

Medical Student Readiness for Residency after Completing an OB-GYN Residency Bootcamp

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Introduction. Residency preparation bootcamps ease the transition to residency by allowing students to practice technical skills and interpersonal skills. It is unclear how bootcamps impact preparedness once residents are fully immersed in residency. The study aimed to assess medical student perceptions regarding residency readiness before and after participating in an Obstetrics & Gynecology (OB-GYN) specialty-specific preparatory course.

Methods. This study utilized cross-sectional surveys administered to a convenience sample of medical students completing a two-week, OB-GYN “Boot Camp” at a single teaching institution. Participants completed surveys before and after participating in the bootcamp, and one structured phone interview three months into residency.

Results. Ten participants completed the bootcamp and elected to participate in our study. The majority were female (80%) and 50% were attending a combined university/community hospital residency program. After completing the bootcamp, participants reported improved preparedness regarding performing basic ultrasound (30% vs. 80%), understanding ACGME Milestones (20% vs. 100%), having difficult conversations (30% vs. 100%), understanding malpractice (10% vs. 60%), and personal finance (20% vs. 90%). Three months into residency, four participants completed interviews. Obstetrical skills (50%), performing basic ultrasound (50%), and interpreting fetal heart tones (75%) were most helpful. The majority were “ready as expected” (75%) regarding clinical skills and communication, “less than ready” (75%) to manage stress in residency, and 75% reported the bootcamp was very helpful in preparing them for residency.

Conclusions. OB-GYN bootcamps improved reported preparedness in clinical and non-clinical skills. Bootcamp students felt adequately ready three months into residency, although managing stress in residency could be improved.