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INTRO

There are few available studies investigating interventions to help with the transition of medical student to residents, despite the increasing number of medical students transitioning to residents. During this period, new physicians are transitioning from the regimented learning of medical school to the self-directed learning that occurs in the hospital wards. This is a particularly difficult time for medical trainees, as their increased autonomy doesn't appear to grow at the same rate as their knowledge base. This literature/scoping review analyzes "boot camp" style preparation before starting or early in GME training of its effects and overall outcome.

METHODS

With the assistance of a medical librarian, 58 articles were identified in the Pub Med database. There articles were then reviewed, with 30 selected based on inclusion and exclusion criteria's. The articles were then analyzed and their findings tabulated.

DISCUSSION

- Bootcamp style preparation improved immediate confidence and skill proficiency however data is lacking on long term outcome, including correlation to burnout rate and overall wellness
- Current literature lacks details in elucidating the most effective methods for improving residency preparation and reducing burnout
- More research is required to elucidate long term effects and if improved preparation for residency would decrease burnout and overall wellness

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A Scoping Review on the Effect of Pre-Residency Preparation on Intern Preparedness

Despite the ever-increasing number of graduating medical students, there are few available studies investigating interventions to help with the transition of medical student to residents.

A scoping review demonstrated that there is much literature revealing the success of pre-residency preparation course ("boot camps") improving resident confidence and procedural skills. However, there is a dearth of objective data regarding longitudinal outcomes as well as its impact on burnout and overall resident wellness.

Further study is needed to identify methods to decrease burn out and improve confidence and wellness, particularly prior to residency as PGY-1 year is a risk factor for burnout.

Acknowledgments

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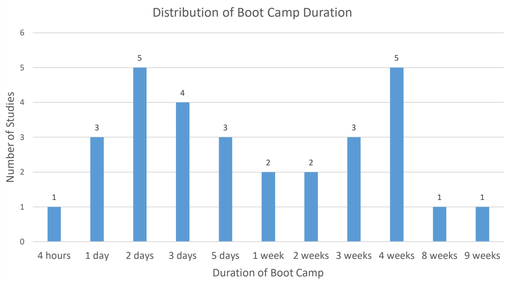
RESULTS

- Boot camp style preparation for PGY-1 is being implemented throughout the US, mainly in Surgical Subspecialties and Medical Schools
- Boot camp duration ranges from 4 hours up to 9 weeks, with bimodal durations of 2 days or 4 weeks.
- Likert scale assessment (5-item) is often employed in assessing various subjective parameters like preparedness, confidence, etc.
- Only 6 of the 30 studies were cohort studies where the effect of the boot camp was compared between groups.
- The available literature has limited objective data on long-term impact



Boot Camp Duration	
Range	4 hours - 9 weeks
Median	5 days
Mode	2 days, 4 weeks