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

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.**