

Intern Mentor Program

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Intern burnout, stress, and work life balance are abundant and normalized in residency in Livonia we challenge this statement. The intern mentor program was implemented as a way to combat the inevitable shock that comes between the transition from medical student to resident physician. Throughout the program, we had second and third year residents closely work with interns starting their rotations on medical floors. Observing their workflow, starting from chart review skills, providing tips in navigating the electronic medical record efficiently, to appropriate presentation of their patients using SOAP templates, supervising their signout with real time feedback, reviewing their notes, and addressing their concerns and fears. This was highly effective, especially in the transition of residents who experienced virtual rotations in their transition to Medical floors. The study outcomes revealed significant improvement among interns through the resident mentor program measured by a survey handed out to interns. Metrics, including patient care, medical decision-making, medical knowledge, understanding of the healthcare system, efficiency, and stress management were measured, and all interns reported significant improvement on a scale from 1-10, with average being 9.

Future plans involve further strengthening mentorship through additional structured options and the assignment of mentors. Additionally, an extension of the intern mentor program duration will enhance both the breadth and depth of mentoring, and to increase the study power.