

# 5 A Day Keeps The Stress At Bay:

## Using A '5 A Day' Initiative To Increase Confidence, Satisfaction And Learning Outcomes of Undergraduate Medical Students in Paediatrics

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### Background

- Short Paediatric Exposure in undergraduate curriculum
- Paediatrics less familiar to medical students and can be daunting
- In current climate there is a need to maximise recruitment to paediatrics hence maximising experience and enjoyment at undergraduate level essential

### Aims & Measures

- Improve medical student learning, confidence & engagement in paediatrics by encouraging clinical encounters
- Encourage all medical students to have at least 5 clinical encounters every day
- Overall aim to make better doctors and promote paediatrics as a specialty

#### Clinical Encounters:

- **History taking**
- **Examination**
- **Communicating with parents or patient (eg. explanation asthma wean plan)**
- **Prescribing (with doctor)**
- **Handing over a patient or presenting patient on ward round**

#### Measures:

- Pre and post confidence levels and experience questionnaires by Medical students
- Overall assessment by Junior doctors and consultants
- Informal discussion of encounters with doctors at handover or end of shifts
- The medical students made notes of their experiences and were prepared to discuss with clinical staff each day but these were not formally recorded.

UKM2  
Beginning of Rotation Assessment Form  
Please complete this form at the beginning of your rotation in the specialty by placing a tick in the appropriate box.

	Yes	No
1. I am confident in my ability to take a history.		
2. I am confident in my ability to examine a patient.		
3. I am confident in my ability to communicate with patients and families.		
4. I am confident in my ability to prescribe.		
5. I am confident in my ability to manage a patient.		
6. I am confident in my ability to take a clinical skills.		
7. I am confident in my ability to take a patient on ward round.		

Please write any other comments below

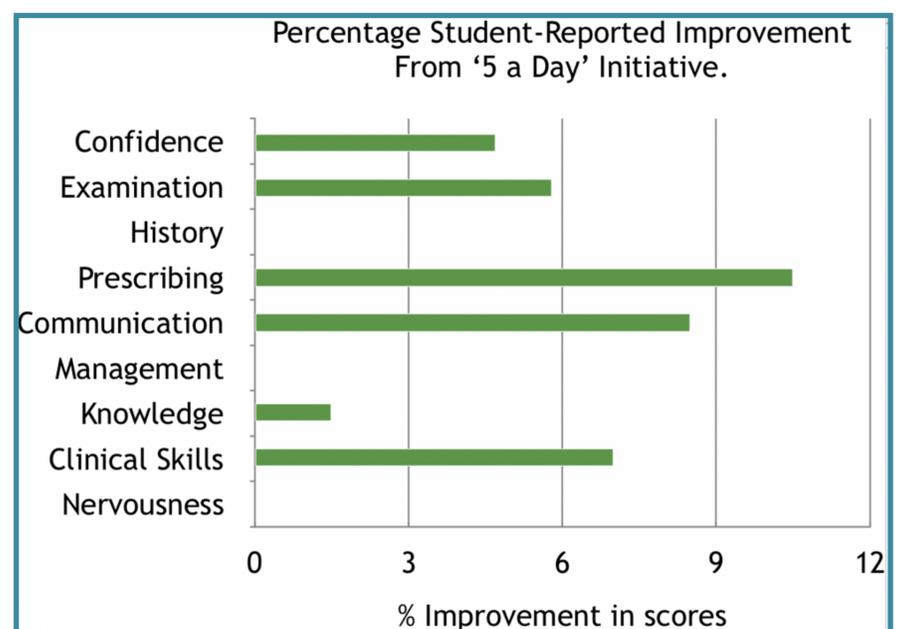


UKM2  
End of rotation feedback form  
Please complete this form at the end of your rotation in the specialty by placing a tick in the appropriate box.

	Yes	No
1. I am confident in my ability to take a history.		
2. I am confident in my ability to examine a patient.		
3. I am confident in my ability to communicate with patients and families.		
4. I am confident in my ability to prescribe.		
5. I am confident in my ability to manage a patient.		
6. I am confident in my ability to take a clinical skills.		
7. I am confident in my ability to take a patient on ward round.		

### Results

- 30 students included in initiative
- Average number of daily interactions 3.42 (compared to 1.89 in pilot study without intervention)
- Students in initiative self-reported increased levels of confidence, communication with children and families, prescribing skill, and confidence in taking histories and examining children



- Prescribing, communication and clinical skills showed biggest increase in medical student confidence and satisfaction
- Empowers medical students and build relationships between students and doctors

### Conclusions

- The 'Five a day' initiative is simple and can be implemented without increasing workload
- The 'five a day' initiative motivates and actively engages medical students in paediatrics and increases self-reported outcomes from their rotation
- The 'five a day' initiative also encourages better working relationships between medical students and medical staff
- Needs using with all 5th year medical students in paediatrics