



FACTORS LEADING TO SELECTION OF SURGERY AS A CAREER BY SURGERY RESIDENTS OF RAJENDRA INSTITUTE OF MEDICAL SCIENCE, RANCHI AND FUTURE APPREHENSIONS

Surgery

Viswanathan

Junior Resident 3, Department of Surgery, RIMS, Ranchi, PIN 834009, Jharkhand, India.

Saurav Kumar Singh

Junior Resident 2, Department of Surgery, RIMS, Ranchi, PIN- 834009, Jharkhand, India

Mrityunjay Mundu*

Associate Professor, Department of Surgery, RIMS, Ranchi. PIN 834009, Jharkhand, India. *Corresponding Author

ABSTRACT

AIM: To find out the factors that leads to the selection of surgery as a career option by medical students and their future apprehensions.

METHODS: A questionnaire was prepared consisting of socio-demographic, surgery residency experience, social orientation, role model, varied scope of practice, family and academics. All surgery residents who joined in the academic year 2017 to 2019 were given this questionnaire. And quantitative data was analysed using Microsoft Excel and statistical package of social science software.

RESULT: The main reason for choosing surgery by medical students was NEET Rank followed by satisfaction, fame, and passion. Parents choice ranked last among the reason for selection of surgery as career option. Among the personal reason ; age (<31yrs) and marital status (unmarried) were the leading factors whereas medical background of the family was least persuasive factor. Violence on medical professional was the most important reason for the insecurity or apprehension among the respondents.

CONCLUSION: The most important factors seemed to influence in choosing career are NEET PG rank, fame, and academic interest. While demotivating factors are longer working hours, work stress, violence, competition and super-speciality.

KEYWORDS

Surgery; Career; Rank; Work Stress; Violence

INTRODUCTION

Choosing a postgraduate course among medical students is an important turning point that not only affects their personal future but also overall health care system. General surgery is one of the basic professional courses exposed by every medical students in their undergraduate times. However, there is a steady decrease in the interest over surgical career and students prefer towards controlled lifestyles. Specialities like Radiology, Emergency Medicine and Anaesthesiology have emerged favourites among students. But the quota of surgical residencies continue to be filled.

General surgery was the favorite subject by 4th rank student in NEET PG-2017 which had been pushed to 10th place in 2018, which was further pushed to 17th place in 2019. Zaheer et al. in 2018 conducted a cross-sectional study at Dow Medical College from April 2018 to May 2018 on pre-tested questionnaire of 250 medical students to identify the factors influencing their choice in deciding surgical career in medical students of a public sector university of Karachi. They also found that there a recent decline in the interest of medical students towards the surgical career. Alawad AA et al in 2013 conducted a cross-sectional study at Sudan on pre-tested questionnaire of 640 medical students to identify the factors influencing their choice in deciding surgical career in medical students and found the same result.

So, this study aim to find out the trend of medical students towards surgical career and the underlying reason for it.

MATERIALS AND METHODS

The study design was of Cross sectional study type, conducted at the Department of General surgery, over a period of 3 months. According to RIMS postgraduate database, total 72 residents were working in RIMS, Department of General Surgery, 2019. And general surgery residents who took admission in RIMS from 2017 were included in the study.

A semi-structured questionnaire, was prepared consisting of socio-demographic, surgery residency experience, surgical life, social orientation, role model, varied scope of practice, family, personality and academics in RIMS. The residents are interviewed personally at their comfort zone to minimize intimidation by others. In order to increase the certainty of response, it was made anonymous.

Quantitative data was analyzed using Microsoft Excel and statistical package of social science software. Mean and Proportions and chi square test were used for analysis.

RESULT

A total of 65 residents participated in the study of which 89% were male and 11% were female. The age of the residents ranges between 24-40 years.

Table No. 1: Age Of Respondents

Distribution	AGE in years
Number	65
Minimum age	24
Maximum age	40
Mean	29.5
Standard deviation	3.41

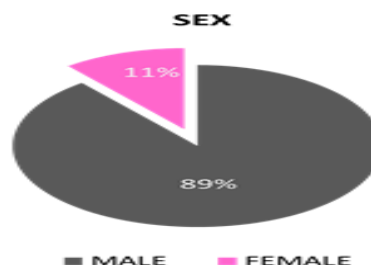


Figure No. 1

Now, coming to the personal factors and choice of surgery, 18 respondents had doctors in their family, 47 residents had at least one graduate from among their parents and 49 residents had schooling from English medium school. 52 respondents were less than 31 years old and 58 among them were unmarried.

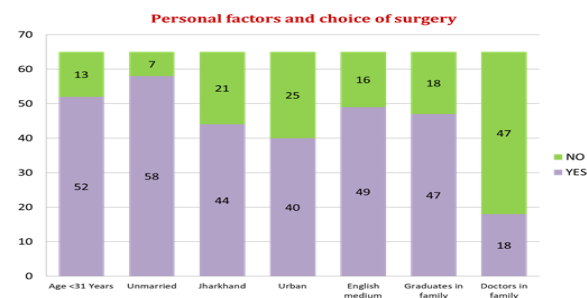
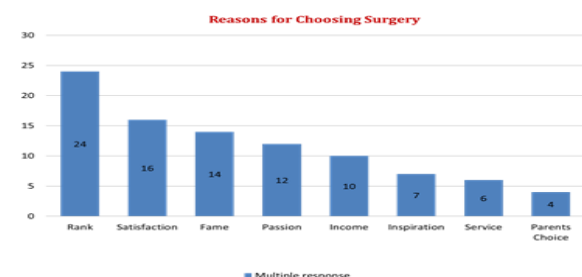


Figure No. 2

Throwing some light on the reasons for choosing Surgery, 24 residents stated their rank as the factor for choosing this branch. Satisfaction, fame and passion was the factor for 16, 14 and 12 residents respectively. While 10 of the respondents mentioned income as the main factor for their decision.



Regarding work stress 32.3% of the respondents admitted that they have to tolerate work pressure. 29.2% find it difficult and 4.6% of the residents were not able to handle work related stress.

Table No. 2

Tolerate pressure	Frequency	Percent
yes	21	32.3
Mostly	22	33.8
Difficult	19	29.2
No	3	4.6
Total	65	100

Perception of future as a General Surgeon, about 46 responded secure and settled lifestyle while 19 people responded that they feel their life is insecure.

Table No. 3: Reasons For Insecurity In MS General Surgery.

Reason for insecure future	Frequency	Percent
Competition	6	31.57
Superspeciality	6	31.57
Violence	7	36.84
Total	19	100

DISCUSSION

In our study, it was a highly popular opinion that academic interest, practical application of skill, prestigious social standing and high salary were the main reasons that attract the students towards the field of surgery. These factors were identified as being influential, more often by the students who desire to pursue a surgical career as compared to those who did not. These results are in line with other studies like Zaheer et al, Alawad et al and Akhund S et al that have also shown similar trends, in which personal interest was the most influential factor.

Zaheer et al. and Alawad AA et al. showed that surgery is also a specialty of choice among female students. In our study, we found there are very low Female PG pursuing general surgery around 7 women. But, among them, only 1 came by rank and others are either came by passion or by inspiration and all responded that they can tolerate work stress in surgery. This might be due to the increasing awareness campaigns being conducted for women empowerment and women education, which have motivated females to become more career-oriented rather than getting engaged in domestic responsibilities.

Our results showed that students whose elder family members were more qualified and belonged to the field of health care were more likely to pick a surgical career. Zaheer et al do highlight parental influence as one of the major factors involved in shaping career choices in students. The availability of a role model in the immediate family could be one of the reasons for these results. These students would have had an exposure to the field since childhood while visiting the surgical facilities with their parents. Proper career guidance from parents and a clear set-out path, would have all contributed to the reason why these students were found to be more interested in the field of surgery.

The PGs who cannot tolerate work stress in surgery are mostly those who took surgery on rank, for fame, money. These findings are in line with a similar international study (Scott AJ et al) in which lifestyle and working hours were the two most common reasons that discourage students from pursuing a career in surgery.

CONCLUSION

The most important factors seemed to influence in choosing careers are NEET PG rank, fame and academic interest while the demotivating factors revolve around a longer working hours, work stress, violence, competition and super-speciality. Better incorporation of surgery into the curriculum. Proper attention given to students during their surgical rotation. Renovation of the surgical training program are some of the ways that may improve the interest of students in the field of surgery.

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