

We All Need Somebody

Designing a Near-Peer Mentoring Program to Improve Internal Medicine Residents' Social Connectedness

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INTRO

- Social connectedness is vital to resident wellness, particularly for incoming interns as they navigate new cities and hospital systems. Near-peer mentoring is an important, but underutilized concept in medical education.

METHODS

- All Emory IM interns and residents were invited to participate.
- Participants surveyed about their career interests and hobbies.
- Pairs were matched based on interests and mentors were asked to contact mentees prior to orientation.
- Mentors were provided recommendations regarding contact intervals, topics of discussion, and support resources but the program was intentionally flexible.
- Mid-point data collected with a cross-sectional survey through Google forms to all participants.

RESULTS

- Participants: 88/88 PGY1 (100%) and 60/119 PGY2/3 (50%)
- Midpoint survey completed by 49/148 participants (34%)
- Most 88% (43/49) had connected with their mentor/mentee.
- Texting was the most common contact method (32/43, 74%).
- Most participants had "a few contacts" (28/43, 65%); the rest having "one contact" (10/43, 23%) or "ongoing regular contact" (5/43, 12%).
- Mentees agreed that the program enhanced their sense of belonging (3.6/5) and provided tips for succeeding as an intern (3.6/5).
- All participants agreed (4.4/5) that the program should be continued.
- The majority (37/43, 86%) did not want more formalized guidelines regarding the number or content of meetings.

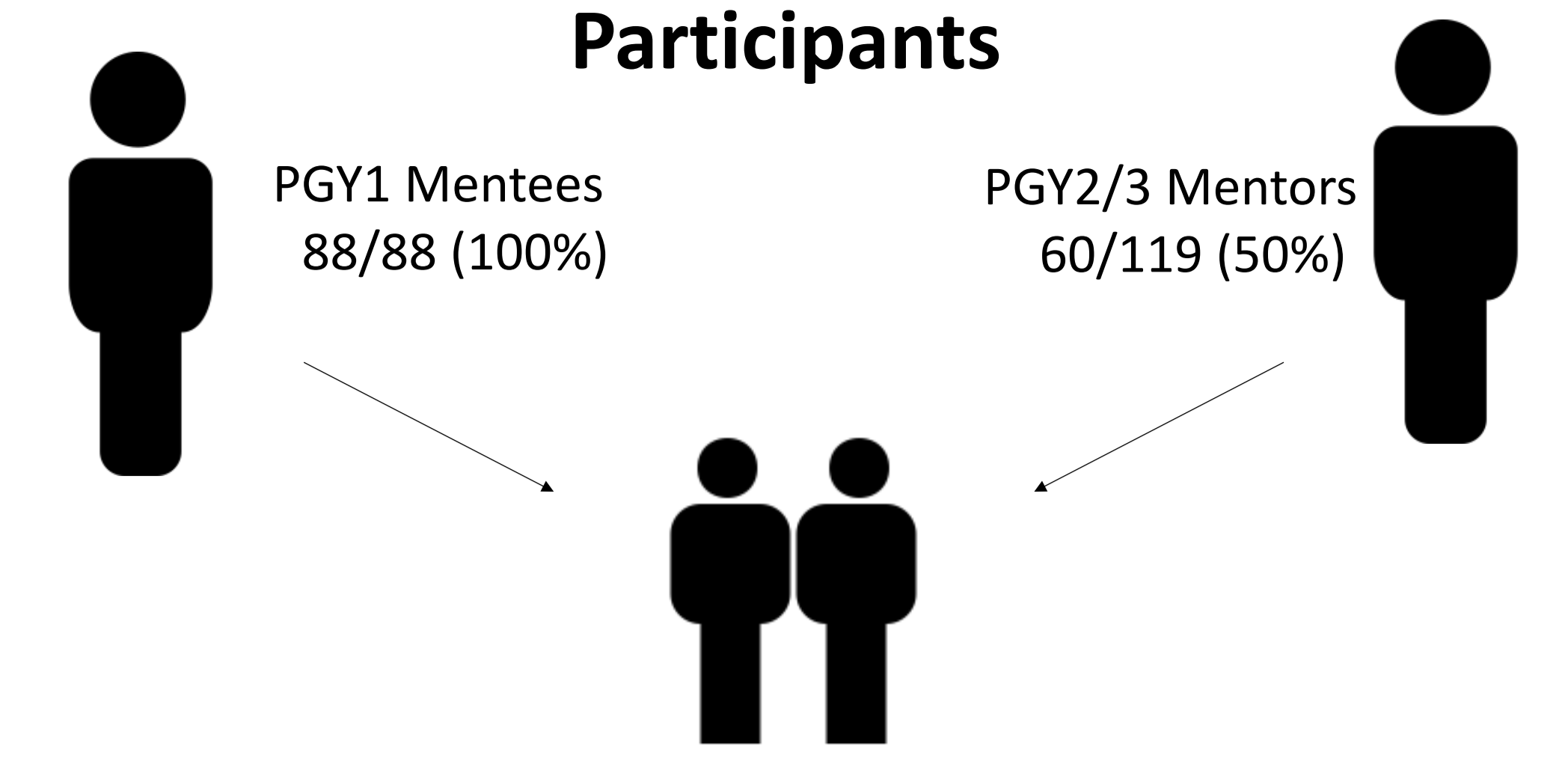
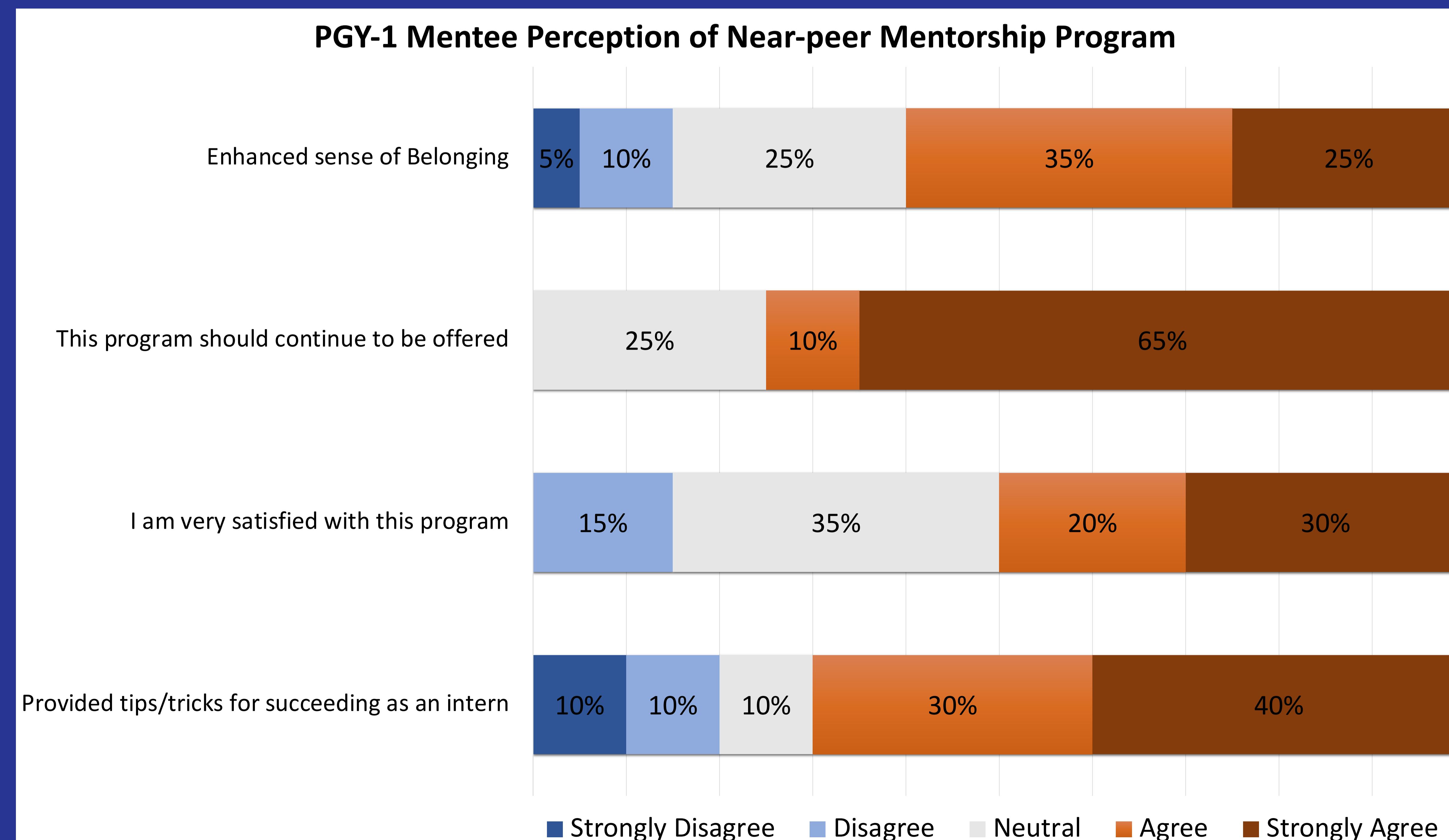
DISCUSSION

- Successes: Resident-led, high demand, resident satisfaction, low-cost, easily reproducible
- Limitations: COVID-19 restrictions, new X+Y schedule, large IM program with 4 hospitals
- Future directions: mentor training, expanded social events, coordinated clinical schedules (X+Y weeks)

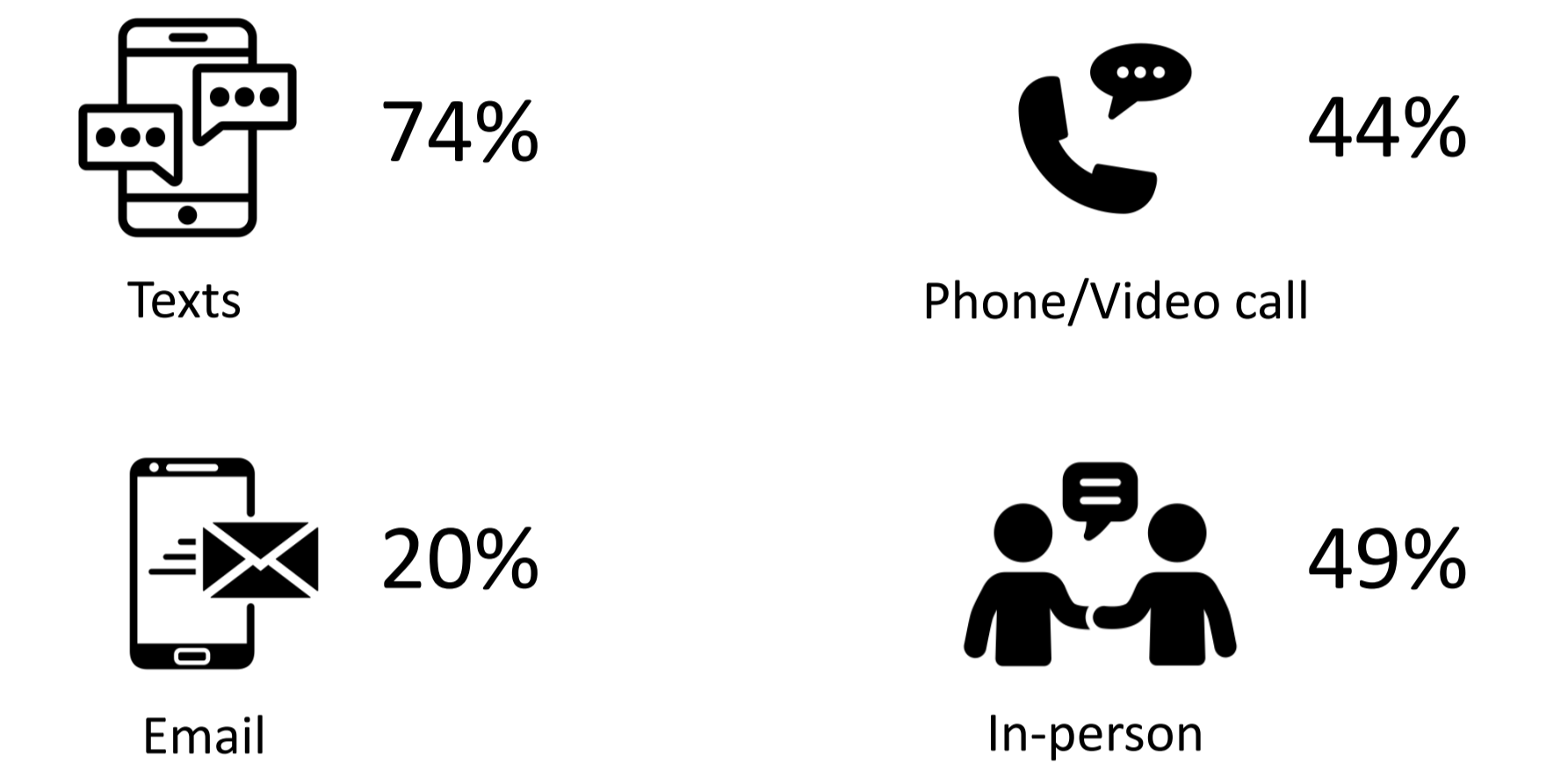
FINANCIAL DISCLOSURE

- None

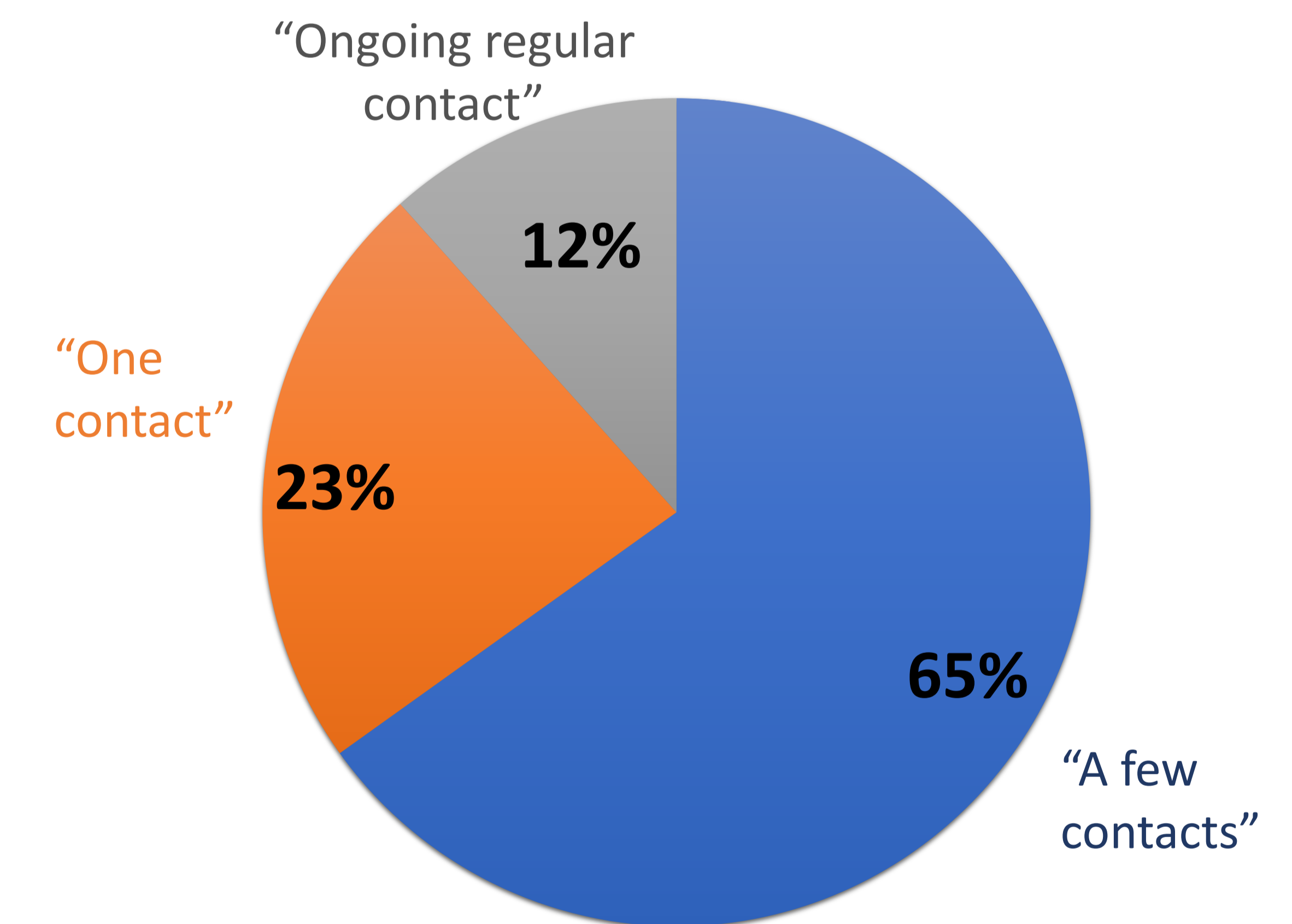
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How Pairs Connected



Extent of contact with mentor/mentee



Contact Information



EMORY
UNIVERSITY
SCHOOL OF
MEDICINE

Department of Medicine