



## Effectiveness of Journal Club Presentation in Post Graduate Medical Education.

### KEYWORDS

Journal Club, Medical Education.

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**ABSTRACT** *Journal clubs are very important for post graduate residents in preclinical, paraclinical or clinical branches in medicine. Rarely can we cite an educational intervention in medicine that has retained prominence for so long. Guidance and recommendations are emerging on how to improve the success of journal clubs. These include taking emphasis away from statistics and epidemiology towards the clinical query and implications for practice, and moving away from a one size fits all approach towards clubs tailored to reflect the career level of the participants<sup>1</sup>. This study was undertaken to find out how effective is the journal club for the post graduate students.*

### INTRODUCTION:

Journal club are educational interventions that improve reading habits, knowledge of clinical epidemiology and biostatistics and the use of medical literature in clinical practise for postgraduate physician in training.<sup>2</sup> It is a group of individuals who meet regularly to evaluate critically the clinical application of recent articles in the medical literature.<sup>3</sup> (Journal club was first organised by Osler in 1875. when journal clubs are well structured, they can be stimulating and educational and their benefits have been documented. Having survived over a century in a rapidly changing medical world, journal clubs have become an educational institution.

### The main aims of journal club are

1. To teach develop critical appraisal skills
2. To increase awareness of the current literature in a specialty
3. To influence clinical practice ( Elbert et al 2001 )
4. Sharing valid and applicable new information
5. Up to date
6. Teaching the skill of reading and analysing medical journal
7. Life long learning tool

This study was done to find about the perspective of journal club presentation among the post graduate students.

### MATERIALS AND METHODS

A cross sectional study was conducted at Tertiary Medical College. One hundred postgraduate students were selected randomly ( preclinical, paraclinical and clinical departments ). A prevalidated questionnaire was used to find out the opinion of the subjects. The scaling of the study was done by using the Likert scale.

STRONGLY AGREE	5
AGREE	4
UNDECIDED	3
DISSAGREE	2
STRONGLY DISSAGREE	1

1.	Journal club keeps the students aware of the recent advances in medical sciences.
2	It enforces the usefulness of research
3	It helps in finding the topic of dissertation.
4	It motivates discussion among students and teachers

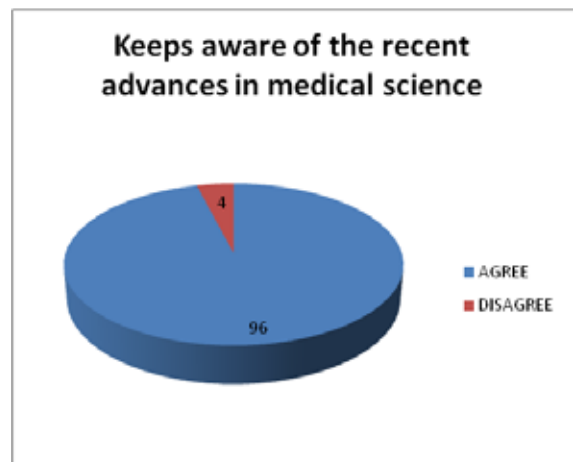
5	It helps in building up confidence of presentation
6	It prepares the students to face cross questioning.
7	It helps in correlating theory with practical use in clinical scenario
8	It helps in stimulating students participation with reasoning
9	It sets standards for comparison between research work carried out in students own instate and international standards.

### DATA ANALYSIS:

The representation of the data was done by using pie chart.

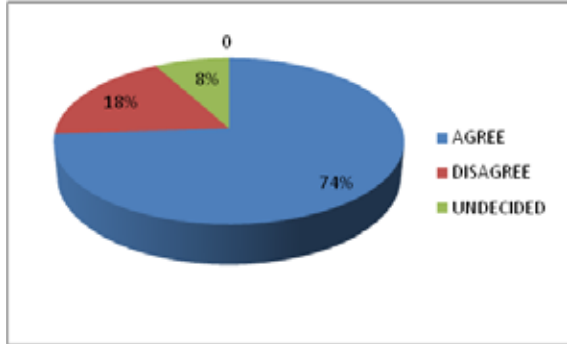
### 1. Journal club keeps aware of the recent advances in Medical Sciences

	Percentage
Strongly Agree	54
Agree	42
Undecided	0
Disagree	2
Strongly disagree	2



**2. Journal club enforces the usefulness of research**

	Percentage
Strongly Agree	30
Agree	44
Undecided	8
Disagree	16
Strongly disagree	2



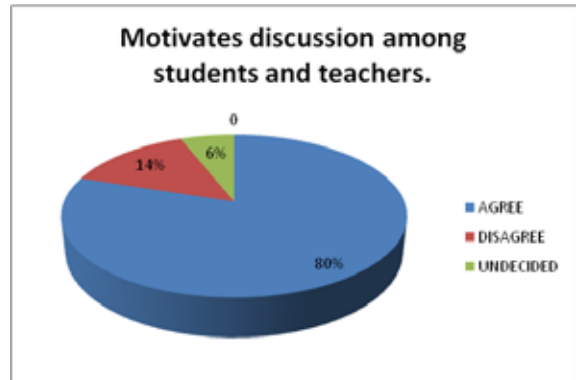
**3. Journal club helps in finding the topic of dissertation**

	Percentage
Strongly Agree	10
Agree	10
Undecided	40
Disagree	10
Strongly disagree	20



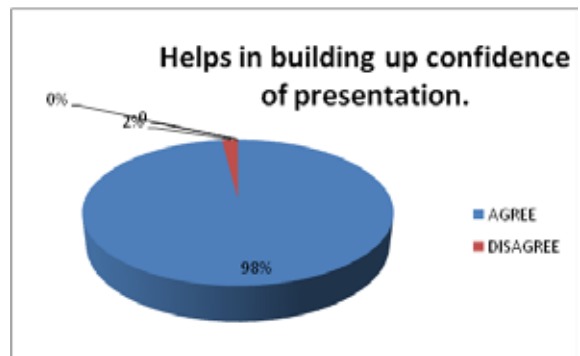
**4. Journal club motivates discussion among students and teachers**

	Percentage
Strongly Agree	34
Agree	46
Undecided	6
Disagree	12
Strongly disagree	2



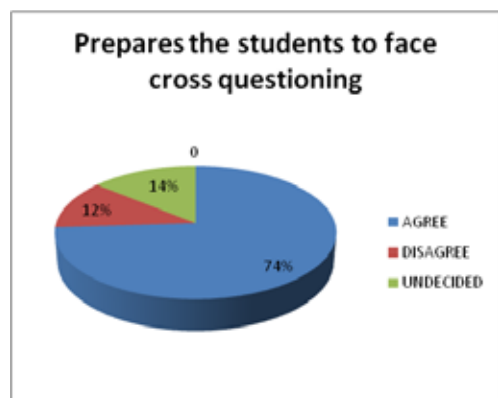
**5. Journal club helps in building up confidence of presentation**

	Percentage
Strongly Agree	60
Agree	38
Undecided	0
Disagree	2
Strongly disagree	0



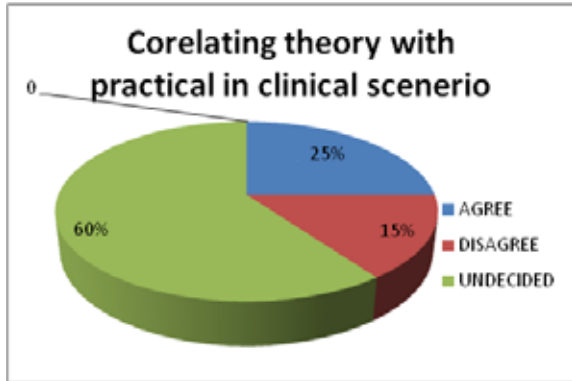
**6. Journal club prepares the residents to face cross questioning**

	Percentage
Strongly Agree	26
Agree	48
Undecided	14
Disagree	12
Strongly disagree	0



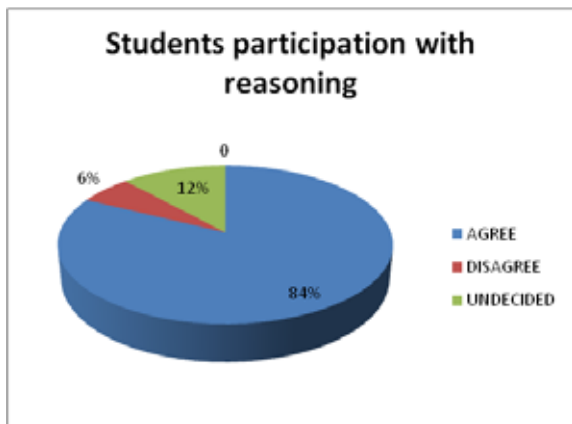
**7. Journal club helps in correlating theory with practical in clinical scenario**

	Percentage
Strongly Agree	5
Agree	20
Undecided	60
Disagree	10
Strongly disagree	5



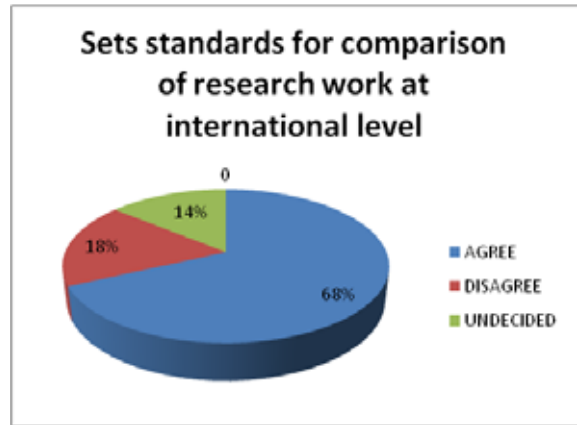
**8. Journal club helps in participation with reasoning**

	Percentage
Strongly Agree	36
Agree	46
Undecided	12
Disagree	6
Strongly disagree	0



**9. Journal helps in setting standards for comparison between research work carried out in the institute and international standards**

	Percentage
Strongly Agree	36
Agree	32
Undecided	14
Disagree	16
Strongly disagree	2



**DISCUSSION:**

The main purpose of Journal club is putting research into practice. Most research on Journal Clubs has studied their effects in postgraduate medical education.

Findings	Other studies
1. JC can be stimulating and educational and the benefits have been documented	1. Ebbert JO, Montori VM, Schultz HJ. <sup>2</sup> 2. Harris J, Kearley K, Heneghan C, Meats E, Roberts N, Perera R, et al. <sup>4</sup> 3. Linzer M, Trig Brown J, Frazier LM, DeLong ER, Siegel WC
2. increased confidence in critical appraisal, improved test scores on critical appraisal, improvements in reading behaviour, and increased ability to use findings in clinical practice.	1. Linzer M, Trig Brown J, Frazier LM, DeLong ER, Siegel WC <sup>6</sup>
3. Increase knowledge about statistics and clinical epidemiology 3.	(Ebbert, 2001; Coomasamy, 2003) <sup>7</sup>
4. May improve reading habits and use of medical literature	(Ebbert, 2001; & e.g. Goodfellow, 2004) <sup>8</sup>
5. Increased interest in research and generation of research ideas Increased awareness of own research and appraisal skills	(Atzema, 2004) <sup>9</sup>
6. Improved presentation skills	(Gibbons, 2002)
7. Our study also showed increased awareness in medical science, enforces research, critical appraisal skills.	

**CONCLUSION:**

Journal club is very useful for postgraduate students. It helps build up confidence of presentation and face the critical appraisal. It also helps in motivating research work and keeps us in pace with the recent advances in medical sciences. The essential elements for organising a journal club or journal club logistics are literature selection, presenter assignment, time and date and location. Material distribution at least 2 weeks ahead and last the attendance of audience. Several factors are key in promoting a successful journal club, including promoting interest, attendance, and involvement. Having a session leader to start and facilitate discussion can help to ensure that the journal club meetings are productive. Scheduling the journal club at a time and location that are convenient for staff to attend is additionally important. The value of a journal club is that it can promote a better understanding of the research process and an improved ability to critically appraise research. Reading and critiquing research is most

beneficial for critical care , as it facilitates the evaluation of research for use in clinical practise. It is this research interest that fuels evidence based medicine, and provision of a medium that stimulates discussion and debate is important. The focus should be on combining new evidence based medicine teaching methods with journal clubs rather than initiating the demise of the oldest tool, which has both supporting evidence and longevity on its side

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