Title: Readiness Reality Check: Can a Transition to Residency Elective Make Graduating Medical Students' Self-assessments More Realistic?

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Submission Role: Research and Innovation Abstracts

Presentation Type: Oral or Poster

Current Category: Research

Abstract Body:

Short Description: Pre-post surveys of graduating medical students demonstrate that students participating in a transition to residency experience (TTR) may have decreased confidence in their ability to perform core entrustable professional activities (EPAs) without supervision. This suggests that participating in TTR may improve patient safety and readiness for residency by resetting expectations about core EPAs.

Abstract: Purpose: New interns' realistic self-assessment about their own competency is essential to patient safety. Although graduating medical students express high confidence in their competence in the AAMC Core Entrustable Professional Activities for Entering Residency (EPAs)\(^1\), residency program directors are concerned that students may not be adequately prepared for residency\(^2\),\(^3\). Several fourth year Transition to Residency (TTR) courses aim to ease this transition\(^4\),\(^5\), however it is unknown if participation in TTR impacts perceived competence in core EPAs.

Methods: All graduating medical students at our institution received a questionnaire (pre-survey) in which they rated the amount of supervision they need to feel comfortable performing each of the 13 EPAs on a Likert scale from 1-5 (1: would not attempt even with direct supervision, 5: would feel comfortable doing without supervision). The same survey (post-survey) was administered two weeks later to students who voluntarily participated in the week-long TTR elective. Independent t-tests assessed the significance of differences between group means.

Results: Of 160 total students, 75/160 (47%) students participated in the TTR elective and 36/75 (48%) students completed both the pre-and post-survey. Among non-TTR participants, 57/85 (67%) completed the pre-survey. Means for all EPAs ranged from 3.75-4.89. No significant difference was found between TTR and non-TTR participants on the pre-survey. TTR participants' post-survey responses showed a significant (or near significant) decrease in confidence in four EPAs after completing the elective (EPA 5: 4.89 to 4.61 (p=0.01), EPA 6: 4.86 to 4.64 (p=0.02), EPA 7: 4.54 to 4.29 (p=0.03), EPA 8: 4.19 to 4.00 (p=0.11)).

Discussion: Participants in a TTR elective demonstrated a decrease in their confidence in several EPAs, which suggests a resetting of expectations for residency and a greater awareness of their limits and need for supervision. Ensuring students accurately self-assess their need for supervision before entering residency may improve patient care and safety.

Level of Audience: Mid-career

Focus of Presentation: UME


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