

## Tips, tricks and strategies to be a successful 'CBD Resident'



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### INTRO

The goal was to better understand the experience of residents in the first cohort in CBD at McMaster University after completion of their first year of training.

Three broad themes were addressed: (i) Resident understanding of CBD, (ii) Resident experience in CBD and (iii) tips, tricks, strategies learned during their first year to be successful as a 'CBD Resident'.

### METHODS

Two separate focus groups were conducted in the summer of 2018. Two OHNS residents (2/2) and 5 Anesthesiology (5/5) residents participated. Both groups were asked the same questions.

### RESULTS

Resident understanding of CBD was overall good and residents felt well supported by their program.



# Understanding the experience of the first resident CBD cohort in Anesthesiology and Otolaryngology-HNS, helped identify the needs of residents for future cohorts and has provided them with tips, tricks and strategies to be a successful 'CBD Resident'.



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### RESULTS continued

Resident experience in CBD was overall positive; however, faculty development is still needed.

- Residents perceive CBD as a better way of learning and believe it holds staff more accountable to teach and assess.
- Residents in CBD have a desire to share their experiences with new residents and feel a forum for residents to share their experiences would be beneficial.
- Significant planning is required in order to meet EPAs. Residents need to be proactive.

#### Top 3 strategies:



Be familiar with your EPAs and where they can be assessed; your program's curriculum map will be helpful.



Plan which staff to work with and negotiate with that person in order to get specific EPAs assessed.



Check with your program if senior residents are able to assess you; if so contact the senior resident prior to start of rotation outlining EPAs required.

### DISCUSSION

Through the Learner Development committee, a Resident only subcommittee has been recently established to provide the residents with a forum where they can freely discuss common themes and share information.