Interprofessional Simulation to Improve Internal Medicine Resident Training

Authors: T. Haffner, Z. Khalid, A. Patel, P. Wasi, A. Fox-Robichaud, K. Azzam
Institution: McMaster University, Hamilton, Ontario
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A full-scale simulation was developed to give postgraduate year 1 (PGY1) trainees in Internal Medicine the opportunity to function as multidisciplinary team leaders in a pre-arrest situation. The goal was to improve resident leadership skills in critical illness in preparation for their role as senior medical residents (SMRs) in their second year of training.

The simulation exercise was conducted over 2 days and included 55 participants. High-fidelity SimMan was used in a pre-arrest scenario and individual sessions were videotaped. The resuscitation teams consisted of PGY1s, critical care response team members, nursing students and critical care subspecialty residents. The exercise was led by a pair of PGY1 residents working with the health care team. Each session ran for 1 hour: 15 minutes of simulation and 45 minutes of debriefing. Multidisciplinary debriefing focused on non-technical skills including effective communication and collaboration.

The exercise was evaluated by the participants using a 5-point scale (1 representing not realistic/not useful and 5 representing very realistic/very useful). Participants found the simulation session realistic (with a mean score of 4.1) and useful in improving both communication and collaboration (4.78 and 4.63 respectively). The majority (84%) of residents suggested participation in 1 or 2 sessions annually would be valuable.

Interprofessional simulation of a pre-arrest scenario was found to be a realistic and useful method for improving communication and collaboration skills. This study suggests simulation may improve PGY1 skills and confidence needed to function as the team leader in pre-arrest situations prior to his/her transition to the SMR role.

Contact: Dr. Thomas Haffner, McMaster University tel: 289-339-1656, email: thomas.haffner@medportal.ca

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