

Virtual Noon Conferences: Providing Resident Education and Wellness during the COVID-19 Pandemic

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Background

- The COVID-19 pandemic has drastically impacted graduate medical education. Family medicine residents are now doing substantial clinical work and learning from home.
- Traditional noon conferences have more recently been replaced by academic half days due to increased resident and faculty satisfaction and schedule preferences.
- During the pandemic, we continued to offer academic half day didactics virtually but sensed a need for daily resident education and social support, so we implemented a virtual daily noon conference to address these needs.

Methods

- The virtual noon conferences used web-based technology and had weekly organ system themes with consistent daily learning activities like cases and review questions.
- Four key components made the conferences collaborative and inclusive; they were led by residents, required minimal preparation by using available materials, were interactive, and promoted social connection with wellness activities. (Figure 1)
- We evaluated the impact on resident knowledge and wellness over six weeks with weekly surveys for residents attending at least one conference that week and a post-intervention survey.



Figure 1: 4 components of collaborative virtual noon conferences

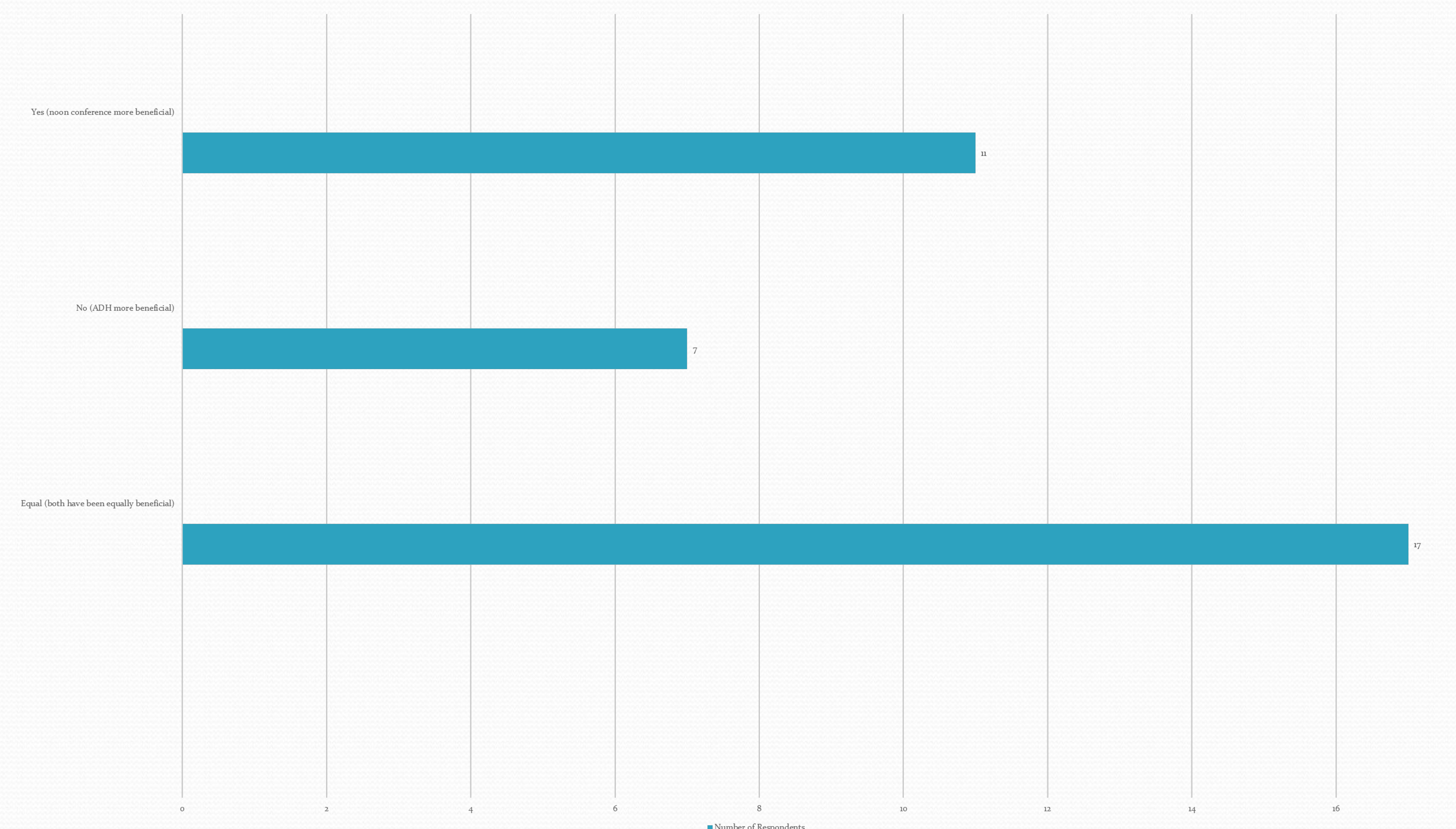


Figure 2: During the past 6 weeks, have virtual noon conference been more beneficial for your learning than ADH?

Results

- Out of 66 responses to the weekly surveys, 98% agreed that noon conferences helped to increase knowledge and social connection.
- Of 46 total residents, 35 (76%) answered the post-intervention survey, and all agreed that noon conferences helped to increase knowledge, were interactive, and increased social connection. Ninety-one percent favored continuing the noon conferences.
- More than three-quarters of post-intervention survey respondents agreed that virtual noon conferences were equally or more beneficial compared to academic half days for both their education (Figure 2) and well-being during the pandemic.

Conclusions

- Virtual noon conferences have provided regular interactive learning and fostered resident well-being during the pandemic.
- They can supplement resident curriculum and wellness and can be easily adopted by other programs.

References

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