being disagree completely and 5 being agree completely. Significance scores calculated by Mann Whitney U test, one tailed for before vs after and two tailed for before vs before and after vs after.