

Relationship Between Resident Learning Style, Occupational Stress, and In-Training Exam Scores

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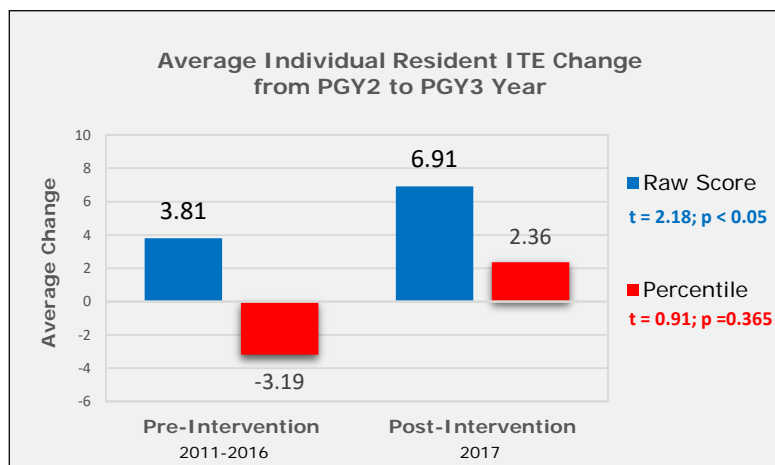
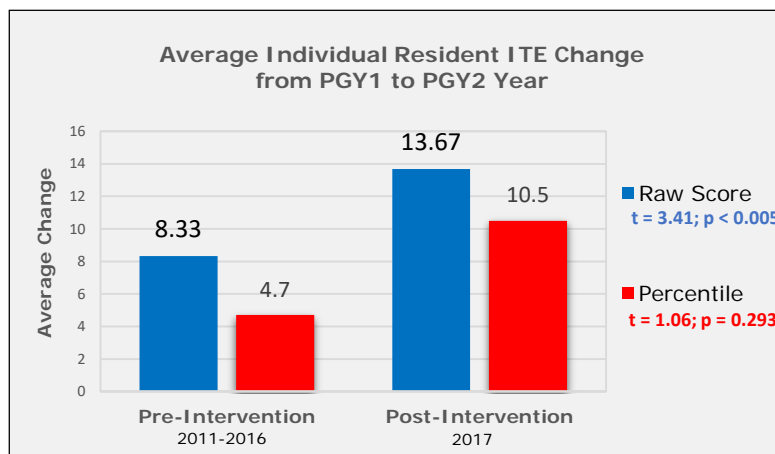
Identification of Problem:

- In preparation for the ABIM exam, ACP's In-Training Exam (ITE) is administered to residents annually.
- Medical knowledge is a key component of success, but little emphasis is placed on other factors affecting test performance.
- Assessing a combination of behavioral style, motivators, and Acumen Index has shown useful in identifying surgical residents at risk for low performance on ABSITE. (PMID: 25600356)
- Learning style, stress, and exam performance in Internal Medicine residents has not been studied to date.

Description of Innovation:

- During the 2016-2017 academic year, 23 categorical Internal Medicine residents participated in the following intervention:
 - Vermunt's Inventory of Learning Styles
 - Osipow's Occupational Stress Inventory
 - Individualized session with a LPC (Licensed Professional Counselor)
- 5 of 23 residents (22%) were recommended for additional sessions with LPC.
- It was hypothesized that ITE score/percentile would improve after the intervention compared to prior residents.
- Change in ITE raw score and percentile for individual residents from 2011-2016 (pre-intervention) was compared to 2017 data (post-intervention).

Results to Date:



Discussion:

- Preliminary data shows a significant increase in raw score at each year of training and a trend toward an increase in percentile at each year of training.
- It will be important to continue this innovation over the next 3-5 years in order to assess for true change in ITE performance.
- Anonymous survey of the residents after they underwent the intervention showed:
 - 56% mildly or strongly agree they will incorporate the learning style feedback
 - 29% mildly or strongly agree they will incorporate the occupational stress feedback
- Providing additional feedback and resources regarding occupational stress has additional benefits for the program as continued efforts to improve resident well-being are addressed.

Next Steps:

- Continue annual assessment of learning style and occupational stress with LPC for new PGY1 classes.
- Results will be revisited after 2018 ITE results are available.