

Impact of Obstetric Anaesthesia Bootcamp on Trainee Knowledge and Confidence

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Introduction

Bootcamp-style education has been emerging as a key educational tool.[1] It involves short-intense didactic lectures and hands-on training to improve the transition to clinical practice.[2] However, this form of training has not been described in the literature before to teach anaesthesiology trainees core obstetric anaesthesia skills. The aim of this study was to develop an obstetric anaesthesia bootcamp to prepare trainees for their obstetric anaesthesia rotation and assess their learning outcomes.

Methods

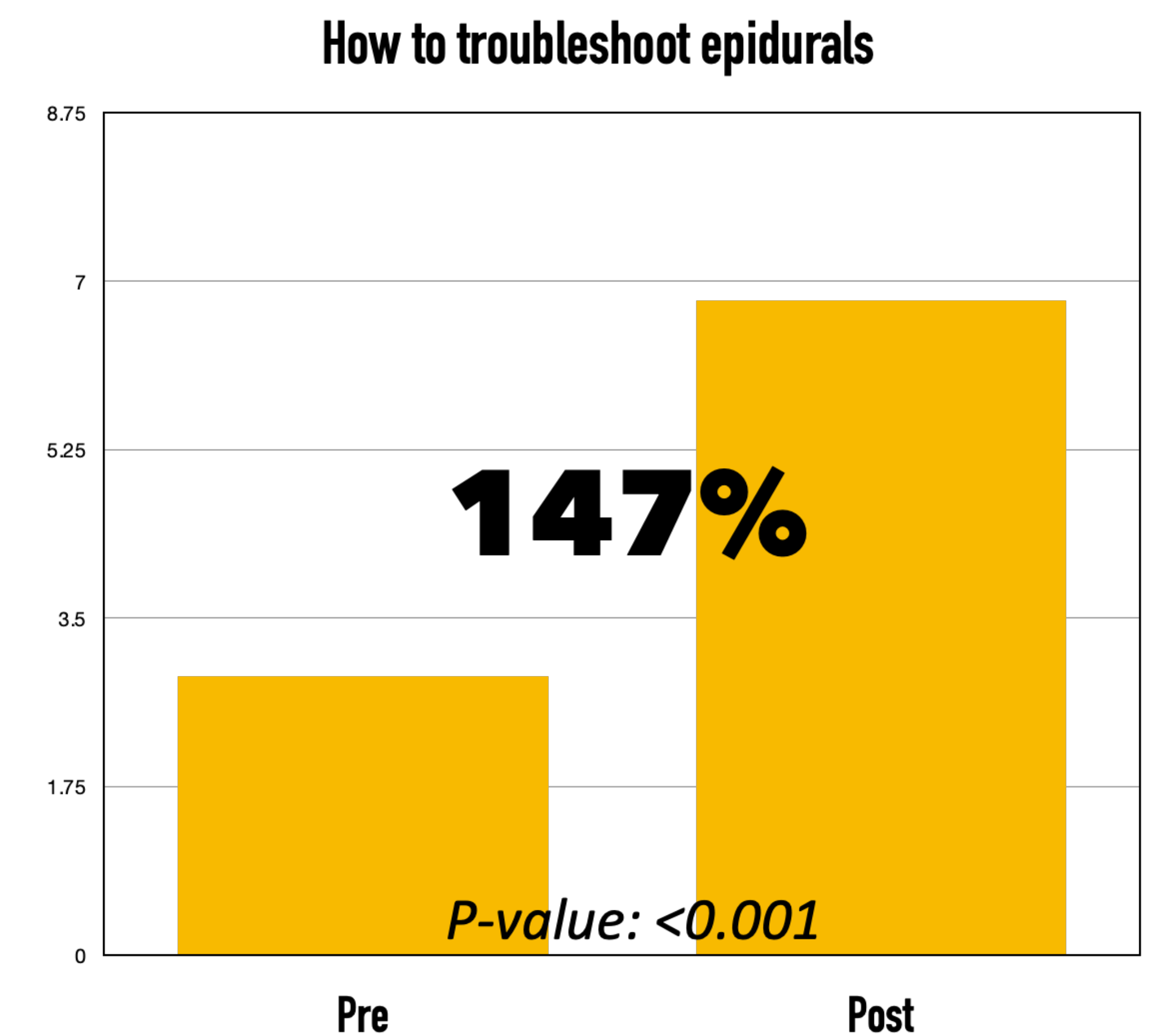
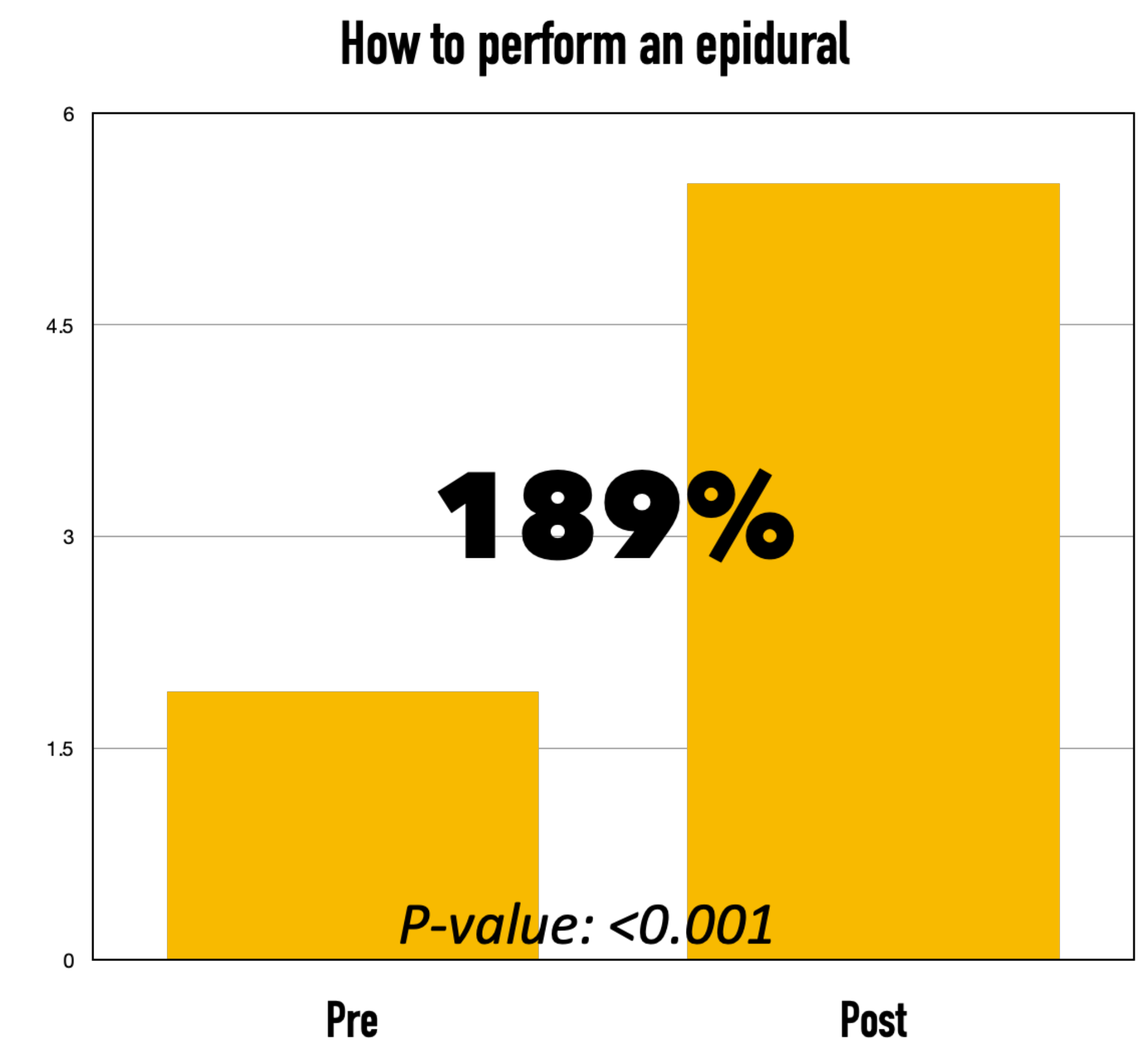
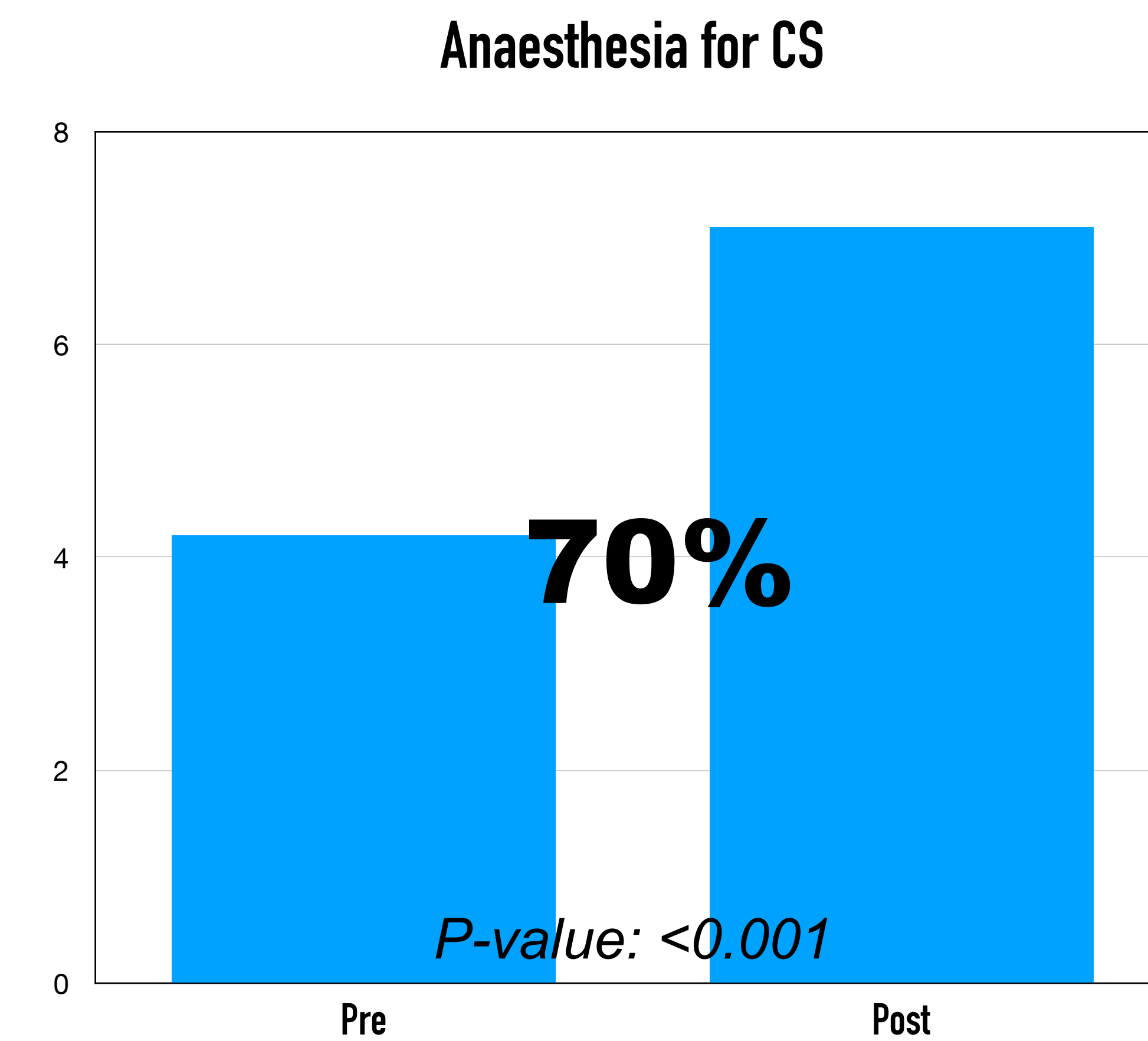
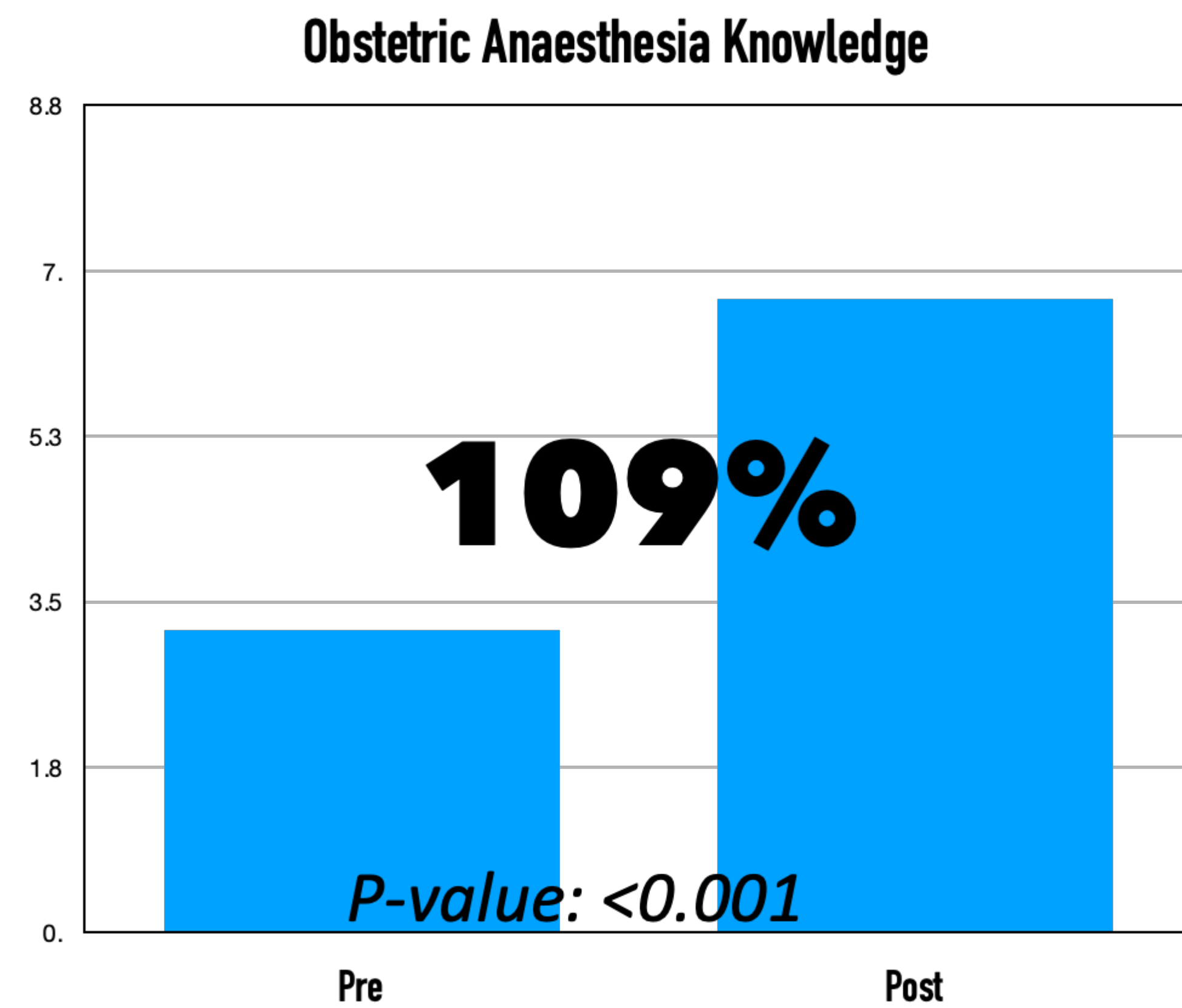
Twenty anaesthesiology trainees participated in a 4-hour obstetric anaesthesia bootcamp, which incorporated didactic lectures along with hands-on immersive procedural training. Among them, 10 trainees were novices in obstetric anaesthesia, while 10 had 6-months experience in obstetric units but had been out of practice for over 12 months, seeking a skills refresher. Both groups completed a 10-item questionnaire assessing confidence and knowledge before and after the bootcamp. The pre- and post-bootcamp results were compared to evaluate the overall improvement in confidence and knowledge for anaesthesiology trainees caring for obstetric patients. Additionally, participants were asked to comment and evaluate their overview of the bootcamp.

Results

Statistically significant increases ($P < 0.01$) were seen in all ten confidence and knowledge questions for both novice trainees and experienced trainees. The biggest statistical increase was seen in novice trainees understanding and troubleshoot of epidural anaesthesia. Participants commented that they found the bootcamp invaluable in helping prepare them deliver care to their obstetric patients.

Conclusion

Obstetric anaesthesia bootcamps are an invaluable educational tool to prepare trainees for the clinical environment. They are a cost-effective way to increase trainee knowledge and confidence while promoting patient safety.



References:

1. Effects of Postgraduate Medical Education "Boot Camps" on Clinical Skills, Knowledge, and Confidence: A Meta-Analysis. DOI: 10.4300/JGME-D-13-00373.1. PMID: 26140112; PMCID: PMC4477555.
2. Perception Precedes Reality: A Simulation and Procedural Bootcamp Improves Residents' Comfort With Transitioning to Clinical Anesthesiology Training. DOI: 10.7759/cureus.21706. PMID: 35242473; PMCID: PMC8883744.