The pre-clerkship residency exploration program (PREP) influences student career interest

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International Conference on Residency Education
October 19, 2018
• *I have no disclosures to make*
Introduction

• Career decisions are a source of stress for medical students

• Exposure to various specialties is insufficient

• Many specialties are underexposed in the traditional curriculum
Program Structure

• Two-week program, during the summer
• Available to 40 second year medical students
• 5 components

1. Half-day Electives
Program Structure

• Two-week program, during the summer
• Available to 40 second year medical students
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1. Half-day electives
2. Procedural skills sessions
Program Structure

- Two-week program, during the summer
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1. Half-day electives
2. Procedural skills sessions
3. Lunch time seminars/Panel discussions
Program Structure

- Two-week program, during the summer
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1. Half-day electives
2. Procedural skills sessions
3. Lunch time seminars/Panel discussions
4. Simulations
Program Structure

• Two-week program, during the summer
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1. Half-day electives
2. Procedural skills sessions
3. Lunch time seminars/Panel discussions
4. Simulations
5. Specialty-specific workshops
• **Objective:** To assess the impact of the Pre-clerkship Residency Exploration Program (PREP) on student career interests, understanding and aspirations.
Methods

• 74 of 110 (67.3%) second year medical students applied
• Randomized lottery performed by Student Affairs

• Pre-program survey & Post-program survey captured:
  • Demographics
  • Impact of the program
  • Specialty and career interests
  • Student feedback

• Basic descriptive statistics performed
• **Understanding:** On the scale below, do you feel you understand the daily responsibility and role of a ________ enough to make an educated career decision on the specialty?

- Likert scale: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
Understanding of the Specialty for the Purpose of Career Decisions

General Internal Medicine

Ophthalmology

Endocrinology

Radiation Oncology

Pathology

Anesthesia

n = 36
Understanding of the Specialty for the Purpose of Career Decisions

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Understanding of the Specialty for the Purpose of Career Decisions

Hematology

Physical Medicine and Rehabilitation

Nephrology

Neurology

n = 17  
n = 17  
n = 17

Pre-program
Understanding of the Specialty for the Purpose of Career Decisions

**Hematology**

- Pre-program
- Post-program

**Physical Medicine and Rehabilitation**

- Pre-program

**Nephrology**

- Pre-program

**Neurology**

- Pre-program

\( n = 17 \)

\( n = 17 \)

\( n = 19 \)
Understanding of the Specialty for the Purpose of Career Decisions

Hematology

Physical Medicine and Rehabilitation

Nephrology

Neurology

n = 17

n = 17

n = 19

n = 17
Understanding of the Specialty for the Purpose of Career Decisions

**Hematology**
- Pre-program: n = 17
- Post-program: n = 17

**Physical Medicine and Rehabilitation**
- Pre-program: n = 17
- Post-program: n = 17

**Nephrology**
- Pre-program: n = 19

**Neurology**
- Pre-program: n = 17
Understanding of the Specialty for the Purpose of Career Decisions

**Hematology**
- Pre-program: 2, 3, 6, 9, 12
- Post-program: 3, 6, 9, 12
- n = 17

**Physical Medicine and Rehabilitation**
- Pre-program: 1, 2, 3, 4, 5
- Post-program: 2, 3, 4, 5
- n = 17

**Nephrology**
- Pre-program: 1, 2, 3, 4, 5
- Post-program: 2, 3, 4, 5
- n = 19

**Neurology**
- Pre-program: 1, 2, 3, 4, 5
- Post-program: 2, 3, 4, 5
- n = 17
Understanding of the Specialty for the Purpose of Career Decisions

Hematology

Physical Medicine and Rehabilitation

n = 17

n = 17

Nephrology

Neurology

n = 19

n = 17
• **Interest:** Did your interest in ______ increase, decrease or remain the same as a result of participating in PREP?
Change in Interest

General Internal Medicine

Ophthalmology

Endocrinology

Radiation Oncology

Pathology

Anesthesia

n = 36
Change in Interest

**Hematology**
- Decreased: 2
- Stayed the same: 8
- Increased: 6

**Physical Medicine and Rehabilitation**
- Decreased: 2
- Stayed the same: 6
- Increased: 9

**Nephrology**
- Decreased: 4
- Stayed the same: 7
- Increased: 8

**Neurology**
- Decreased: 6
- Stayed the same: 4
- Increased: 7

**Hematology**: n = 17  
**Physical Medicine and Rehabilitation**: n = 17  
**Nephrology**: n = 19  
**Neurology**: n = 17
• **Career Aspirations**: What are your top three career choices at this point in time?

  Asked pre- and post-program
### Top 3 Career Choices

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Pre-Program</th>
<th>Post-Program</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ophthalmology</td>
<td>4</td>
<td>9</td>
<td>+5</td>
</tr>
<tr>
<td>Radiation Oncology</td>
<td>5</td>
<td>9</td>
<td>+4</td>
</tr>
<tr>
<td>Pathology</td>
<td>1</td>
<td>2</td>
<td>+1</td>
</tr>
<tr>
<td>Endocrinology</td>
<td>6</td>
<td>7</td>
<td>+1</td>
</tr>
<tr>
<td>Anesthesia</td>
<td>13</td>
<td>13</td>
<td>0</td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>18</td>
<td>16</td>
<td>-2</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>3</td>
<td>7</td>
<td>+4</td>
</tr>
<tr>
<td>Nephrology</td>
<td>1</td>
<td>2</td>
<td>+1</td>
</tr>
<tr>
<td>Hematology</td>
<td>1</td>
<td>2</td>
<td>+1</td>
</tr>
<tr>
<td>Neurology</td>
<td>8</td>
<td>7</td>
<td>-1</td>
</tr>
</tbody>
</table>

* 80.6% (29 of 36) participants had at least one change in their top 3 career choices
Conclusions

• Significant increase in student understanding of daily roles and responsibilities of included specialties enough to make career decisions

• Fluctuations in interest were observed

• Majority of participants identified new career options
Future Outlooks

• Monitor trends of participants as they match through Canadian Residency Matching Service (CaRMS)

• Specifically match rates to traditionally underexposed specialties

• Monitor residency attrition rates of past participants

• Continue growth of PREP to other Universities
Acknowledgements

• Mike Smyth and Sebastian Haupt, Senior Directors

• Our Junior Directors Alysha Roberts, Tom Toguri and Kavita Raju

• Anna MacLeod, MD, Joanne MacDonald, MD, David Bowes, MD, Ciorsti MacIntyre, MD, Chris Gray, MD, Liz Craig, Stephen Miller, MD, Laura Thomas, Kathy Hartlen, Doug Ferkol, Churn-Ern Yip, MD, Stephen Workman, MD, Ben Schelew, MD, Jessie Purvis, Thomas Arnason, MD, Mary-Margaret Keating, MD, Christine Dipchand, MD, Laine Green, MD, Bruce Crooks, MD, Douglas McMillan, MD, Kris Peet, MD, Stan George, MD, Jennifer Hall, MD, Evelyn Sutton, MD, David Anderson, MD and the other 150+ staff, faculty and administration for their constant support, advocacy and organizational assistance.

• Dr. Nada Gawad for designing the SEAD program, which served as an inspiration for the structure of PREP
Pre-clerkship Residency Exploration Program (PREP)