

2022-02-10: Night Experiences for Medical Students

Topic and Questions courtesy of the Clerkship Directors in Internal Medicine

The following links were shared during the chat:

- [Medical Student Perceptions of On-Call Modalities: A Focus Group Study - PubMed \(nih.gov\)](#)
- [Medical student perception of night call in a night float system - PubMed \(nih.gov\)](#)
- [A night float week in a surgical clerkship improves student team cohesion - PubMed \(nih.gov\)](#)
- [Can incorporating inpatient overnight work hours into a pediatric clerkship improve the clerkship experience for students? - PubMed \(nih.gov\)](#)



MedEd Chat (hosted by ACE) [@MedEdChat](#) 8 hours ago

TOPIC 1: What type of night shift experiences are available to [#medstudents](#) at your institution? [#MedEdChat](#) [#meded](#)



Melina Manolas, MD, MPH [@melina_manolas](#) 8 hours ago

[@MedEdChat](#) In med school [@Tulane](#) we only had night shifts during OBGYN and EM rotations. I'm actually not sure how it is at Cornell but tagging someone who might! [@S_Baksh](#) [#MedEdChat](#)



Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh](#) 8 hours ago

[#mededchat](#) Sateesh Arja from Avalon University School of Medicine, Curacao [#meded](#)



Jen Readlynn, MD, FHM (she/her) [@jenreadlynn](#) 8 hours ago

[@MedEdChat](#) A1: Most experiences involve more nightfloat rather than overnight call. In IM specifically, students are able to do 2 weeks on their sub-I and there is a 2-week elective too. [#MedEdChat](#)



Dileep Mandali, MD [@MandaliDileep](#) 8 hours ago

[@MedEdChat](#) T1 In my medical program, we've had night shift experiences available in OBGYN and EM rotations [#mededchat](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 8 hours ago

T1 Years ago when I managed the pediatrics clerkship, we initially had a night call system...then went to short call (leave by 11 PM). Regardless of the system, the [#medstudents](#) hated it. [#MedEdChat](#)



Jen Readlynn, MD, FHM (she/her) [@jenreadlynn](#) 8 hours ago

Sounds like mostly shift experiences. Do any students still do 24h+ call? [#MedEdChat](#)



Alliance4ClinEd [@Alliance4ClinEd](#) 8 hours ago

T1 Here is an article that explores students' perceptions about different night call experiences <https://t.co/r8ewvVMBe2> [#MedEdChat](#)



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago

RT @Alliance4ClinEd: T1 Here is an article that explores students' perceptions about different night call experiences <https://t.co/r8ewvVMB...>



Sateesh Arja, M.B.B.S., MHPE, MSPH @ArjaSateesh8 hours ago

@MedEdChat #mededchat T1 in our medical school night shifts are available in IM, OBGYN, Surgery and ER #meded



MedEd @TelehealthBot8 hours ago

RT @ArjaSateesh: #mededchat Sateesh Arja from Avalon University School of Medicine, Curacao #meded



Gary Beck Dallaghan @GLBDallaghan8 hours ago

@jenreadlynn T1 Not sure, but there were a couple of reports from surgery about a full of a night shift. <https://t.co/1tsybsgHuh> <https://t.co/rll6L37xwr> #MedEdChat



Jen Readlynn, MD, FHM (she/her) @jenreadlynn8 hours ago

@pedsm2b Thanks for that Lauren. I'll admit that I don't know the surgery schedules (esp things like trauma) but I see OB, IM, neurology, peds, and family med with NF and EM with shifts so I wasn't sure it happened anymore. I loved it as a student but things were v. different #MedEDChat



Dileep Mandali, MD @MandaliDileep8 hours ago

RT @Alliance4ClinEd: T1 Here is an article that explores students' perceptions about different night call experiences <https://t.co/r8ewvVMB...>



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago

RT Lauren is Openly Black @pedsm2b Replying to @jenreadlynn I'm pretty sure that students at most schools do 24+ hr calls in at least one rotation, if not multiple. #MedEdChat



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago

TOPIC 2: Should a night float elective be required prior to graduation? #MedEdChat #meded



Gary Beck Dallaghan @GLBDallaghan7 hours ago

T2 Does a night float experience need to be required of all students? Or does it depend on the discipline of medicine they plan to pursue? #MedEdChat



Yichi Zhang (张一弛) @YichiZTulane7 hours ago

@melina_manolas @MedEdChat @Tulane @S_Baksh Also chiming in from @TulaneMedicine! Night floats only on OB L&D, Trauma Surgery and EM. Peds inpatient has a twilight shift that goes to midnight but not overnight! #MedEdChat



Melina Manolas, MD, MPH [@melina_manolas7 hours ago](#)

[@YichiZTulane](#) [@MedEdChat](#) [@Tulane](#) [@S_Baksh](#) [@TulaneMedicine](#) T1 [#MedEdChat](#) I actually think twilight shifts are great options for med students to get a glimpse at what goes on during nights, after visiting hours, etc. without going into crazy hour territory.



Lonika Sood, MBBS MHPE [@sood_lonika7 hours ago](#)

T2: if required, expectations should be clear [#MedEdChat](#)



Jen Readlynn, MD, FHM (she/her) [@jenreadlynn7 hours ago](#)

[@MedEdChat](#) A2: Seems like experiences happen already in certain fields. I don't think a separate elective should be required but there is learning from seeing new admissions. Most admissions happen overnight & knowing how to manage acute issues w/ fewer resources is valuable imo. [#MedEdChat](#)



Dileep Mandali, MD [@MandaliDileep7 hours ago](#)

[@MedEdChat](#) T2 As a recent grad, I did find some aspects of night float to be invaluable, but I do not think an entire elective should be dedicated to it. Introducing it intermittently among various rotations may be beneficial to medical students' learning/training [#mededchat](#)



Yichi Zhang (张一弛) [@YichiZTulane7 hours ago](#)

[@MedEdChat](#) Controversial but I think it should be up to student preference- whether they want to "acclimatize" to a speciality that may require NF in residency(which may enhance or deter student interest from said specialty!). But should not be mandatory for everyone. [#MedEdChat](#)



Jen Readlynn, MD, FHM (she/her) [@jenreadlynn7 hours ago](#)

[@YichiZTulane](#) [@MedEdChat](#) There is something to be said for getting used to how to function on night float - how to sleep during the day, when to eat, what to bring, etc. But agree that a separate rotation should not be forced. [#MedEdChat](#)



Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh7 hours ago](#)

[@MedEdChat](#) [#mededchat](#) T2 night shift or night float experience can be a part of clerkship depending on clerkship. But it doesn't need to be an independent elective. When we were doing MBBS in India, we used to have night shifts even during rural postings too [#meded](#)



Mila Shah-Bruce [@mila_bruce7 hours ago](#)

[@MedEdChat](#) I would think most residencies have some form of night float. While an entire elective may be overwhelming- a short introduction during core rotations or acting internships may be beneficial. [#MedEdChat](#)



Melina Manolas, MD, MPH [@melina_manolas7 hours ago](#)

[@MedEdChat](#) T2: I think twilight shifts are important for admissions (ex: in IM), but I don't think overnight rotations should be required. Adjusting to the sleep sched is hard regardless, I don't think doing it a handful of times in medical school will change that. [#MedEdChat](#)



MedEd Chat (hosted by ACE) @MedEdChat 7 hours ago
TOPIC 3: What are the benefits of dedicated night shift experiences for #medstudents? #MedEdChat #meded



Melina Manolas, MD, MPH @melina_manolas 7 hours ago
[@YichiZTulane @MedEdChat](#) True. The only issue is that when left to student preference probably the vast majority will opt not to do it, which is fine. #MedEdChat



Gary Beck Dallaghan @GLBDallaghan 7 hours ago
T3 One benefit is definitely experiencing acute medical issues, as well as "...Night float and traditional call contributed to a sense of team bonding and had enhanced perceived educational value while on" <https://t.co/949f4n8icF> #MedEdChat



Melina Manolas, MD, MPH @melina_manolas 7 hours ago
[@MedEdChat](#) T2: It also might be more helpful to do this during an acting internship/sub-I or a "Transition to Residency" portion of med school, where students aren't worried about grading, upcoming exams, etc. #MedEdChat



Alliance4ClinEd @Alliance4ClinEd 7 hours ago
T3 Based on this article from pediatrics, a night float system provided higher quality of resident teaching from the students' perspective <https://t.co/RZvdP7uuOg> #MedEdChat



Melina Manolas, MD, MPH @melina_manolas 7 hours ago
[@MedEdChat](#) T3: In addition to experience with admissions, it might also help to see residents field messages from nurses, respond to pages, etc. with more indep and see clinical decision-making in real time from their mentors. #MedEdChat



Yichi Zhang (张一弛) @YichiZTulane 7 hours ago
[@MedEdChat](#) T3 More responsibility (potentially) and opportunities to develop independent clinical skills. #MedEdChat



Dileep Mandali, MD @MandaliDileep 7 hours ago
[@MedEdChat](#) T3 I felt more intimately involved in patients' care during night shifts. Generally, there were less hands and more patients, so it allowed for wider patient-care exposure and more opportunities to put my medical knowledge to practice. #mededchat



Melina Manolas, MD, MPH @melina_manolas 7 hours ago
[@MedEdChat](#) T3: At least in internal medicine, you do end up spending more time in the ED during nights than during the day, which is also a helpful learning experience - what do patients and teams have access to "down there"? What orders should we put in? Etc. #MedEdChat



Jen Readlynn, MD, FHM (she/her) @jenreadlynn 7 hours ago
[@MedEdChat](#) A3: #MedEdChat We've touched on this already but dealing with acute issues and new admissions. My night rotations were when I felt most bonded to teams because everyone was less distracted by other tasks and also had the "all hands on deck" mentality when needed. #MedEdChat



Melina Manolas, MD, MPH [@melina_manolas7 hours ago](#)
[@jenreadlynn](#) [@MedEdChat](#) Totally agree with this! You do get to see some more of the culture and camaraderie of a specialty this way too. [#MedEdChat](#)



Melina Manolas, MD, MPH [@melina_manolas7 hours ago](#)
[@MandaliDileep](#) [@MedEdChat](#) T3 Agreed! I do feel like you ask more questions on new admissions at night than you do during the day, you get to know them better, you are the primary point of contact. It's a nice feeling sometimes. [#MedEdChat](#)



Mila Shah-Bruce [@mila_bruce7 hours ago](#)
[@MedEdChat](#) T3: Night shift may allow students to get more experience- we tend to have less residents at night and students get more hands on. On the other hand they have more one on one with faculty/residents at night than the busy day shift. [#MedEdChat](#)



Gary Beck Dallaghan [@GLBDallaghan7 hours ago](#)
T3: It seems that not all night float experiences are equal. On peds, the students didn't feel included, didn't get a sense of being taught (unless it was a really good resident). Makes me question how the experiences could be beefed up for all disciplines. [#MedEdChat](#)



MedEd Chat (hosted by ACE) [@MedEdChat7 hours ago](#)
TOPIC 4: What are barriers to having night shift experiences, both for [#medstudents](#) and institutions? [#MedEdChat](#) [#meded](#)



Dileep Mandali, MD [@MandaliDileep7 hours ago](#)
[@MedEdChat](#) T4 I've had few night shifts during residency interview season, and trying to schedule my interviews around them was very challenging. Definitely do not recommend them around this time period! [#mededchat](#)



Mila Shah-Bruce [@mila_bruce7 hours ago](#)
[@MedEdChat](#) Barriers could include adequate supervision, student work hour restrictions, adequate patient volume, student satisfaction with working a night shift [#MedEdChat](#)



Dileep Mandali, MD [@MandaliDileep7 hours ago](#)
[@MedEdChat](#) T4 Additionally, night shifts can be fast-paced. As a student, you and your team may be so involved with patient-care, that there may not be enough time to sit down with your team and review learning topics on a whiteboard [#mededchat](#)



Gary Beck Dallaghan [@GLBDallaghan7 hours ago](#)
T4 A big barrier for [#medstudents](#) and faculty is perceiving the educational value. We've hit on great reasons during the chat, but do all faculty feel that way? Students? Like [@sood_lonika](#) said earlier, if it is going to happen then clear expectations are needed [#MedEdChat](#)



Kristen Lewis [@dockristenlewis7 hours ago](#)

[@MedEdChat](#) T4: appropriate assessment also comes into play. Is it ok for a student to rotate with a resident night float team and never be assessed by faculty? Hospitalists/nocturnists are often stretched quite thin at night [#medEdChat](#)



MedEd Chat (hosted by ACE) [@MedEdChat7 hours ago](#)

RT [@ArjaSateesh](#) Replying to [@MedEdChat](#) [#mededchat](#) T3 the personnel available is not the same as during day time. Should be able to handle the patient care with limited human resource or other resources and constrained context. it is very precious clinical experience [#meded](#)



MedEd Chat (hosted by ACE) [@MedEdChat7 hours ago](#)

We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts [#meded](#) [#MedEdChat](#)



MedEd [@TelehealthBot7 hours ago](#)

RT [@MedEdChat](#): We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts [#meded](#) [#MedEdChat](#)



Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh7 hours ago](#)

[@MedEdChat](#) [#mededchat](#) T4 enough facilities should be available to students like sleeping rooms/rest spaces, shower facilities, locker facilities and institutions should be able to provide to facilities, manage schedules and should be able to provide the appropriate patient exposure [#meded](#)



MedEd Chat (hosted by ACE) [@MedEdChat7 hours ago](#)

Join us again next week at 9 PM ET/NYC Thursday. Don't forget to suggest topics by DM or email [#meded](#) [#MedEdChat](#)



MedEd Chat (hosted by ACE) [@MedEdChat7 hours ago](#)

That's a wrap...I will post the [#MedEdChat](#) transcript tomorrow morning on <https://t.co/mJivoKroXx>. Thanks everyone for participating! [#meded](#)



Mila Shah-Bruce [@mila_bruce7 hours ago](#)

[@MedEdChat](#) Great chat- interesting to see other educators perspectives on this topic. I'd be curious to hear student's thoughts and perspectives from other universities than my own.. [#MedEdChat](#)



Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh7 hours ago](#)

RT [@ArjaSateesh](#): [@MedEdChat](#) [#mededchat](#) T4 enough facilities should be available to students like sleeping rooms/rest spaces, shower facilitit...



Yichi Zhang (张一弛) [@YichiZTulane7 hours ago](#)

[@MedEdChat](#) Not sure if this topic has been done before, but what are student perceptions on the upcoming 2023 interview cycle being Virtual vs. in-Person? What are the pros and cons of each?[#MedEdChat](#)



Med Student Bot @MedStudent_Bot7 hours ago

RT @MedEdChat: We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts #meded #MedEdChat



Med Student Bot @MedStudent_Bot7 hours ago

RT @MedEdChat: Join us again next week at 9 PM ET/NYC Thursday. Don't forget to suggest topics by DM or email #meded #MedEdChat



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RT @MedEdChat: That's a wrap...I will post the #MedEdChat transcript tomorrow morning on <https://t.co/mJivoKroXx>. Thanks everyone for parti...

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 [@MedEdChat](#) 93.7K

 [@melina_manolas](#) 71.5K

 [@GLBDallaghan](#) 10.9K

 [@jenreadlynn](#) 10.3K

 [@TelehealthBot](#) 6.7K

 [@MedStudent_Bot](#) 2.6K

 [@Alliance4ClinEd](#) 1.5K

 [@AriaSateesh](#) 918.0



[@sood_lonika](#) 906.0



[@MandaliDileep](#) 780.0

The Numbers

200.689K Impressions

59 Tweets

13 Participants

8 Avg Tweets/Hour

5 Avg Tweets/Participant

Twitter data from the [#MedEdChat](#) hashtag from Thu, February 10th 2022, 9:05PM to Fri, February 11th 2022, 4:45AM (America/New_York) – Symplur.