

OSR Clinical Years Well-Being Survey Responses October 2018

Question 1. Do you offer or mandate time off (i.e. well-being day, free days for studying, etc) for students during their clinical rotations?

No
We get one wellness day per rotation and one study day prior to an exam
The day prior to the shelf exam is off on every rotation. Absences can be requested beforehand for personal reasons.
We used to, but it's been taken away unfortunately.
No
Not mandated, but students are given 2 "personal days" each year to have off.
We get national holidays and a week off during the summer. We also get the afternoon (or entire day depending on the rotation) off before each shelf exam.
Students who participate in the Longitudinal Integrated Clerkship program have 3 half-days per week of "white space" without scheduled clinical time. Students in standard clerkship blocks do not have this time. A group of students advocated for one half day off per 4-6 weeks to engage in reflection/wellness programming but the clerkship directors did not agree to this.
No.
No.
No- must follow same duty hour requirements as residents
Yes
Study period for Tuesday shelf exams is from the sat-mon prior. Students are allowed to take 1 sick day for 4-6 week rotations and 2 for 8week rotations
Yes studying day the day before the shelf exam.
In general yes, but the definition of "time off" varies between clerkships (i.e. peds has 1 day off per 6 days, and also 2 weeks of newborn nursery that are still a clinical commitment but considered more laid-back to ensure studying, vs surgery which guarantees 1 days off every weekend and a weekly didactic day)
The day before each shelf exam is given off for dedicated study time.
We have 1 day off every 2 months that are mandated attendance for reflection rounds, one lunch lecture (rotating topic), and an open afternoon. In addition, students are allowed 2 free absences per 4 week rotation that they are allowed to take and teams are not supposed to ask about reasoning, although this isn't universally utilized
At least one study day is embedded into most rotations
No free days for studying on weekdays and no well-being days on clinical rotations.

Question 2. What other well-being initiatives do you offer to students in clinical rotations?

None
We have track meetings to share how we are feeling, the school protects us and allows us to take time off during our rotation to see a doctor (psychiatrist) but we must come back to the rotation afterwards.
None.
OB/Gyn clerkship has a “study day” placed randomly for each student during the clerkship. Most students use this to make doctors appointments, etc
None that are specific for students on clinical rotations.
We have free therapy and counseling sessions. There is also a Wellness week on campus with events during lunch and occasionally evenings.
A new student-run longitudinal reflection curriculum, called Chat, Process, Reflect (CPR) is currently in its pilot year for the MD20 third-year class. It entails small-group reflection sessions led by fourth-year students every 6-8 weeks focused on topics relevant to specific time points/experiences during third year.
n/a
None.
Free counseling services, peer counseling
wellness mid block check-ins, surgery and internal medicine have wellness rooms that have activities, aromatherapy, etc
There is a reflection session towards the end of most required rotations moderated by an unaffiliated staff member for students to share their stresses
Occasional workshops on stress management
Reflection rounds
N/A
Some specific clerkships have built in reflection rounds, etc. separate from the school-wide efforts. In addition, there is an Office of Medical Student Wellness that includes a dedicated associate dean with no role in student evaluation who is a point-of-contact for any types of issues.
Students are able to participate in campus wellness programs during their didactics sessions, including aromatherapy, pet therapy, yoga, tai chi and ice cream socials
24/7 psychiatry and mental health service hotline that is confidential for students to use. Deans are always available to contact if things are not going well on rotations. SAFE reporting which is a system that allows students to confidentially report work hour violations, student mistreatment, etc.

Question 3. Does your institution routinely monitor medical student well-being in the clinical years, and if so, how?

By placing them on probation.
Yes we have to take a wellness survey each year to check in with ourselves and see how we are doing and our school offers wellness and resiliency mandatory lectures throughout the year
Again, we used to, but it was cancelled when our dean was fired.
No
No.
No
Informally via clerkship open forums held multiple times per year, Integration Seminar (small group reflection) during neuro/psych clerkships
no.
No.
No
no
No
No?
Likely yes, unsure how
No
We meet with our educators-4-CARE (longitudinal clinical mentor, similar to learning communities at other institutions) every 2 months.
Not to my knowledge
Our institution does not routinely monitor medical student well-being in clinical years.

Question 4. What are your current work hour limitations and how are these policies enforced?

80 hours
Our current limitation is 80 hours a week on average through a rotation
Med students abide by the same resident work hour limitations.
no more than 80 hours per week, on average. Technically must have 12 hours off between shifts, but this isn't always observed, especially on surgery rotations.
No limitations except for surgery which is supposed to be 6 am to 6 pm but that is not well-enforced.
Cannot work more than 30 continuous hours. Cannot work more than 24 continuous hours on site. Must have 1 day/1 week averaged over a 4 week period. Recommended to have >10 hours between shifts (not enforced).
80 hours per week maximum. No more than 26 hours in a row. We submit duty hours every day of our clinical years that monitor these restrictions.
80 hours per week; also third year clerkships are graded on honors/pass/fail scale
Cannot average more than 80hrs/week over a 4 week period.
80 hours/wk. No longer than 30 hour shift.
Same as residents (80 hour weeks, 1 day off in 7, etc)- self reported
only surgery comes close to breaking the 60 hour per week restriction, so students are required to log their time during surgery
No more than 80 hours/week, this is enforced by students completing a log and submitting it.
An average of 1 day off per week over 4 weeks. An average of no more than 80 hours per week over 4 weeks.
Theoretically follows the ACGME guidelines of 80 hr work weeks
The maximum number of hours that a student may be engaged in education activities in one week is 80 hours, averaged over 4 weeks. This is enforced through student self-reporting at the end of block evaluation (Policy: The maximum number of hours that a student may be engaged in education activities in one week is 80 hours, averaged over 4 weeks)
https://med.stanford.edu/md/mdhandbook/section-3-18-student-duty-hours-and-work-environment.html
80 hours averaged, 8 hours off minimum between duty-periods, 1 day in 7 off (can be golden/black weekends)
80 hour work week limitations are enforced and students may disclose anonymously in their clerkship evaluations whether their work hours have been violated
Work hour limitations is 80 hours per week. Policies are enforced by student reporting, meaning that students are told to report (through the SAFE confidential reporting system) if their work hours are over 80 hours per week and the school will take appropriate actions to adjust this.

Question 5. How do you offer counseling and mental health services to students rotating off-site?

We don't
This isn't always possible, if someone is in the same state they can call the counselors here and do phone appointments but the second you cross state lines you are on your own
Our school offers free counseling on campus, but nothing if you're out of town.
They don't offer anything
Don't have off-site opportunities.
They can call and schedule an appointment or talk over the phone to one of the counselors.
Brown University Counseling and Psychiatric Services (CAPS) has a counselor available to medical students on weekends and by phone if students are on away rotations.
Services provided both on campus and at a downtown facility.
We do not.
everyone has the director of wellness's cell phone number and can reach out at any time, but that's pretty much it
Yes
I don't believe we do
Students are always eligible to use the institutional mental health services regardless of where they are located. However, we only offer those services at our headquarters in Charleston.
This is one issue we are weaker on; there are extended hours at our Counseling and Psychological Services at the student health center designed for medical students but it doesn't really capture students well.
Also, for the below pass/fail question, it's a bit of a mixed bag. We have a "Criterion-Based Evaluation System" in which students can get pass or pass with distinction in 3 domains (knowledge i.e. shelf, patient care i.e. RIME scheme, professionalism) in each of the core clerkships, and there is no quota for students receiving PWDs so the # of students receiving these grades vary year to year. All electives are pass-fail.
Remote counseling services are offered and students are also able to schedule in-person counseling sessions
Only off-site rotation at our institution is in Fresno. Here, they have their own separate mental health services that are also available for students including a 24/7 hotline.

Question 6. Is your institution pass/fail during the clinical years?

Yes = 31.6%

No = 68.4%

Contact Sarah Rudasill (OSR Representative at the David Geffen School of Medicine at UCLA) for more information about the survey results: srudasill@mednet.ucla.edu