

A Second Glance at the Effectiveness of the Current Preliminary Tracks: A National Survey of Previous and Current Residents from the Medical City Weatherford Preliminary Internal Medicine Program.



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Preferred Rotations for Each Preliminary Track

	CURRENT	PREVIOUS	TOTALS
Preferred Rotations in ANESTHESIOLOGY, n (%)			
Anesthesiology	1 (33.3)	1 (33.3)	2 (*66.7)
Cardiology	1 (33.3)	-	1 (33.3)
Cardiology, Interventional	-	1 (33.3)	1 (33.3)
Critical Care	1 (33.3)	1 (33.3)	2 (*66.7)
Emergency	-	1 (33.3)	1 (33.3)
Internal Medicine, Procedures	-	2 (66.7)	2 (*66.7)
Neurology	-	1 (33.3)	1 (33.3)
Pain Management	-	1 (33.3)	1 (33.3)
Pulmonology	1 (33.3)	1 (33.3)	2 (*66.7)
Surgery, General	-	1 (33.3)	1 (33.3)
Surgical Intensive Care Unit (SICU)	1 (33.3)	-	1 (33.3)
Preferred Rotations in DERMATOLOGY, n (%)			
Dermatology	1 (33.3)	2 (66.7)	3 (*100.0)
Dermatopathology	-	1 (33.3)	1 (33.3)
Emergency	-	1 (33.3)	1 (33.3)
Infectious Disease	1 (33.3)	1 (33.3)	2 (*66.7)
Internal Medicine, Ambulatory	-	1 (33.3)	1 (33.3)
Internal Medicine, Procedures	-	1 (33.3)	1 (33.3)
Plastic Surgery	1 (33.3)	2 (66.7)	3 (*100.0)
Rheumatology	1 (33.3)	1 (33.3)	2 (*66.7)
Wound Care	1 (33.3)	1 (33.3)	2 (*66.7)
Preferred Rotations in PHYSICAL MED & REHAB, n (%)			
Geriatrics	1 (8.3)	1 (8.3)	2 (16.7)
Internal Medicine, Procedures	1 (8.3)	1 (8.3)	2 (16.7)
Neurological Surgery	1 (8.3)	-	1 (8.3)
Neurology	7 (58.3)	2 (16.7)	9 (*75.0)
Orthopedic Surgery	4 (33.3)	3 (25.0)	7 (58.3)
Osteopathic Manipulation	1 (8.3)	1 (8.3)	2 (16.7)
Pain Management	6 (50.0)	3 (25.0)	9 (*75.0)
Physical Medicine and Rehabilitation	4 (33.3)	5 (41.7)	9 (*75.0)
Preventative	1 (8.3)	-	1 (8.3)
Radiology	4 (33.3)	2 (16.7)	6 (50.0)
Rheumatology	1 (8.3)	1 (8.3)	2 (16.7)
Sports Medicine	4 (33.3)	2 (16.7)	6 (50.0)
Wound Care	2 (16.7)	2 (16.7)	4 (33.3)
Preferred Rotations in RADIOLOGY, n (%)			
Anesthesiology	-	1 (25.0)	1 (25.0)
Cardiology, Interventional	2 (50.0)	1 (25.0)	3 (*75.0)
Emergency	1 (25.0)	-	1 (25.0)
Internal Medicine, Procedures	1 (25.0)	-	1 (25.0)
Neurology	2 (50.0)	-	2 (50.0)
Orthopedic Surgery	3 (75.0)	1 (25.0)	4 (*100.0)
Radiology	3 (75.0)	1 (25.0)	4 (*100.0)
Research	-	1 (25.0)	1 (25.0)
Surgery, General	1 (25.0)	-	1 (25.0)

* Answer choices that received ≥66.7% were highlighted in gray to depict a clear distinction.

Background

Out of the 53 types of medical specialty residencies listed on the Fellowship and Residency Electronic Interactive Database Access (FREIDA), 10 (18.9%) medical specialties – including Anesthesiology, Dermatology, Physical Medicine and Rehabilitation (PM&R), and Radiology – often require a resident to complete a separate PGY1 internship year before matriculating into their PGY2 position at their advanced program. Typically, these residents complete a 1-year Transitional, Preliminary Internal Medicine (IM) or Preliminary General Surgery program. Medical City Weatherford (MCW) created a Traditional Rotating Internship program in 2016, which then transitioned into a Preliminary IM program in 2018 as MCW became an ACGME-accredited residency. With the creation of the Preliminary IM program came the inception of the preliminary tracks – 5 preset specialty-specific rotations tailored to each resident's respective advanced specialty. The purpose of this study was to analyze each preliminary track's effectiveness in preparing residents for their respective advanced specialties.

Methodology

The authors designed a Google Form survey with 11 questions to assess each resident's satisfaction with the preliminary tracks, whether to keep or replace particular rotations, and suggestions for additional rotations that should be included. The survey was sent to all 33 previous and current preliminary residents who have participated in MCW's preliminary tracks: Anesthesiology, Dermatology, PM&R, or Radiology. Results were compiled by synthesizing the data provided by each respondent.

Results

Of the 33 residents, 22 (66.7%) responded to this survey – 100% of current residents and 47.6% of previous. Nearly all (95.5%) reported being satisfied with the specialty-specific rotations, but a majority (81.8%) also said that, if given the opportunity, they would alter the built-in rotations. Residents within the Anesthesiology Track voted to keep their current rotation schedule, while Dermatology voted to replace 2 rotations, PM&R to replace 3 rotations, and Radiology to replace 1 rotation.

Conclusion

To the authors' knowledge, the Preliminary IM program at MCW is the only one in the nation that provides specialty-specific rotations that are automatically built-in to each preliminary resident's schedule. With that in mind, this new way of training preliminary residents is still a work in progress, as the majority of previous and current residents would alter the rotations in some way. Future studies will be needed as the previous, current, and future residents progress in their training and become attendings, to see if these specialty-specific rotations actually made a difference and if they should again be altered to better fulfill the training needs of the residents.

Specialty-Specific Rotations: Current vs. Preferred Rotation Recommendations

	CURRENT (2017 – 2020)	PREFERRED (Beginning July 1, 2020)
ANESTHESIOLOGY Preliminary	Anesthesiology Cardiology Critical Care [1] Critical Care [2] Emergency	Anesthesiology Cardiology Critical Care [1] Critical Care [2] Emergency
DERMATOLOGY Preliminary	Dermatology Geriatrics Infectious Disease Internal Medicine Ambulatory Wound Care	Dermatology Infectious Disease Plastic Surgery Rheumatology Wound Care
PHYSICAL MED & REHAB Preliminary	General Surgery Geriatrics Osteopathic Manipulation Pain Management Radiology	 Neurology Orthopedic Surgery Pain Management Physical Med & Rehab Radiology
RADIOLOGY Preliminary	Anesthesiology Critical Care Internal Medicine Procedures Interventional Cardiology Orthopedic Surgery	Anesthesiology Internal Medicine Procedures Interventional Cardiology Orthopedic Surgery Radiology

This table illustrates which specialty-specific rotations are currently assigned and suggests future preferred rotations for each preliminary track resident. If the rotation shows up in both columns, that means that ≥66.7% of the current and previous preliminary residents voted that that particular rotation as valuable to their education and future practice in their desired advanced specialty. If the rotation shows up only in the "Current" column, but not in the "Preferred" column, this means that (1) the residents voted to replace this rotation or (2) this rotation did not receive enough votes to stay as a kept rotation. If there were any rotations removed from the potential future schedule, this opened up the opportunity for one of the more desired rotations to replace the previously less desired rotation. If this was the case, then the rotations receiving the highest percentage of votes from current and previous residents was added to the "Preferred" column and **bolded**.