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Original article

Impact of a simulation-based training on the experience of the beginning of residency

Bénéfice d'une séance de simulation médicale sur le vécu du début d'internat en médecine interne

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ABSTRACT

Introduction. – We aimed to evaluate the impact of an immersive simulation session on the experience of the beginning of residency.
Methods. – The interventional group consisted of newly recruited residents in 2019, who participated in the workshop presenting four emergency scenarios frequently encountered during night shifts; the control group comprised residents who had begun their internship in 2018, without having participated in the simulation workshop. The level of psychological stress and self-confidence were self-estimated in the simulation group before and immediately after the workshop. During the second semester of residency, stress, self-efficacy and anxiety were evaluated in both groups with the Perceived Stress Scale (PSS), General Self-efficacy Scale (GSES), and Generalized Anxiety Disorder-7 (GAD-7) scale.
Results. – In the second semester 2020, the PSS, GSES and GAD-7 were 20.71 ± 8.15 and 22.44 ± 5.68 ($P = 0.40$); 26.88 ± 6.30 and 27.11 ± 3.95 ($P = 0.87$); 6.94 ± 5.25 and 8.89 ± 4.78 ($P = 0.22$) for the simulation ($n = 17$, 89.5% of participation) and control ($n = 9$, 75%) groups, respectively. In the simulation group, the level of self-confidence had significantly improved from 1.82 ± 0.95 before the session to 2.29 ± 1.16 after the session ($P = 0.05$). Interestingly, this improvement in self-confidence was significantly correlated with GAD-7 ($P = 0.014$) and PSS ($P = 0.05$), and tended to be correlated with GSES ($P = 0.09$).
Conclusion. – Our study showed a significant improvement in self-confidence between before and after the simulation session. Residents who experienced an improvement in self-confidence saw their stress and anxiety levels decrease during the second semester reevaluation, in favor of a prolonged benefit from the session.

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