



## LSU Pediatrics Virtual Rotation – Preparing for Your Transition to Residency

### Overview

<b>Rationale</b>	Provide a diversity rotation virtual experience for visiting 4 <sup>th</sup> year students
<b>Location</b>	Children's Hospital of New Orleans
<b>Rotation Timeline</b>	4 weeks, offered July – October 2020
<b>Target Participants</b>	Visiting 4 <sup>th</sup> year medical students; 6 students per block
<b>Application</b>	Students must apply through VSAS, no application deadline
<b>Virtual Platform</b>	Zoom video conferencing
<b>Rotation Director</b>	Dr. Bonnie Desselle, MD – Chief Medical Education Officer
<b>Additional Supervisors</b>	Dr. Chelsey Sandlin, MD – Residency Program Director Shannon Palombo, MD – 4 <sup>th</sup> Year Clerkship Assistant Director

### Background

The transition to residency training can be a stressful experience. Although most interns approach this transition with excitement, it is usually coupled with a certain level of fear and anxiety. The goal of this course is to assist 4<sup>th</sup> year medical students with the transition to residency through study and discussion of high yield topics, including stress management, the approach to common on-call pediatric problems, effective communication, and addressing challenges for minorities.

### Format

The 4-week course is a combination of independent study and “live” virtual discussion sessions. The independent study will consist of a variety of resource materials, including pre-recorded lectures, supplemental articles and/or book chapters, videos, podcasts, and more. Knowledge acquisition of these materials i.e. “Homework” will be assessed through traditional multiple-choice testing and case-based or essay type questions. Students will be required to submit these assessments on a weekly basis at a pre-determined time. Each week is dedicated to a specific domain with 4 sub-topics components.

Weekly, one-hour live virtual sessions via the Zoom platform will be facilitated by a faculty member or a *Resident as Teacher* rotation participant. The facilitators will review each week's domain with discussion directed by students' identified areas of interest, inquiry, or concern. All participants will be encouraged to share their personal experiences with situations or patient cases related to the weekly topic.

### Objectives

1. Recognize the prevalence of physician burnout and proven methods to mitigate it.
2. Understand how to approach common inpatient patient care issues.
3. Communicate effectively in various healthcare situations.
4. Explain the challenges faced by underrepresented minority patients and physicians.

## Domains

### **Week 1 Domain: Stress and Burnout**

<b>Sub-Topics</b>	<b>Facilitator</b>
Introduction to Physician Burnout; Methods to Reduce Stress	Diversity Faculty Member or Resident
Benefits of Mindfulness & Meditation	
Cognitive Distortion	
Healthy Sleep Habits	

### **Week 2 Domain: Surviving First Inpatient Service/Night Float/On-Call Pearls**

<b>Sub-Topics</b>	<b>Facilitator</b>
Approach to Child with Fever	Diversity Faculty Member or Resident OR Residency Program Director
Intro to Fluid Management	
Intro to Night Float	
On-Call Pearls	

### **Week 3 Domain: Improving Communication Skills**

<b>Sub-Topics</b>	<b>Facilitator</b>
Hand-Off/I-PASS	Diversity Faculty Member or Resident OR Residency Program Director
Delivering Bad News	
Feedback: how to give and how to receive	
Approach to Family-Centered Rounds	

### **Week 4 Domain: Challenges for Minorities in Medicine**

<b>Sub-topics</b>	<b>Facilitator</b>
Overview of Challenges	Diversity Faculty Member or Resident
Microaggressions	
Health care disparities	
TBA	

## Requirements

1. Students must complete all "Homework" and return by pre-specified date.
2. Students must participate in all four "live" virtual sessions.
3. Students must complete a pre-course and post-course quiz.
4. Students must complete a post course evaluation.

## Grading

Pass / Fail

Pass grade and credit will be granted upon completion of all listed requirements.

## Questions?

Contact Dr. Shannon Palombo ([sberr1@lsuhsc.edu](mailto:sberr1@lsuhsc.edu)).