

Internship Experiences Affecting the Selection of OBGYN As a Career

Munazza Akhtar, Iffat Ahmed, Uzma Chishti, Shazia Babar, Aliya Aziz

Objective:

- The primary objective was to explore the perception and insight of interns rotating in Obstetrics and Gynaecology (OBGYN) department at Aga Khan University, Karachi about the appealing and distracting factors to choose OBGYN as a future career. The secondary objective was to suggest enhancements of all the factors which attract the interns and improve aspects and issues which distract them from taking OBGYN as career specialty.

Design:

- The study design was Interpretive Phenomenology as it deals with live experience of humans rather than what they consciously know and goes beyond description of core concepts.

Method:

- This is a qualitative study conducted at Aga Khan University, Karachi, after approval from Ethical Review Committee. All the interns rotating between 1st June 2021 till May 31st 2022 in the OBGYN department (who gave the consent) were interviewed at the end of their 3 months rotation. The 30 to 40 minutes, semi-structured and in-depth interviews were conducted and audiotaped by non-clinical faculty. Interviews were transcribed verbatim by two researchers. During analysis codes were generated to words and phrases that represent unit of data, linked with an idea. Content analysis was done by two researchers to identify themes that emerged from the data/codes and conclusions were derived.

Results:

- The emerging themes were; purpose for selecting OBGYN for the internship, motivating and demotivating factors and the effect of this internship on the decision of future career specialty
- Results exhibited that participants took up this specialty during the internship, because of the female gender acceptance for OBGYN in Pakistani culture. They want to gain some knowledge of the subject being females themselves. Some participants had unexpected and unfortunate personal experiences in the family which lead them to seek first-hand knowledge of the subject to prevent such occurrences in future
- Stressful learning environment, poor work-life balance and prolonged working hours were the main deterring factors. The variety of work (surgery and medicine, in one specialty) and joy of helping a family in welcoming a new member was the motivational factor.

Conclusions:

- Selection of a specialty as a career involves multifaceted aspects, including innate motivations as well as external environmental influences. There is a need to work on factors that are discouraging interns from taking OBGYN as a career and suggest solutions to enhance interest of medical professionals in this field.