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# Research Week 2024

## The Effectiveness of “Boot Camp” for Family Medicine Residency Onboarding for New Interns

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### Keywords

Family Medicine, Residency, Boot Camp

### Abstract

#### Introduction

Previous studies of “boot camp”-style courses designed to standardize skill sets of incoming surgical or medicine interns are associated with improved confidence levels (1-4). As a new residency program, we appraised whether family medicine residents, who must quickly and effectively develop a broad range of skills, would benefit from a similar intensive introductory experience.

#### Methods

A cohort of 8 interns completed 2 weeks of boot camp at the start of residency. The boot camp included lectures, workshops, and shadowing. The interns completed pre- and post-course surveys to evaluate their confidence levels regarding topics covered during the boot camp using a 5-point Likert scale. The surveys were de-identified. Statistically significant changes in confidence levels were evaluated using a Wilcoxon signed rank sum test.

#### Results

Interns rated their own confidence levels as higher across both medical and procedural skills after boot camp. The course was especially useful in improving self-perceived confidence with procedural skills, including delivering a baby ( $p = 0.03$ ), nexplanon placement ( $p = 0.01$ ), IUD placement ( $p = 0.01$ ), and pelvic exams ( $p = 0.01$ ).

#### Conclusions

Previous studies have shown that intensive orientation courses increase confidence levels in surgical and internal medicine interns (1-4). Our results illustrate similar benefits for family medicine residents, specifically for obstetrics and procedures.