

2018-05-31: The July Effect: Fact or Fiction? Promoting Resident and Patient Well-being During the Intern Year

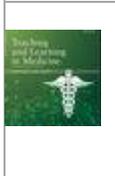
The following resources were shared during the chat:

- Hillhouse JJ et al. A simple model of stress, burnout, and symptomatology in medical residents: A longitudinal study. *Psychol Hlth Med* 2000; 5(1):63-73. <https://www.tandfonline.com/doi/abs/10.1080/135485000106016>
- McDonald WG, et al. From medical student to medical resident: Graduate medical education and mental health in the United States. In: Smith CR, Ed. *Exploring the pressures of medical education from a mental health and wellness perspective*. Hershey, PA: IGI Global, 2018. <https://www.amazon.com/Exploring-Pressures-Education-Wellness-Perspective/dp/1522528113>
- A July Spike in Fatal Medication Errors: A Possible Effect of New Medical Residents <https://link.springer.com/article/10.1007%2Fs11606-010-1356-3>
- Assessment of Patient-Reported Experiences of Hospital Care and the July Phenomenon <https://jamanetwork.com/journals/jamasurgery/fullarticle/2526244>
- Academic year-end changeover and stroke outcomes <https://www.ncbi.nlm.nih.gov/m/pubmed/25542761/?i=13&from=poorer%20care%20new%20residents%20care>
- SDRME Sponsored Scholarship <http://www.sdrme.org/scholarship.asp>
- Alliance for Clinical Education Perspective Paper: Recommendations for Redesigning the “Final Year” of Medical School <https://www.tandfonline.com/doi/abs/10.1080/10401334.2014.945027#.WxCj1eWmbks.twitter>

	MedEd Chat @MedEdChat4 days ago Welcome to the Medical Education chat (US) I am your moderator for the next hour, @alliance4clined Big thanks to @TLMedEd for the topic tonight! #meded
	MedEd Chat @MedEdChat4 days ago The topic & questions will be announced in a moment...for now, please introduce yourselves #meded
	Lonika Sood @sood_lonika4 days ago Happy to join in after a while... Lonika, hospitalist from Green Bay wi #meded
	TLMedEd @TLMedEd4 days ago @MedEdChat @Alliance4ClinEd Happy to discuss and learn more about this important topic in #meded
	Gary Beck Dallaghan @GLBDallaghan4 days ago @MedEdChat Gary joining tonight from Chapel Hill #meded
	MedEd Chat @MedEdChat4 days ago If you are tuning in to the #meded chat, remember to use the #meded hashtag and try to answer with the Topic numbers (T1, T2, T3)
	Medical Education @MedEdDialogue4 days ago @MedEdChat @Alliance4ClinEd @TLMedEd Looking forward to the chat #MedEd
	Lonika Sood @sood_lonika4 days ago @GLBDallaghan @MedEdChat Hey Gary! #meded

	<p>MedEd Chat @MedEdChat4 days ago We will assume that all of your tweets are your own during this hour unless otherwise stated #meded</p>
	<p>Gary Beck Dallaghan @GLBDallaghan4 days ago @sood_lonika @MedEdChat Hi! Glad to see you on tonight! #MedEd</p>
	<p>MedEd Chat @MedEdChat4 days ago Topic 1: What evidence suggests that patient care takes a hit in July-September, when new residents begin training? #meded</p>
	<p>Lonika Sood @sood_lonika4 days ago T1: experience based evidence :) #meded</p>
	<p>Gary Beck Dallaghan @GLBDallaghan4 days ago #MedEd T1 Is there evidence? One would think faculty are more vigilant supervising during that timeframe.</p>
	<p>Lonika Sood @sood_lonika4 days ago @GLBDallaghan But don't faculty also typically start in july(new graduates)? #meded</p>
	<p>TLMedEd @TLMedEd4 days ago @GLBDallaghan Wondering what the latest evidence is. It's interesting to consider possible explanations yes or no. #meded</p>
	<p>Lonika Sood @sood_lonika4 days ago T1: #MedEd Phillips, D.P. & Barker, G.E.C. J GEN INTERN MED (2010) 25: 774. https://t.co/Hqb4GP8Fxf</p>
	<p>Gary Beck Dallaghan @GLBDallaghan4 days ago @sood_lonika #meded T1 True. Overlooked them. Still, other than anecdotal perceptions is there any empirical data?</p>
	<p>Janelle Bludorn @JanelleRBlu4 days ago @MedEdChat T2: Is there even an ounce of evidence out there supporting this or just a bunch of us overworked, cynical, jaded folks spreading this myth? 🙄 #MedEd</p>
	<p>TLMedEd @TLMedEd4 days ago @sood_lonika But people used to use that evidence to claim the Earth was flat. 😏 #meded</p>
	<p>MedEd Chat @MedEdChat4 days ago RT @sood_lonika: T1: #MedEd Phillips, D.P. & Barker, G.E.C. J GEN INTERN MED (2010) 25: 774. https://t.co/Hqb4GP8Fxf</p>

	Medical Education @MedEdDialogue4 days ago @MedEdChat T1 - https://t.co/PXIXSr24AU A recent study published in 2016 found no evidence #meded
	MedEd Chat @MedEdChat4 days ago @TLMedEd @GLBDallaghan #meded T1 Maybe a good project for @acgme to investigate
	MedEd Chat @MedEdChat4 days ago RT @MedEdDialogue: @MedEdChat T1 - https://t.co/PXIXSr24AU A recent study published in 2016 found no evidence #meded
	V. Thornley, M.D. @VThornleyMD4 days ago @MedEdChat T1 #meded in #neurology, in one paper, at tertiary centers, there is less tPa given, less dysphagia screening but functional outcome and death rates remained the same during the months July and August with new interns and residents. https://t.co/dH7aARQP2w
	TLMedEd @TLMedEd4 days ago @JanellerBlu @MedEdChat And if there is evidence to suggest a July effect, can it actually help to build explanations, approaches to promoting safety? Much of what is out there is a-theoretical. #meded
	Sam @11greenjeans4 days ago RT @Primary_Immune: "From Haifa to Tokyo" - International Collaboration Cracks a #RareDisease Mystery https://t.co/doITPcktPI #SciComm #Med...
	MedEd Chat @MedEdChat4 days ago RT @VThornleyMD: @MedEdChat T1 #meded in #neurology, in one paper, at tertiary centers, there is less tPa given, less dysphagia screening b...
	Lonika Sood @sood_lonika4 days ago @TLMedEd @JanellerBlu @MedEdChat Role to strengthen epa use for scheduling ? #meded
	TLMedEd @TLMedEd4 days ago @sood_lonika @JanellerBlu @MedEdChat Interesting. Can you explain further this idea? #meded
	Gary Beck Dallaghan @GLBDallaghan4 days ago @sood_lonika @TLMedEd @JanellerBlu @MedEdChat #meded T1 I'm curious what you mean by this.
	TLMedEd @TLMedEd4 days ago @MedEdChat @GLBDallaghan @acgme Great idea! The truth is as far away as a close look. #meded
	Paul Haidet @myheroistrane4 days ago Not much experience in July, but lots of vigilance, IMO. Danger comes in September when complacency sets in. If I was going to check outcomes, I would study diagnostic error in July, sloppiness (handoffs, etc) in September #meded

	<p>MedEd Chat @MedEdChat4 days ago Topic 2: What are institutions doing to smooth the transition from medical school to residency? #meded</p>
	<p>Angela Spencer @angspenc4 days ago RT @MedEdChat: Topic 2: What are institutions doing to smooth the transition from medical school to residency? #meded</p>
	<p>Medical Education @MedEdDialogue4 days ago @TLMedEd @GLBDallaghan T1 - It would be interesting to investigate when the 'July effect' was noticed or where it stemmed from #meded</p>
	<p>Gary Beck Dallaghan @GLBDallaghan4 days ago @MedEdChat #meded T2 We're creating bootcamps in most specialties to better prep #medstudents for training</p>
	<p>Lonika Sood @sood_lonika4 days ago T2: not sure if ugme is as invested in this as residencies are.. but I may be wrong #meded</p>
	<p>MedEd Chat @MedEdChat4 days ago T1 #MedEd Perhaps our colleagues in @SDRME_Meded could support an invited review on this topic https://t.co/dYFaMvRrpl</p>
	<p>TLMedEd @TLMedEd4 days ago @MedEdChat @bobrien_15 recently published an article in @AcadMedJournal that informs this question. https://t.co/qNN7dXi1mT #meded</p>
	<p>Paul Haidet @myheroistrane4 days ago Many residencies starting their interns in June with lots of supervision and extra staffing for the first two weeks. Good idea, but the dark side is that some programs do not start paying salary until July 1. #meded</p>
	<p>Gary Beck Dallaghan @GLBDallaghan4 days ago @sood_lonika #meded T2 I think med schools are more invested in this. The question is should we be following #neurosurgery who had a national bootcamp</p>
	<p>TLMedEd @TLMedEd4 days ago @MedEdChat @SDRME_Meded Maybe in this case it really is true that "little is known." #meded</p>
	<p>MedEd Chat @MedEdChat4 days ago RT @TLMedEd: @MedEdChat @bobrien_15 recently published an article in @AcadMedJournal that informs this question. https://t.co/qNN7dXi1mT #m...</p>

	<p>Melanie Lybarger @MelanieLybarger4 days ago RT @TLMedEd: @MedEdChat @bobrien_15 recently published an article in @AcadMedJournal that informs this question. https://t.co/qNN7dXi1mT #m...</p>
	<p>V. Thornley, M.D. @VThornleyMD4 days ago @MedEdChat T2 #meded when I was a resident at UVA & UVM, med. students worked up patients from scratch, formed DDx, rounded and followed pts. They didn't take call though which may be a shock when you suddenly enter internship. Perhaps more responsibility is needed</p>
	<p>TLMedEd @TLMedEd4 days ago @GLBDallaghan @sood_lonika Are the challenges of transition more technical in nature (learning curve) or organizational (relationships, culture, etc.)? #meded</p>
	<p>SDRME @SDRME_Meded4 days ago Excellent notion! Here is info on our invited reviews program: https://t.co/CDndRPTTYE ... watch for this year's call for proposals, which should be out in September. #meded https://t.co/m7uyTUxAhr</p>
	<p>Medical Education @MedEdDialogue4 days ago T2 - Do institutions typically find a large gap in the competency levels of new incoming residents? Just curious #meded</p>
	<p>Joanna Tai @DrJoannaT4 days ago Interesting paper analysing medical residency recommendation letters for plagiarism: https://t.co/3YzYvgDPHs Makes me re-analyse my own letter writing! #meded #plagiarism</p>
	<p>MedEd Chat @MedEdChat4 days ago RT @SDRME_Meded: Excellent notion! Here is info on our invited reviews program: https://t.co/CDndRPTTYE ... watch for this year's call for...</p>
	<p>TLMedEd @TLMedEd4 days ago @VThornleyMD @MedEdChat This is an interesting idea. Are we kicking the can further and further down the road wrt autonomy? #meded</p>
	<p>Lonika Sood @sood_lonika4 days ago @TLMedEd @GLBDallaghan I suspect organizational since sub-i typically will be exposed to these facets of patient care #Meded</p>
	<p>Paul Haidet @myheroistrane4 days ago Probably a bit of both, eh? #meded https://t.co/t2ntJ9WiC6</p>
	<p>Medical Education @MedEdDialogue4 days ago #MedEd #MedEdResearch https://t.co/leER1Dy9R6</p>

	<p>Alliance4ClinEd @Alliance4ClinEd 4 days ago @MedEdDialogue #meded T2 They do, and there is a question about whether training programs will believe assessments of EPAs or milestones.</p>
	<p>TLMedEd @TLMedEd 4 days ago @myheroistrane Imagine so. And the latter probably exacerbates the former. #meded</p>
	<p>Jo Arciuli @JArciuli 4 days ago RT @DrJoannaT: Interesting paper analysing medical residency recommendation letters for plagiarism: https://t.co/3YzYvgDPHs Makes me re-an...</p>
	<p>TLMedEd @TLMedEd 4 days ago @sood_lonika @GLBDallaghan Questions of organizational transition do seem less examined. #meded</p>
	<p>MedEd Chat @MedEdChat 4 days ago Topic 3: Residents are particularly susceptible to toxic stress and burnout due to transition issues. How can we foster resident wellness and patient care with the same initiatives? #meded</p>
	<p>TLMedEd @TLMedEd 4 days ago @DrJoannaT Yikes! #meded</p>
	<p>Gary Beck Dallaghan @GLBDallaghan 4 days ago T2 #meded @Alliance4ClinEd put these recommendations together to prep #medstudents for residency https://t.co/uTEMv6pafV</p>
	<p>MedEd Chat @MedEdChat 4 days ago RT @GLBDallaghan: T2 #meded @Alliance4ClinEd put these recommendations together to prep #medstudents for residency https://t.co/uTEMv6pafV</p>
	<p>Angela Spencer @angspenc 4 days ago RT @GLBDallaghan: T2 #meded @Alliance4ClinEd put these recommendations together to prep #medstudents for residency https://t.co/uTEMv6pafV</p>
	<p>Lonika Sood @sood_lonika 4 days ago T3: emphasize organizational commitment to wellness during orientation; call out the hidden curriculum #meded</p>
	<p>Lonika Sood @sood_lonika 4 days ago RT @GLBDallaghan: T2 #meded @Alliance4ClinEd put these recommendations together to prep #medstudents for residency https://t.co/uTEMv6pafV</p>

	<p>Gary Beck Dallaghan @GLBDallaghan4 days ago @MedEdChat T3 #meded Part of the stress is the rocky transition. That's why it may be better to have nationally developed bootcamp/preparatory training for interns.</p>
	<p>V. Thornley, M.D. @VThornleyMD4 days ago @MedEdChat T3 #meded residency working hours are already greatly reduced compared to when I was resident. Anything less than that leaves residents not as well-trained especially in procedural or interventional specialties. Perhaps quarterly retreats, we had those at U. of Roch. It was great</p>
	<p>TLMedEd @TLMedEd4 days ago @GLBDallaghan @MedEdChat If rockiness is due to organizational issues, national boot camp will help, but only partially address the problem. It's interesting this is so little studied! #meded</p>
	<p>Alliance4ClinEd @Alliance4ClinEd4 days ago @GLBDallaghan @MedEdChat T3 #meded This may be a project we could take on to better understand if individual med school prep is trusted or not</p>
	<p>Stephanie Starr @StephRStarr4 days ago T2: Transition to internship sim 'boot camps' and just-in-time #healthsystemscience curricula (medicolegal topics, billing/coding, pain/opioid management), formative/summarize core EPA assessments #MedEd https://t.co/PrSBucqjRA</p>
	<p>MedEd Chat @MedEdChat4 days ago RT @Alliance4ClinEd: @GLBDallaghan @MedEdChat T3 #meded This may be a project we could take on to better understand if individual med schoo...</p>
	<p>TLMedEd @TLMedEd4 days ago @Alliance4ClinEd @GLBDallaghan @MedEdChat Excellent questions. #meded</p>
	<p>Abhay Dandekar @abhaydandekar4 days ago T3- learner handoffs through self-directed and mentor guided and curated assessment can help address clinical skills as they synch with transition/life skills (time mgmt, fatigue mgmt). This must be a shared conversation : learner, Med school, residency #meded</p>
	<p>Stephanie Starr @StephRStarr4 days ago Both? For example, triage and prioritization skills, given PGY1s less likely to have same/any cap on #of patients on service, relate to both types #MedEd https://t.co/HKUvur6aGU</p>
	<p>MedEd Chat @MedEdChat4 days ago We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts #meded</p>

	<p>TLMedEd @TLMedEd4 days ago @StephRStarr Are there any transition initiatives that place the onus on the organization, rather than just the resident? #meded</p>
	<p>Alliance4ClinEd @Alliance4ClinEd4 days ago @abhaydandekar T3 #MedEd These are skills we should be assessing, but it still begs the question if residency program x trusts what med school b says</p>
	<p>Abhay Dandekar @abhaydandekar4 days ago @GLBDallaghan @MedEdChat Does the boot camp method work as well as a boot “ramp” that may build skills at the end of UME and continue into GME? #MedEd</p>
	<p>Gary Beck Dallaghan @GLBDallaghan4 days ago @abhaydandekar @MedEdChat T3 #meded Excellent question. I think some of the push for #CBME is trying to determine that.</p>
	<p>Stephanie Starr @StephRStarr4 days ago @TLMedEd Great question. IM residency at our institution has a boot camp on the receiving end of the UME GME transition, which is an example of systems approach @AmyOxentenkoMD #MedEd</p>
	<p>TLMedEd @TLMedEd4 days ago As a closing thought, it’s interestingto see just how how many gaps there may be in this area. Great fodder for #MedEd research.</p>
	<p>MedEd Chat @MedEdChat4 days ago PLEASE NOTE: There will be no #meded chat during June & July! We will return on August 2nd!</p>
	<p>MedEd Chat @MedEdChat4 days ago That’s a wrap...I will be posting the transcript Monday morning. Thanks everyone for participating and @TLMedEd for the topic! #meded</p>
	<p>Abhay Dandekar @abhaydandekar4 days ago @Alliance4ClinEd Good point. If linked to milestone descriptors , then perhaps we eliminate that....#MedEd</p>