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The Quiet Room: Pre-Exam Wellness for Pre-Clinical Students



SCHOOL OF
MEDICINE

Sabah Osmani, MSIII, & Elizabeth Lawrence, MD

Introduction

- Exams can be **stressful** for all learners
- Last-minute studying can provoke **anxiety** in students
- Our aim was to create a **calm space** for those who preferred not to study right up until the start of an exam

Initiative Methods

- We reserved a room near students' exam area, dimmed the lights, added a light lavender diffuser, and named it **The Quiet Room**
- We provided **snacks, hot herbal tea**, and a space for sitting, laying down, or utilizing one of our provided **yoga mats**
- Students were invited via mass email and posting on the class Facebook page

Results



35 total students were present at 4 different sessions of The Quiet Room offered up to one hour prior to exams



3 sessions were held for first-year medical students (October (n=11), November (n=13) and December (n=8)) and **1 session** for second-year students (October (n=3)) 2019



100% of survey respondents agreed (n=11, 41% response rate) the space was beneficial to their wellness and they would utilize a Quiet Room for future exams



67% of survey respondents were interested in attending a breathing or meditation exercise if offered at future Quiet Rooms

Conclusions

- This was a **pilot study** to gauge student interest in a relaxing place to unwind before an exam
- The Quiet Room was **very well received**



Future Wellness Initiatives



Programs and events that focus on creating and maintaining The Quiet Room, or a similar space that is available before exams **may be beneficial to medical students.**