



REACTION OF 1ST PROFESSIONAL M.B.B.S. STUDENTS TO FOUNDATION COURSE AS PER CBME FOR INDIAN MEDICAL GRADUATES.

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ABSTRACT

INTRODUCTION- As per the Competency based Medical education guidelines, a new curriculum was set up. To start the course a month long foundation course is introduced. The view of this course is to make a 1st year medical graduate competent to face the various challenges in Medical education and also to make him ready for clinical exposure. The course is divided into various modules. Lectures were taken by staff of Dr.D.Y.Patil Medical College from 1/8/2019 to 31/8/2019. Students who were admitted for 1st Professional MBBS course attended this course.

MATERIAL AND METHODS- After completing this Foundation course of 30 days, feedback was taken in the last session. Predesigned and pretested feedback forms in English were given to the willing students. 100 students filled the feedback form. Responses were taken as per Likerts scale and interpreted.

RESULTS- We found the students were receptive for the foundation course. The session on Basic life support was voted as the best session by 42% students. Students enjoyed the session like stress management and hospital wards visit. 91% students felt that the course duration of 1 month should be decreased. Maximum students felt the sessions on computers and language skills should be removed from the course.

CONCLUSION- Foundation course is surely helpful to start this journey into the world of Medical education and clinical cases. A brisk, concised and more interactive foundation course is needed.

KEYWORDS : Foundation course, Feedback, Stress management, Likerts scale, Orientation, Medical Education.

INTRODUCTION

When a 17 year old 12th standard student after National Entrance exam test [NEET] gets admission to the world of professional medical college, he goes through a lot of emotional turmoil. Firstly he has a sense of accomplishment of getting through to a Medical college to fulfil the dream of becoming a doctor, but also has lot of thoughts regarding the Medical profession and curriculum. To produce competent Indian Medical graduates the MCI introduced the ATCOM module.^[1] For the batch of 2019-20 a 30 days Foundation course was introduced from 1 /8/2019 to 31/8/2019.^[2] The thought behind introducing this course was not only to make the students oriented to the Medical College and campus, but also getting them adjusted to the medical curriculum. This course planned to make the students acclimatized to the environment of cadaveric dissection halls, Hospital wards and having the sense of having entered this responsible world of patient care and ethics. 100 students who joined the college after the round of MBBS admission process attended the foundation course. In the month of august, 4 Sundays and 3 national holidays resulted in only 24 working days. Every day 7 hours of the sessions were organised amounting to 168 hours for the entire course.

When joining the Medical curriculum students face problem in orientation to the Medical College and campus. Lot of students who did their school and junior college education in vernacular languages had difficulty in adjusting to the English language. So a Foundation course was organised to acclimatize the students to the MBBS course and curriculum. Sessions were planned as per various modules^[3] and lectures were implemented by the staff. 30 hours were given for classes on Orientation module. Skill module classes were given 35 hours. Community orientation module was given 4 hours. 40 hours were given for Professional development and ethics module. Orientation to Marathi language for better interaction with locals and patients was done in enhancement of language module. Also computer skills were updated for better use of audio-visual aids in this module. 36 hours were

allotted for classes on language and computer skills. Yoga, meditation and Sports like basketball were conducted. Extracurricular activities like debate and student seminar was organised. This module of sports and extracurricular activity was given 22 hours. Student feedback was taken on the last day in the final session of 1 hour.

MATERIAL AND METHODS

The Foundation course was conducted in the Dr.D.Y.Patil Medical College of Dr.D.Y.Patil Vidyapeeth, Pimpri, Pune from 1st August 2019 to 31st August 2019. 100 1st MBBS students who had joined the College attended this Foundation course. Department of Anatomy organised this Foundation course and faculty from various departments of Medical College took the sessions in the course. Sessions were conducted as per 7 modules given in Table 1. Student feedback was taken as the last session on 31st August. Predesigned and Pretested feedback forms in English were administered to the students. Responses to the questions were recorded as per Likert scale^{[4][5]}. The student responses were analysed to draw inferences.

RESULTS

After completing this one month foundation course on 31st August 2019, the students were asked to fill a unanimous feedback form for the foundation course. Students gave feedback regarding points to suitably improve or modified in the course for next batches.

When questioned regarding the time period, maximum students (91%) were of the opinion of reducing the time duration of this one month long Foundation course. 7% felt that the course period was appropriate and should not be changed. Least number of students (4%) were of the opinion to increase the duration of this Foundation course. Responses are given in pie diagram 1.

The second question was regarding the favourite session during this one month long course. The sessions on Basic life

support were considered best by maximum (42%) followed by session on Time management which was appreciated as best by 28%. Other sessions considered best by participants were on yoga and meditation (12%), stress management (10%), group activity(5%) and a session on altruism (3%). Responses are shown in bar diagram 2

When asked which session can be improved more for the next year, 62% students opined that the session on language skills should be improved. 20% felt the need for more interactive sessions. 8% were of the view of arranging more field visits during the course. 6% felt yoga classes and 4% thought stress management session needed more improvement next year. Bar diagram 3 shows the responses for this question.

In the next question students were asked their view on which session can be completely removed from the course. 74% felt that the classes on computer skills can be done away with. 14% were of the opinion that classes on English and grammar were not of any use in this Foundation course. 5% participants gave strong view that no session should be removed as all sessions are important for getting orientated to Medical curriculum. Classes on Honesty and integrity was considered useless by 4%. 3% considered the Yoga and sports as absolute for the foundation course. Responses for this question are shown in Bar diagram 4.

64% students found the overall conduct of the course as satisfactory. 5% students opined that the conduct of the foundation course was poor, while 31% found the course conduct to be good. No student gave excellent rating to the course. These responses are shown in pie diagram 5

In the last question students were asked to give suggestion to improve the course in the years to come. Maximum students [42%] were of the opinion to decrease the course duration. Next option selected was about having more interactive sessions [31%] in the course. 19% felt that the language classes needed improvement. 4% considered that more hospital ward visits were needed for betterment of the Foundation course. 4% felt that there was no need of improvement in the course. All the responses are shown in Bar diagram 6

DISCUSSION

After completion of one month foundation course we found student reaction to the foundation course mostly positive. Students were of the opinion to reduce the course duration and discontinue computer skill classes. Classes on Basic life support and stress management were enjoyed by the students. Students gave preference to interactive sessions and extracurricular activities.

Srimathi T^[6] took feedback from 1st MBBS students after completion of a 8 day orientation programme at the start of the course. Remedial measures were taken to address the negative feedbacks given by the students. Maximum positive response was given to the session on basic life support. This coincides with our study where we also the most liked session was the one on basic life support. Author concludes that a foundation course before start of M.B.B.S. syllabus will help the students acquire basic skills required for clinical practice. In a study done in 2013, Mittal R et al^[7] state that Foundation courses at various levels during the MBBS course will be beneficial to the students. They conducted a 2 day foundation course for the students after competing 1st MBBS. Majority of the students found the course beneficial. As MCI guidelines in "Regulations of graduate medical education 2012" the foundation courses will comprise various modules which will help in making more competent and skilled medical graduates.

Singh S et al^[8] conducted a study on a 7 day foundation course for 1st M.B.B.S. students in 2007. Authors found the students reported to have gained knowledge of the topics on ethics, time management and stress management. Students said that they got a view of the medical profession from the point of view of a common man. The course helped the student gain skill and knowledge required for medical course and research.

Dixit R et al^[9] conducted a study on foundation course for 2019 batch of MBBS. Various modules like orientation, skill, community, professional development, ethics, language, computer skills, sports and extracurricular activities were used. Maximum students found that foundation course improved their knowledge of these modules. Most of the students were well-versed with computer skills, so they didn't find the sessions on computer skills as appropriate for the course. This matches with our study where 74% students opined that the classes on computer skills should be removed from the course.

In a questionnaire based study about the foundation course, Sobti S et al^[10] administered preformed questionnaires to the participating MBBS students and faculty who conducted the sessions. The session on skill module was voted as most relevant while the session on computer skills was considered least relevant. The session on sports and extracurricular activity got positive feedback as compared to language and computer skills. The authors conclude that Foundation course is welcome step at the entry level into medical curriculum. Using the feedback received after the course will make the course even better for further batches.

Bandaru A K^[11] states that students appreciate the concept of orientation course. Many students said that the sessions helped them to develop ethics and positive professional attitude towards patients. She mentions that this course has helped the student get over the fear of Medical course and has made them confident to undertake the challenges of this curriculum. 94.3% students reported that they are satisfied with the conduct of the course. A Likert's scale questionnaire reports 50.9 % as strongly agree, 43.4 % agree, 4.7% neutral, 0.9 disagree and 0 % poor. These findings are similar to our study, where we found 64% were satisfied with the foundation course, 31% were neutral, 4.7% found the course conduct poor. Garg N et al^[11] found very promising feedback from the students who participated in the Foundation course. The participants opined that the sessions not only helped them gain knowledge and skills, but also acted as a confidence booster. Students gained from the sessions on Community orientation, ethical and professional aspects for a Doctor.

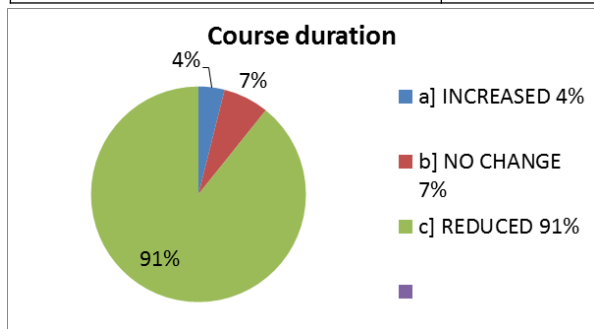
Mahajan and Gupta^[12] conducted a study on evaluation of foundation course in 2013. Their Institute was arranging a 2 day foundation course since 2010. Authors included MBBS students from last three years, who had attended the foundation course before the start of their 1st MBBS. Only 18.31% students stated that the foundation course was fulfilling all the expectations. A lot of students suggested changes in the functioning of the course and it's time period. Authors expressed the need to improve the foundation course for better understanding and help in interpretation to the students.

Shah S et al^[3] in a study on foundation course for 2019 MBBS batch found that 25% students opined that the course duration should be decreased from 4 weeks to 2 weeks. While 91% students in our study also felt that the course duration needs reduction. Authors mention that 5% students mentioned that regular classes should continue along with the foundation course sessions.

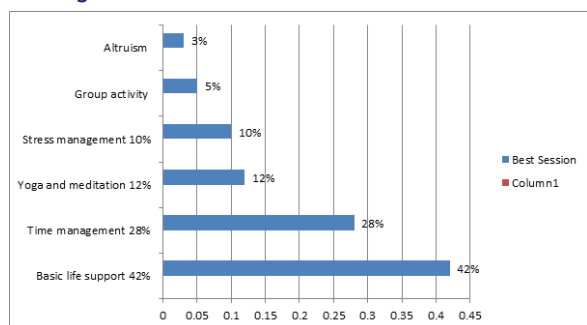
TABLES AND CHARTS

Table 1. Modules implemented in the foundation course.

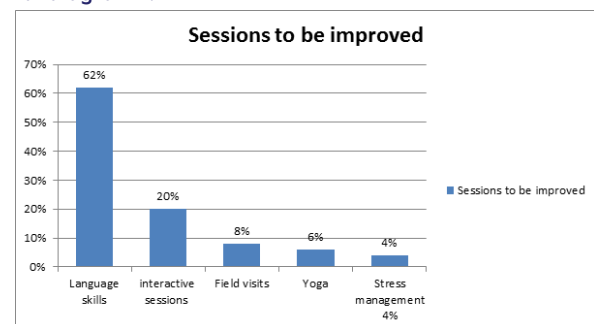
| Module implemented | Hours utilized |
|--|----------------|
| Orientation module | 30 hrs |
| Skill module | 35 hrs |
| Community orientation module | 4 hrs |
| Professional development and ethics module [P & E] | 40 hrs |
| Enhancement of language and computer skill module | 36 hrs |
| Sports and extracurricular activities | 22 hrs |
| Student feedback | 1 hr |



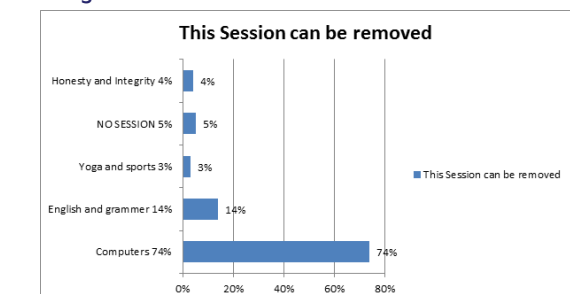
Q 1. Should the duration of the course duration be reduced ?
Pie diagram 1.



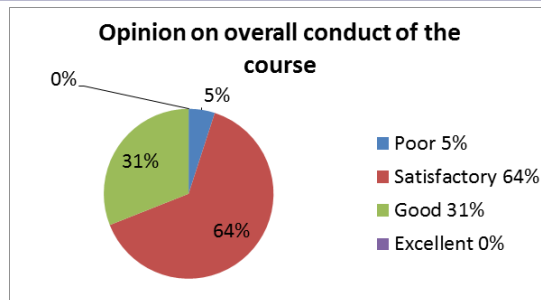
Q 2. Which was the Best session ?
Bar diagram 1.



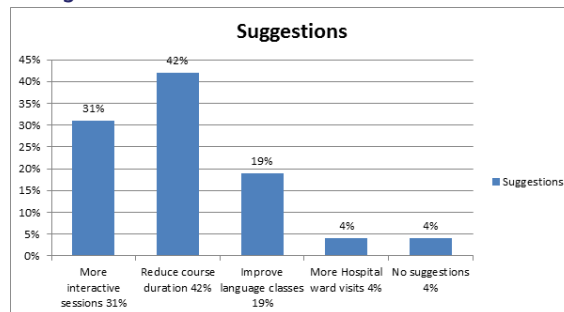
Q 3. Which session requires improvement?
Bar diagram 2.



Q 4. Which session can be removed from the course ?
Bar diagram 3



Q 5. Opinion on overall conduct of the course
Pie diagram 2



Q 6. Suggestions to improve the course

CONCLUSION

Response to the newly induced month long foundation course by the students was positive, but maximum opined that reduction in course duration was needed. The session on Basic life support was voted the best session. Sessions on language skills were considered the session which can be further improved. Students considered that the session on computer skills can be removed from the course. Maximum students considered that overall conduct of the course was satisfactory. Reduction in course duration and increase in interactive sessions were the suggestions given by maximum students to improve the course. So we conclude that a trimmed and modified foundation course will be helpful for the 1st professional MBBS students.

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