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The Use of Weekly Podcasts as a Medium to Supplement Academic Internal Medicine Residency Didactics

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INTRODUCTION

- The majority of resident physicians in the United States are from the Millennial Generation (born 1981 to 1996), currently aged 23 to 38 (1). It is estimated that 93% of Millennials have a smart phone (2). Podcasts represent almost 10% of audio listening among millennials (3), with the second-most preferred type of podcast among millennials being educational (28%) (4).
- With this in mind, and in recognition of the demanding schedule of residents and interns on inpatient wards, the UNM Internal Medicine chief residents developed a podcast to supplement and reinforce the concepts taught in afternoon rounds on the inpatient wards service at UNM Hospital.

METHODS AND DESIGN

- The podcast is available for free on Apple Podcasts as well as the UNM IM Chiefs website (imchiefs.unm.edu)
- Typical duration is approximately 15 minutes, allowing for completion of an entire episode within a typical car commute.
- Clinical pearls are presented based on a case seen at UNM Hospital through a conversational method amongst the chief residents.
- We surveyed interns and residents on their opinion and understanding of afternoon report didactics before and after the implementation of the podcast using a 0 to 10 scale.
- Survey responses were collected on five targeted areas: 1) accessibility, 2) satisfaction, 3) relevance to ABIM studying, 4) likelihood of the podcasts to lead to a change in clinical practice, and 5) knowledge retention of the information presented in the podcasts.

IMAGES

Apple Podcasts Preview

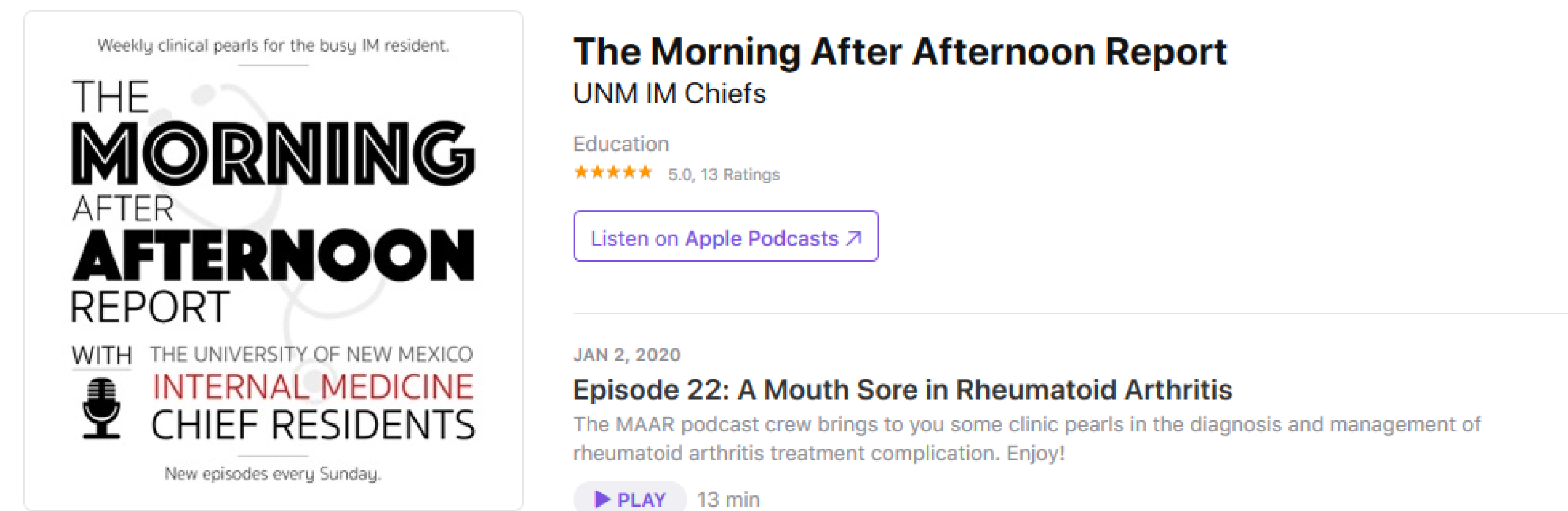


Image 1: Current online view of the Podcast on Apple Podcasts



RESULTS

- With respect to the survey responses collected, data thus far gathered does not show a positive/well-received response to the implementation of the podcasts. The only statistically significant before/after change was a decrease in overall AR satisfaction ($p < 0.05$)
- Comments in general reflected the negative perception residents have with having to attend didactics as an ACGME requirement while they are on a busy inpatient wards service.

CONCLUSIONS

- Residents felt that accessibility, satisfaction, effect on clinical practice, and knowledge retention, all worsened after the podcast began as a supplement to afternoon report didactics.
- Of note, resident average response pertaining to ABIM relevance of the didactics did increase post-introduction of the podcasts, but was not statistically significant.
- The increased negativity reflecting afternoon report on the post-intervention survey may be confounded due to a busier inpatient load at the time of the second survey, or from resident burnout as the year progressed.

REFERENCES

- Reference #1:**
<http://www.pewresearch.org/topics/millennials/>
- Reference #2:**
<http://www.pewresearch.org/fact-tank/2018/05/02/millennials-stand-out-for-their-technology-use-but-older-generations-also-embrace-digital-life/>
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