Preparing to be the Medical Registrar On-call: Core Medical Trainee (CMT) Simulation Program

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Aim:
To see whether CMT’s confidence regarding being a medical SpR could be improved through a structured simulation program.

Background:
• Transition from CMT to Medical SpR requires clinical knowledge and skill, as well as confidence across a range of human factors. A national survey has previously shown that almost half of CT2s at the end of training did not feel adequately prepared to undertake the role of medical SpR.
• It is difficult to translate improved ability from the simulated environment to the clinical. However, self-efficacy has been linked to improved performance.
• Simulation teaching is particularly relevant with the JRTCB emphasising the importance of simulation training and human factors for the new internal medicine curriculum.

Method:
• Pre and post course questionnaires assessed perceived clinical confidence regarding being the medical SpR and prior experience and enjoyment of simulation training.
• Pre course results guided the design of the simulation day, see Figure 1.
• The teaching day was held in Torbay Horizon Simulation suite, using a Laerdel manikin and video streaming for observers.

Results:
• Confidence of all candidates increased, mean pre-course score = 2/10 (n=8), mean post course score = 4.6/10, (n=6). However, confidence across specific human factor domains did not change.
• Top descriptors for the day were ‘relevant’ and ‘enjoyable,’ (figure 2) and perceived usefulness of simulation training improved (7.5/10 n=8 to 9.8/10 n=6).

Conclusion:
• The new internal medicine curriculum requires the development of CMT focused structured simulation programs.
• We have shown that a tailor-made simulation teaching day can improve CMTs confidence, perceived clinical ability, and be an enjoyable teaching modality for participants.
• Confidence across specific human factors did not change, possibly due to other recent teaching in this area. Future work will include more detailed micro-teaching on human factors and focused feedback.

References:
3. Joint Royal College of Physicians Training Board. Curriculum for internal medicine stage 1 training, Implementation August 2019, Dec 2017