

# VIRTUAL SOCIAL INTERACTION FOR TRAINEES – A QI PROJECT

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## Aims and Hypothesis

- To evaluate whether a virtual space provided for trainees helped with social isolation at work during the pandemic.

## Background

- COVID 19 declared as a pandemic in March 2020 by the World Health Organisation.
- Legal restrictions on group attending due to the pandemic implemented by the government
- Teaching was moved to a virtual platform.
- Trainees having no/limited social contact with the peers.

## Methods

- The Medical Education Team started a quality improvement project focussing on helping trainees with social isolation.
- The virtual meeting time for teaching was extended for trainees to interact after teaching so that they could provide support to each other.
- This quality improvement was carried out between February 2021 and July 2021.
- Two surveys were sent to junior doctors of different grades within Mersey Care NHS Foundation Trust, one during the start of the semester and one after 3 months to evaluate.

## Results

- The initial survey showed that ninety percent of the trainees who responded felt they were more isolated since the start of pandemic. There was a mixed response with regards to the virtual space provided after teaching to meet peers. They were not sure how likely they were to benefit from the virtual meeting space.
- The survey at three months suggested that most trainees could not use the virtual space provided due to clinical commitments. The remaining trainees however felt that they either felt zoned out after teaching due to increased screen time or meeting trainees virtually felt impersonal and they would rather wait to meet face to face when the restrictions would ease.

## Conclusion

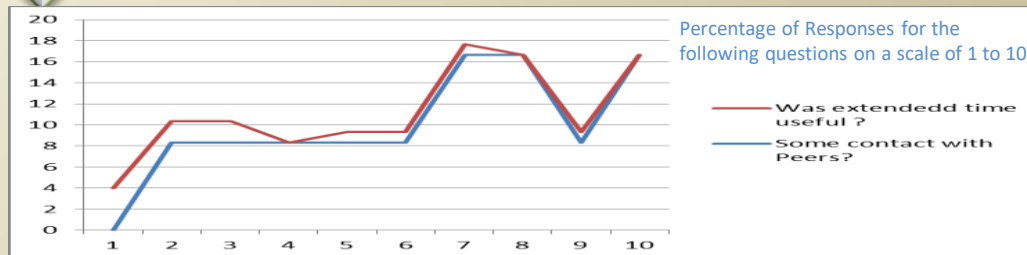
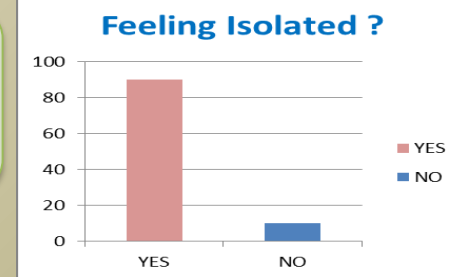
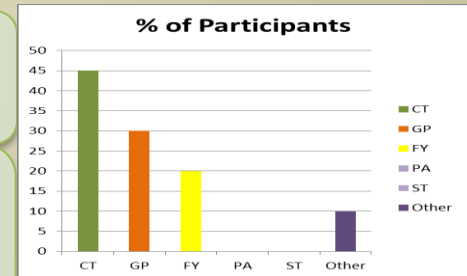
- The survey suggested that although trainees felt isolated due to the pandemic, a virtual platform was not ideal for them to interact with peers. This was attributed to work commitments and effects of increased screen time. Personal interaction was preferred to virtual meetings.

## Recommendation

- Trainees value meeting face to face and work needs to be done to facilitate this and perhaps try **Hybrid Teaching Models**.



Initial Survey Results



Survey at 3 months

