

A cross sectional study of the Family Medicine Resident Medical Student Mentor Program (RMSMP)

at the University of Virginia

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BACKGROUND

In 2015, residents at the University of Virginia (UVA) Family Medicine Residency started a longitudinal mentoring program matching UVA medical students interested in family medicine with family medicine resident mentors. At the conclusion of the second year of the program, informal feedback on residents' experiences as mentors was overwhelmingly positive, suggesting a potential positive impact on resident well-being. The mentoring program has continued with approximately 10 mentoring pairs each year with a hiatus from 2020-2022. Mentoring pairs are assigned based on self-reported interests of both the medical student and the resident. Pairs meet regularly throughout the academic year.

"The experience was as rewarding for me as seeing patients." - PGY2

PURPOSE

Mentoring is effective at influencing interest in or intent to enter primary care, and specifically family medicine, across different stages of training. This study will help determine if the RMSMP has an impact on medical student interest and confidence in family medicine as a career choice, improves comfort with the residency application and match process, and decreases burnout among resident physicians.

The mentoring pairing process and results in 2022.


Sign up for a Family Medicine resident mentor!

We remember what it was like to be in your shoes not too long ago. We would like to offer you another resource for support during this year. We could meet in person and/or virtually via email/text/phone. You may still be deciding if Family Medicine is right for you, and that's alright!

If you are interested in having a resident mentor for this academic year, please complete this form and we will get you connected with one of the many Family Medicine residents who have volunteered to serve as mentors and we may be able to match you with a resident who shares those interests.

Email *

Pairing Questions



Be a medical student mentor!

It's the time of year when new 3rd and 4th year medical students are trying to figure out how to navigate the year. RMSP is sign up to be a mentor.

Email *

Valid email

This form is collecting emails. [Change settings](#)

| Resident | My interests within Family Medicine are: | Medical Student | My interests within Family Medicine are: |
|----------|-----------------------------------------------------------------------------|-----------------|------------------------------------------------------------------------------------|
| PGY1-A | Academics/Education, Public Health & Policy | MS3-A | Rural Medicine, Public Health & Policy, Obstetrics & Women's Health, Global Health |
| | | MS3-B | DPC and alternative practice models |
| PGY3-A | Academics/Education | MS4-A | Academics/Education, Procedures |
| PGY3-B | Sports Medicine, Public Health & Policy, Addiction medicine | MS3-C | Public Health & Policy, Global Health, Preventative Health |
| PGY2-A | Academics/Education, Palliative Med, LGBTQ+ healthcare, Antiracism | MS3-D | Obstetrics & Women's Health, LGBTQ+ |
| PGY2-B | Academics/Education, Outpatient medicine, Men's Health | MS3-E | a little bit of it all :) |
| PGY1-B | Obstetrics & Women's Health, underserved care, homelessness, refugee care | MS3-F | Obstetrics & Women's Health |
| PGY1-C | Academics/Education, Obstetrics & Women's Health, health equity/anti-racism | MS3-G | Rural Medicine, Academics/Education, Obstetrics & Women's Health, Global Health |
| PGY3-C | Rural Medicine, Public Health & Policy | MS4-B | Rural Medicine |
| PGY1-D | Rural Medicine, Sports Medicine, Academics/Education | MS3-H | Rural Medicine, Public Health & Policy, Global Health |

METHODS

The study has a **cross-sectional** design utilized **post-participation surveys for the 2022 - 2023 academic year**. Recruitment and enrollment information were sent to RMSMP participants. Those who choose to participate in the study received surveys via Qualtrics at the end of the academic year. Medical student participants will answer a series of questions regarding their level of interest in Family Medicine as a career choice, confidence in Family Medicine as a career choice, and demographics. Resident participants will also be surveyed about burnout as related to participation in the RMSMP.

Data collection was conducted in May 2023. We received two medical student survey responses and six resident survey responses. The plan is to collect data annually for as long as the program is in existence.



OUTCOMES

Primary Outcome:

- Medical student interest in family medicine as a career choice
- Quantitative and qualitative data on the effect of the RMSMP on medical student interest in family medicine.*

Secondary Outcomes:

- Confidence in the choice to practice family medicine
- Understanding of the possible career options within family medicine
- Comfort with the residency application and NRMP Match process
- Effect on burnout among resident physicians

This study laid the groundwork for future studies determining the degree of effect of RMSMPs on medical student attitudes toward family medicine.

Understanding the effectiveness and impact of resident mentoring could promote interest at other institutions, potentially leading to a greater family medicine workforce.

At our own institution, the RMSMP will serve as a model for other residency programs.

REFERENCES

