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Taylor Goot

Charles Pizanis

Eileen Barrett

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Facilitating a Resident-Run Journal Club: Fostering Autonomy within a Time-Honored Tradition

Taylor Goot, MD; Charles Pizanis, MD, Eileen Barrett, MD, MPH
Division of Hospital Medicine, Department of Internal Medicine

Background

Journal club is a time-honored tradition in medicine, and participation can increase knowledge and critical appraisal skills in trainees. Given the rapid pace at which medical knowledge changes, journal club can also help physicians keep abreast of current innovations. Best practices have been proposed for journal club, although UNM medical educators report variable attendance and engagement at journal club, and UNM trainees report varying relevance of journal club. Additionally, semi-structured peer interactions can decrease professional isolation and burnout.

Innovation

In 2016, the Division of Hospital Medicine, Department of Internal Medicine started a Hospitalist Training Track that included requirements for clinical rotations, participation in a quality improvement project, didactics participation, and for peer education. To date, 25 residents have enrolled. One peer education opportunity offered was a hospital medicine-focused journal club.

Residents are provided with a guide for how to present at journal club and are provided a curated list of practice-changing articles that are relevant, timely, and have sound methods. Residents choose which article and the date they would like to present. Journal club is held after usual hours (in the evening), in a community setting where there are refreshments available.

Findings

To date, 12 articles have been presented by 10 residents at three journal clubs, and attendance has ranged from 7-10 residents per session. Journal club has been one of our most popular educational offerings, receiving high evaluations from residents who have also asked to have more sessions per year. In the 2018-2019 academic year, these will be held quarterly.



References

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Future Directions

Journal club can be meaningful as an educational tool, to provide experience presenting to peers, and as a tool for semi-structured interactions fostering increased connection with and between peers and faculty. In addition to previously proposed best practices, granting residents autonomy in selecting articles for presentation from a curated list of practice-changing articles can increase their buy-in while ensuring relevance. Adapting journal club based on evaluations is critical to its success.

Resources for Educators

The Division of Hospital Medicine's Hospitalist Training Track website:

<https://medicine.unm.edu/education/im-residency/residency-tracks.html>

Compendium of practice-changing hospital medicine articles: <http://unmhospitalist.pbworks.com/w/page/101528353/Cor%20Articles%20for%20Hospitalist%20Training%20Track>

How to present journal club in less than ten minutes: <https://ebm.bmj.com/content/12/3/66.2>

Contacts:

Eileen Barrett
ebarrett@salud

Taylor Goot
tgoot@salud

Charles Pizanis
cpizanis@salud