

## INTRODUCTION

As junior doctors we remember all too well the difficulties with starting out as an F1. Although Trust induction is comprehensive, in our experience, there is minimal induction covering the intricacies of daily workings of the ward and what life is really like as an F1.

We believe that **peer-to-peer** induction is an invaluable asset to help integrate junior doctors into their new role and will help to minimize any concerns and anxiety associated with the transition from medical school to working life.

## AIMS

- To provide a **peer-to-peer** induction programme that was not only **trust specific** but also **role specific** during the COVID-19 pandemic.
- To provide an induction that was **immediately relevant** to incoming F1s to help them thrive in their first jobs as doctors.
- To share invaluable tips gained through experience and ultimately **ease their transition** into working life.
- To evaluate the effectiveness of **remote teaching** sessions delivered via an online platform such as zoom.

## METHOD

### Recruitment

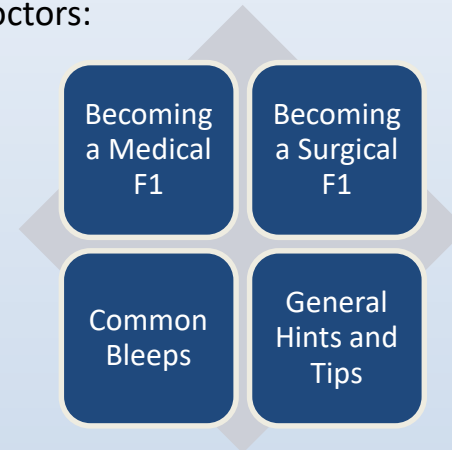
- Four sessions entitled 'Becoming an F1' were held in each trust offered to all incoming F1s to that trust via email.
- Given the current restrictions in medical education due to COVID-19 pandemic these sessions were facilitated remotely via zoom.
- Current F1s from each trust were recruited to deliver the sessions.

### Content

- To guide content, current F1s reflected on what they wished they had known when first starting out in their role.
- We considered what we would like current F1s to know.
- Created a four question online survey to the incoming F1s to elicit topics they would like to be covered.

### Delivery

- Four interactive peer-to-peer sessions approximately one hour in duration were delivered over the induction period by junior doctors:



### Feedback

- To determine real time feedback a zoom poll at the end of the sessions was generated.
- Online feedback survey was circulated to all participants on completion of the teaching series.

## DISCUSSION

- Up to 22 participants availing at any one time across each trust.
- 100%** of incoming F1s found the sessions **enjoyable** and **useful** as well as helping them to feel **more confident** in starting their new roles as junior doctors.
- 58%** of participants preferred **zoom** when compared to face to face teaching.

Zoom

58%

Flexibility

Accessibility – attend offsite

Convenience

Face to Face

42%

More personal

Develop rapport with colleagues

Ask questions more readily in person

## 100% of participants found the sessions:



Useful



Helpful



Improved confidence

## RESULTS

- This initiative highlights the **necessity** and **usefulness** of a peer-to-peer element of induction.
- Feedback highlighted participants particularly liked the relevance of the sessions - **practical tips tailored** to F1 life on the wards, **common tasks** F1s encounter and how to **prioritise** and **approach** them.
- They found the session **informative** and **engaging** and a **safe environment** to ask questions.
- Recommendations included more sessions, face to face teaching and availability of PowerPoints afterwards.
- We hope to integrate these sessions as a regular part of induction process.

## FUTURE DIRECTION

- We subsequently held a number of sessions entitled '**Becoming an F2**' aimed at FY1s transitioning to foundation year 2.
- Sessions covered an array of **specialties** and were delivered by current **F2s** and **Core trainees** working in that specialty.
- Currently seeking feedback for these sessions and hope to implement changes to deliver them regularly as part of the F2 changeover.