IS TEACHING GENZ RESIDENTS IS DIFFICULT? IS IT HIGH TIME TO CHANGE TRADITIONAL METHODS OF POSTGRADUATE TEACHING TO MORE PROFESSIONAL SKILL BASED METHODS? TIME FOR "OFF PAPER, OFF DUTY HOUR

INTRODUCTION

Aim: Introduce innovative teaching methods to cultivate empathy, communication, leadership, and other professional skills.

Objective: Address the challenge of engaging and effectively teaching postgraduate medical residents (Gen Z) in a rapidly evolving educational environment

Problem: Traditional methods like lectures, seminars, and clinical signs teaching have limitations in developing soft skills and professional qualities

METHODS

Teaching Approach:

- Non-traditional methods employed during off-duty hours.
- Focus on skills such as empathy, communication, stress management, leadership, and motivation.

Setting: Teaching occurs outside hospital settings—canteens, cars, day hikes, departmental outings, and social events.

Optional Participation: Residents voluntarily participate in these sessions designed to engage them outside traditional medical teaching.

RESULTS

Increased Engagement: Residents showed increased interest in the subject matter.

Improved Professionalism: More confident, efficient, and professional behavior was noted.

Clearer Thinking: Residents exhibited better clarity in decision-making and work habits.

Enhanced Personal Development: Significant improvements in residents' communication, leadership qualities, and emotional resilience.

CONCLUSION

- It is very unwise to say that a particular method is helpful in developing skills in residents or fellows.
- The combination of all available teaching methods can bring the desired results. Extracurricular teaching may help residents to develop interest and confidence to develop professionally in his/her subject.
- Moving beyond traditional teaching methods to include extracurricular and off-duty hour learning can foster a more well-rounded, professional, and engaged workforce.
- This approach can be adopted across other postgraduate medical programs to better equip residents with both technical and soft skills essential for their career growth.

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