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

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# **BACKGROUND**

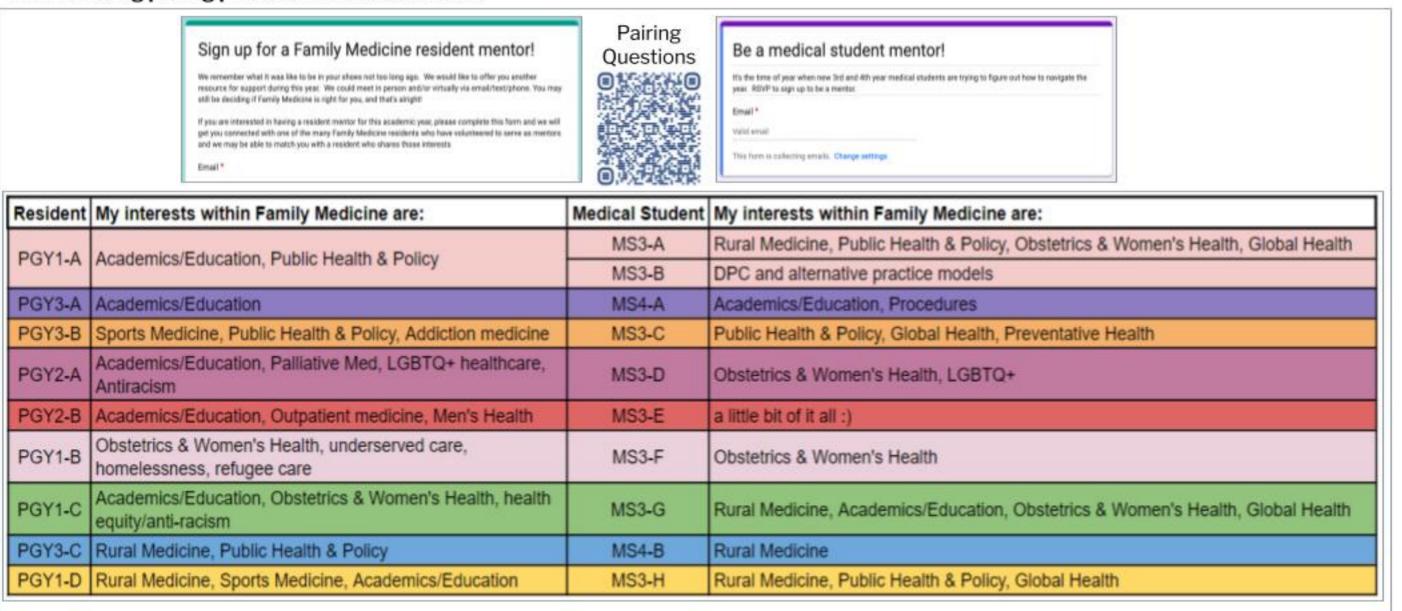
In 2015, residents at the University of Virginia (UVA) Family Medicine Residency started a longitudinal mentoring program matching UVA medical students interested in family medicine with family medicine resident mentors. At the conclusion of the second year of the program, informal feedback on residents' 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.



# 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:

Residents

- 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.

