REFLECTIVE CARTOONING WITH SURGICAL STUDENTS

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BACKGROUND

A research compared perceptions of medical students between medicine and surgery clerkship

- It was found that students who completed surgery clerkships were more cynical and intolerant to ambiguity
- Many felt they lacked self-confidence and were victims over the course of the general surgery clerkship
- It was also found that students became more punitive and less confident as first clinical year progressed
HAS COMICS OR ART THERAPY BEEN EFFECTIVE FORM TO HELP MEDICAL STUDENTS?

A study used rational emotive behavior therapy (REBT) and the art therapy (engraving method) on improving self-esteem and resilience

- Students in the experimental group were taught for 10 sessions over a 10 weeks period and there was no treatment for the control group over this time

RESULT: REBT and art therapy for increase the self-esteem and resilience of students
Another study at University of Hong Kong randomly assigned students to art making group or problem-solving group

- From the qualitative data, students perceived benefits in arts-making, and gained understanding in relation to self, patients, pain and suffering, and the role of the doctor
- This workshop also seemed to promote greater self-awareness which may help medical students recognize the potential for emotions to sway judgment.
METHODS
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• 1 hour session during second month of the two month month general surgery clerkship
• Session break up as noted
• Post session Qualtrics survey was administered
RESULTS
198 Session Participants
131 Survey Responses recorded
Response rate 66%
Session decreased stress

Session helped student reflect

Shared their negative experience for the first time
Satisfaction

- Highly Satisfied: 50.1%
- Satisfied: 35.9%
- Neutral: 10.2%
- Dissatisfied: 0.78%
- Highly Dissatisfied: 2.34%
CONCLUSION
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- The session is successful in helping students reflect and share.
- Participants reported it helped reduce their stress levels.
- Overall, the session helps participants in a short time to process some of the challenges in a safe and structured environment.
- Future directions: reformat survey so that we can analyze if drawing or sharing or both is a more meaningful experience.