

Learning through challenges: a near peer teaching approach for U.K. anaesthetic trainees

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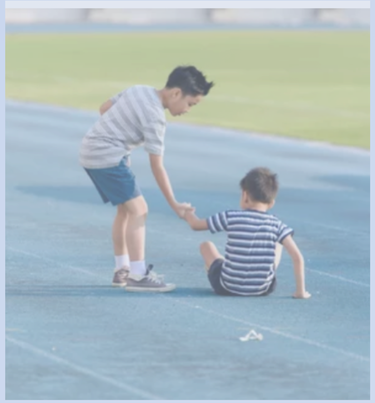
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Introduction

The initial obstetric anaesthesia module can be a testing time for trainees

"Learning through challenges" is a trainee delivered teaching initiative to provide support and improve confidence during this period

We used a "near peer teaching" approach, first used in GP training [1] where sessions are conducted by a trainee one or more years senior to the group



Methods

- Sessions advertised to all trainees in North-West region
- Two hour session meeting once a month
- Trainees share difficult or 'grey' scenarios they've encountered
- Chaired by two experienced and enthusiastic trainees
- Trainees invited to share experiences in an interactive session
- Conducted via video conferencing to maximise attendance
- Feedback collected with free text responses encouraged
- Continuous course evaluation and improvement

Results

We have conducted six successful sessions since the "learning through challenges" forum was conceived

Feedback response rate was 63% and is overwhelmingly positive

- **100%** felt the session addressed **learning needs**
- **100%** found the **format** helpful
- **97%** felt the session was **extremely relevant**



The free text responses provided a rich source of data, and a qualitative analysis generated four key themes shown above

Loved the fact that it was peer led and could discuss things without fear of judgment!

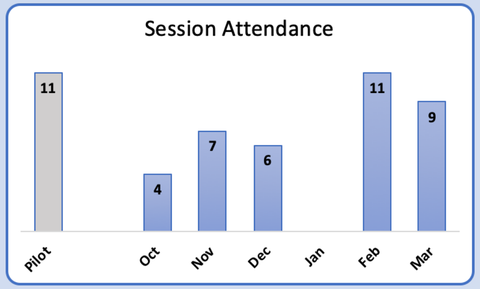
I liked that it encouraged open discussion amongst trainees. Topics covered are useful for all anaesthesia not just obstetrics



It was very informal and encouraged each person to answer so everyone was included. Really like that it's just trainees

These sessions are great for reflections on emergencies and psychologically preparing for worst case scenarios

The above quotes taken from feedback comments help to illustration the themes generated by the qualitative analysis



Growing attendance

Sessions scheduled to coincide with SPA time

Reminder emails sent out by the deanery

"Host hospitals" which provide chairs and case presenters

Discussion

Learning through challenges has proven to be a successful trainee delivered teaching initiative

An environment has been created where trainee learning needs are met in a relaxed and psychologically safe setting

These findings are consistent with the evidence base in GP near peer teaching initiatives

It is hoped that enthusiastic trainee doctors can positively influence trainee choice on looking to obstetrics as a rewarding subspecialty

The north west deanery has fully supported the sessions and it is being integrated into the regional teaching programme

References

1. Thampy H, Alberti H, Kirtchuk L, Rosenthal J. Near peer teaching in general practice. British Journal of General Practice 2019; 69 (678): 12-13