Effect of the Intern Survival Handbook in Medical City Fort Worth (MCFW) Family Medicine Residency Program

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Background
- The optimization of medical training is a critical concern amid dynamic shifts in both medical and societal landscapes.
- Being a PGY-1 can be very challenging due to increased workload, lack of experience, and increased mental health issues.
- The estimated depression rate is 29% in medical residents and 8% in non-physicians. Suicide rate amongst physicians is twice that of the general population.
- Difficulty in adapting to new environments, responsibilities, and training levels exacerbate these challenges. The "Intern Survival Handbook" was introduced in Fall of 2022 to reduce stressors amongst new trainees, enhancing their work performance, and promoting overall mental health.

Objective
This study evaluates the efficacy of "The Intern Survival Handbook" in mitigating stressors among new trainees, enhancing their work performance, and promoting overall mental health.

Methods
- The handbook development team consisted of 16 PGY-2 and PGY-3 residents of the Medical City Fort Worth (MCFW) Family Medicine Residency program.
- The "Intern Survival Handbook" is a comprehensive guidebook that covers logistical information, daily workflow, and fundamental insights into common pathology for each rotation.
- Two surveys, both consisting of a Likert Scale were administered. The first survey was formed by the division about overall resident wellness and administered before and after giving out the Intern Survival Handbook in Fall 2022 and given to all North Texas family medicine residents. The second survey was formed by medical city Fort Worth family medicine residents pertaining specifically to the handbook and given after delivering the Intern Survival Handbook. Demographic data (age, gender, year, race/ethnicity) was also collected through the survey.
- Results from the survey will be analyzed via a two-tailed t-test using means to individual questions along with the entire survey. The survey formed by Medical City Fort Worth Family Medicine Residents will be used as an adjunct to correlate results analyzed in the first survey.

Survey Questions
1. I felt prepared to come into residency and handle clinic and hospital responsibilities.
2. I find that I learn most in rotations where I can perform at my highest level.
3. I find that reviewing the Intern Survival Handbook before and during rotations has helped me perform to the best of my abilities during that rotation.
4. I find that there is a correlation between my mental health and how I perform in my rotations.
5. I will recommend the Intern Survival Handbook to future generations of residents that come by this program.

Discussion
- Residency is a rigorous training process with long hours and an intense workload. Balancing work and personal life is challenging due to juggling demanding work schedules, relationships, and own well-being. Dealing with patients’ illness, suffering, and death can take an emotional toll on residents.
- This residency guide serves as a comprehensive resource that offers invaluable insights, tips, and strategies as residents tackle challenges they may face on rotations. By equipping residents with essential tools, the guide empowers residents to prepare in advance, overcome obstacles, and succeed in their training.
- Our data demonstrates that after handing out the intern survival handbook, residents in North Texas Family Medicine Residency showed a statistically significant increase when asked if they were eager to come back to work the next day along with overall improved positivity to residency altogether.
- We suspect that if our study had more power, we would see an even greater amount of individual survey items demonstrate statistical significance given the observed trends that we have noticed.
- Furthermore, we see that the "Intern Survival Handbook" not only appears to be received overwhelmingly positively but is also used in day-to-day functions.
- Finally, we observe that residents tend to correlate job performance with improved overall mental health.

Conclusion
- Administering the "Intern Survival Handbook" appears to correlate with overall improved survey scores and seems to be received largely positively by Family Medicine Residents.
- We believe that the results of this study can be extrapolated into other residency programs. We hypothesize that improving the readiness of residents, will correlate to improved attitude and consequently improved performance.
- The limitation of this study is that we have not accounted for confounding variables such as residents accommodating to day-to-day rigors of residency outside the scope of the "Intern Survival Handbook."

References
3. Does your program provide an "Intern Survival Handbook," or similar resource, that is given out to trainees? If so, how is it received? (A) and post-administering (B). *p<0.0001 when comparing the means of the entire survey.

Figure 1. (A, B). Responses of Fall 2022 Family Medicine Residents in North Texas Division Survey about overall wellness pre-administering the “Intern Survival Handbook” (A) and post-administering (B), *p<0.0001 when comparing the means of the entire survey.

Figure 2. Responses of Spring 2024 Family Medicine Residents in North Texas Division to survey formed by Family Medicine Survey.

This research was supported (in whole or in part) by HCA Healthcare and/or an HCA Healthcare affiliated entity. The views expressed in this publication represent those of the author(s) and do not necessarily represent the official views of HCA Healthcare or any of its affiliated entities.